



A STUDY ON VARIED PSYCHOLOGICAL DYNAMICS OF HUMAN LIFE

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ABSTRACT

Psychology is the study of the mind and behaviour. Psychologists look into the many dimensions of being a person, including thoughts, brain function, activities, emotions, personality, and human development. Human society is always evolving, and he is the most intelligent creature on the planet. Humans act differently depending on the demands of the circumstance. Every person is unique, and their behaviour depends on a variety of psychological elements like their intelligence, emotional maturity, motivation, ability to adapt, self-concept, self-efficacy, and susceptibility to depression, anxiety, and stress. The purpose of the current study is to discuss the many psychological dynamics that affect human personality and character and in broader sense human life a lot.

KEYWORDS: depression, anxiety, stress, emotional intelligence, emotional maturity, creativity, motivation, adjustment, self-concept, and self-efficacy.

INTRODUCTION

The study of the mind and behaviour is known as psychology. According to Adam Borland, PsyD, a clinical psychologist at Cleveland Clinic in Ohio, psychologists investigate thoughts, brain function, actions, emotions, personality, and human development while taking into account all the various facets of being a person (Upham, 2022). Wilhelm Wundt, renowned as the 'father of psychology,' founded the first psychological laboratory in the world in Leipzig, Germany, in 1879. This marks the beginning of psychology as a science in which theories were tested using scientific methods. Wundt used scientific methods to explore the conscious experience, conducting tests to see how people responded to various outside stimuli and systematically recorded his findings. Psychology was previously thought of as a subfield of philosophy. There are various aspects of psychology such as motivation, anxiety, depression, stress, creativity, adjustment etc. Besides all these things, there are psychological approaches which play important roles in not only in the field of education but also in the life of man. Constructivist approach is among them. In a constructivist setting, students are the main focus of education, yet it cannot be successfully run without a teacher's help (Roy & Saha, 2021). Also, the teacher's support is primarily centred on the different psychological aspects of the students. Self-concept is another important psychological aspects of human life which includes how someone sees themselves, other people, society, and experiences as well as how they see themselves and the world (Roy & Saha, 2023).

PERVASIVENESS OF DEPRESSION, ANXIETY AND STRESS IN MODERN DAY HUMAN LIFE

Anxiety, depression, and stress are becoming more and more prevalent in the current demanding environment. People from different backgrounds and localities all around the world are experiencing the same level of mental torment. The people's routine lives have been disrupted, and as a result, they are now feeling more stressed, anxious, and depressed. Anxiety is a state of extreme worry and fear about some part of daily life, whereas depression is a sort of sickness that affects how we feel and think (Gayen & Sen, 2021). Stress, according to the American Psychological Association, is a special relationship between a person and their environment that the individual thinks is draining or beyond his or her resources and endangers their well-being (Lazarus & Folkman, 1984). According to Debowska et al. (2020), stress is a response to any situation that puts us in risk, whereas anxiety is a person's fear of the unknown. Depression is a disorder that makes a person lose interest in normal chores (Sen et al. 2021b). The academic resilience of people is being impacted by depression, anxiety, and stress. Academic resilience is the capacity to handle academic challenges such as stress, failure, and boredom (Mahato et al. 2023). Academic stress is a pretty common concern for the great majority of pupils (Mahato & Sen, 2021). The World Health Organization (WHO) ranked depression as the second



leading global cause of disability as early as 1997. Major studies conducted by the WHO and published in 2007 that compared the impact of depression with that of chronic conditions like angina, arthritis, asthma, and diabetes served to support this viewpoint (Murray & Lopez, 1997).

EMOTIONAL INTELLIGENCE AND EMOTIONAL MATURITY AS GUIDING ASPECTS OF HUMAN LIFE

Feelings are more powerful, last longer, and have a purpose or cause (Mondal & Saha, 2017). Emotional intelligence has been found to be a predictor of life happiness, healthy psychological adaptation, better interactions with peers and family, and higher parental warmth. Also, it has been found that violent behaviour, substance and alcohol abuse, and delinquent behaviour are all associated with low emotional intelligence (Kar et al. 2016). Emotional intelligence, according to Salovey and Mayer (1990), is the capacity to observe one's own and other people's feelings and emotions, to recognise them, and to use this information to guide one's thinking and behaviour (Mondal et al. 2014). Emotional intelligence, according to Daniel Goleman, is the capacity to recognise our own feelings as well as those of others, to inspire ourselves, and to successfully manage both our own and other people's emotions (1995). Building a bridge between the head and heart, the two very different human conditions that make up one human body, is the aim of emotional intelligence. Human achievement depends on such a synthesis of important human emotions. The idea of emotional intelligence encompasses the many qualities of both emotion and intelligence (Kar et al. 2014).

On the whole, human behaviour is sensible and courteous. Nonetheless, our behaviour is typically driven by our emotions. One must understand a child's sentiments in order to understand their behaviour. In order to understand the nature of a child's emotions, it is essential to understand what emotions are, the nature of emotions, the functions of various emotions, and how emotions are generated. This is because emotions play a key part in human life. People are logical creatures; thus, emotions have a big and varied influence on how they act. The development of a healthy personality depends on the child's emotional development (Sutradhar & Sen, 2022b). Understanding what emotions are, what causes them, how they differ, and how they develop is essential if one wants to understand the nature of a child's emotions. The personality of the child is influenced by their emotional development. A healthy emotional development and expression are essential for a happy life. If emotional development is not healthy, emotional behaviour would not be well-balanced and socially acceptable. If a person's emotional development is not in a healthy state, many emotional problems and abnormalities will appear in their life (Sutradhar & Sen, 2022a).

ROLE OF CREATIVITY IN HUMAN LIFE

The capacity to create or develop creative ideas, theories, methods, or compositions is referred to as creativity. Originality, imagination, and expressiveness are often qualities of a creative person. The mental processes that result in an original innovation or solution to a problem are referred to as creative thinking. Innovative ideas can result in new technologies, social theories, scientific discoveries, artistic creations, and more. Creativity is no longer a biological constant. It is more commonly thought of as a 'variant' that is constantly influenced by environmental, economical, and cultural factors. As psychologists and educators realised the importance of creativity in human development, discovering and developing a child's creative potential in the classroom has taken on greater significance (Saha, 2012). In order to be creative, one must be sensitive to problems like shortcomings, knowledge gaps, missing elements, disharmonies, and so on. Identifying the issue, seeking solutions, guessing or forming hypotheses about the shortcomings, testing and retesting these ideas, maybe amending and retesting them, and conveying the results are additional processes (Saha, 2013).

MOTIVATION AS ESSENTIAL ASPECT OF HUMAN LIFE

The word 'motivation' denotes to the motives behind someone's doings or actions. It is what motivates people to perform accordingly. The mechanism that starts, guides, and withstands goal-oriented behaviours is known as motivation. For instance, motivation is what drives you to earn that promotion at work or helps you lose additional weight. Simply put, motivation pushes you to do actions that move you towards your goals. The biological, social, emotional, and cognitive variables that initiates human behaviour are all encompassed in motivation. A person or a child may be inspired to finish a task for any motivation, not simply the necessity to complete it successfully. We call this motivation (Ansary et al. 2021). Motivating oneself is crucial for efficiently handling the opportunities, difficulties, and time that come with daily life and for reaching goals. The organisation gains when employees are happy and driven to work hard to attain goals. Teachers and students both need to be motivated. Motivated professors inspire students to focus. A person or a child may be inspired to finish a task for any motivation, not simply the necessity to complete it successfully. We call this motivation (Ansary et al. 2021). Motivating oneself is crucial for efficiently handling the opportunities, difficulties, and time that come with daily life and for reaching goals. The organisation gains when employees are happy and driven to work hard to attain goals. Teachers and students both need to be motivated. Motivated professors inspire students to focus.



ADJUSTMENT LEADS TO BETTER LIFE

The concept of adjustment was first presented by Darwin, who utilised it as a type of adaptation to survive in the physical world. The physical, social, and psychological demands that come with depending on others can be adapted to by humans. It is the psychological process of handling their challenges, arduous tasks, and daily demands (Kar et al. 2016). Adjustment is the behavioural process of managing conflicting wants or needs that are impeded by environmental challenges (Adhikari, 2023). According to psychology, adjustment is the behavioural process that enables individuals and other creatures to reconcile their disparate needs or their goals with the limitations imposed by their environments. The physical, social, and psychological demands that come with depending on others can be adapted to by humans (Paramanik et al. 2014). Social adjustment is one of the most important aspects of life because people are social beings. Achieving equilibrium in interpersonal interactions is the aim of social adjustment, which is typically made feasible by the successful application of social skills. The process of adjustment is of great interest to psychologists as a way to understand a person through his behaviour (Kundu et al. 2015). As we are social beings, we live in a world where we have opinions about others and vice versa. Everyone aspires to be recognised and welcomed by society. We strive to act in accordance with societal norms in order to blend in with others. When a person can successfully follow or comply to the customs, values, regulations, etc. set by that society as an eligible member of that society, they are said to be socially adaptable or flexible (Ansary et al. 2022). Besides adjustment, practicing yoga, introduced first in the Rigveda is another important aspect in human life (Saha et al. 2021). Yoga not only promotes physical health but also improves learning, stress reduction, and memory (Saha, 2021). Thus, yoga leads to a better life for each and every human being.

SELF-EFFICACY, THE PIVOT TO SUCCESS

Consistent performance is necessary for success, and this strongly depends on how a person handles the situations or changes that come into his life. In behavioural sciences, this self-assurance or belief is known as self-efficacy. Self-efficacy can be extrapolated to mean self-assurance, self-reliance, and faith in oneself. One's hopeful self-reliance is referred to as self-efficacy. It is the confidence that one can develop, the ability to handle challenging or novel tasks, and the capacity to adapt to changes in performance (Ahmed et al. 2011). The creative young adults who will create the future of the nations are one of the groups most affected. In the current situation, they are dealing with trauma and mental instability. Their self-efficacy, the belief in one's capacity to carry out an action, is steadily declining. According to Bandura, self-efficacy is the assurance in one's capacity to prepare for and carry out the necessary steps to address probable events (Cherry, 2020; Sen et al. 2021a). The two primary subcategories of self-efficacy are general and specific. General self-efficacy is a person's opinion of his or her ability to function under a variety of conditions. Task-specific self-efficacy measures a person's assessment of their ability to complete the tasks relevant to a circumstance (Dullard, 2014).

CONCLUSION

The question of whether to place more emphasis on individual responsibility for behaviour change or create institutional frameworks that encourage and promote healthy lives is one that is widely debated. The results of the current study suggest that a variety of psychological elements are crucial in determining how people behave. In addition, demonstrating interest and enthusiasm are the only surefire ways to educate effectively and successfully. Interest is the most important factor in learning success (Rajak & Gayen, 2022). Thus, it is very crucial to know about various psychological aspects and their role in human life.

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