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**The concept of the main spheres (branches) of psychology**

Psychology studies and explains the behavior of living organisms. Behavior includes cognitive, conative, and affective aspects, both conscious and unconscious, as well as implicit and explicit behaviors. It also covers the behavior of people from infancy to old age, including both normal and abnormal behaviors.

It is very difficult to understand all aspects of human behaviour in one area. Therefore, in order to make it easier to study, understand, and access behaviour in different areas of life, psychology has been divided into different branches. These branches can be broadly divided into two main categories: pure and applied psychology.

1. Pure branches:

Pure branches provide a theoretical framework for the subject. They deal with the formulation of principles and theories, and suggest various methods for assessing behavior. These branches also suggest techniques for modifying problematic behavior.

The most important pure branches include:

a. General psychology: This branch deals with fundamental rules, principles, and theories of psychology, as they relate to the study of the behavior of normal adult humans. It explains various psychological processes, such as sensations, perceptions, emotions, learning, intelligence, and personality.

b. Physiological psychology:This branch of psychology focuses on the biological basis of behavior. It emphasizes the close relationship between the body and the mind, as well as how the functions of the two are mutually influenced. It explains the functioning of the brain, the nervous system, and endocrine glands, and their relation to cognitive, conative, and affective behavior.

c. Developmental Psychology:

Human life goes through various stages from conception to old age, and this branch focuses on explaining the growth and development of different processes in relation to behavior.

d. Child Psychology:

Childhood is a crucial stage in life, extending from 2-12 years old, and child psychology deals with aspects such as growth and development during this period. Future life is dependent on the development that occurs during childhood, and child psychologists study this process.

e. Animal Psychology:This branch of science deals with the behaviour of animals. Psychological experiments are conducted to understand the functioning of their minds. Animals such as rats, dogs, chimpanzees, pigeons, guinea pigs and cats are used for experimentation. Findings from these experiments are often generalized to human behaviour.

Abnormal psychology: The modern world is complex, and individuals face a lot of pressure and competition. This can lead to psychological abnormalities, which abnormal psychology studies. It deals with various mental disorders, their symptoms, and causes.

Social psychology: Social psychology studies how people interact with each other and the influence of society on individuals. It focuses on social norms, group dynamics, and interpersonal relationships.Human beings are social animals, and our behavior is naturally influenced by society, and in turn, we influence society. Social psychology studies the interactions between people, their likes and dislikes, attitudes, interests, prejudices, social distances, group behavior, group cohesion, group conflicts, and more.

Parapsychology deals with psychological experiences that are beyond the five senses. These experiences are called extrasensory perceptions (ESP), or the sixth sense. ESP includes phenomena such as clairvoyance and telepathy.

Clairvoyance is the ability to see things mentally, or "see" things that are happening beyond our visual field. This is often referred to as "seeing" with our minds, rather than our eyes.

Telepathy is the ability to communicate with others without using words or other physical means. It is the idea that we can transmit thoughts and feelings directly to another person's mind.Emotional transformations from one person to another, even when they are in different locations. For example, someone who is on their deathbed and remembering a loved one may be felt by the person who is away from them.

iii. Psychokinesis: Moving objects without direct contact using the power of the mind is known as psychokinesis. An example from Mahabharata is Shakuni's ability to move dice using his mental power.

iv. Precognition: Knowing what will happen in the future before it happens. Sometimes, people gain knowledge of future events through precognition. An example of this is when accidents or disasters that will occur in the future are known beforehand.

v. Reincarnation: Also known as rebirth, there are reports of people remembering details from their previous lives.

vi. Soul contact:There are some reports that suggest that souls of deceased people can be contacted through individuals called mediums. These mediums use a tool called a planchette or ouija board to establish contact with these souls.

2. Applied branches:

Applied branches focus on the application of psychological principles and techniques to various areas of life. These branches aim to address the issues and challenges faced in these areas.

a. Educational psychology:

Educational psychology is the most significant branch that applies psychological principles. In this field, the learner is the main focus. Other aspects such as management, teachers, and teaching aids are all geared towards the needs of learners. Learners differ in their abilities and require different approaches to teaching, learning materials, and so on. This branch aims to improve teaching and learning processes by addressing these differences.

b. Clinical psychology:This branch deals with the treatment aspect of mental health conditions. There are various types of mental illnesses that require different types of therapies, such as chemotherapy, psychotherapy, recreational therapy, occupational therapy, and behaviour therapy.

Industrial psychology: Human beings are different from machines, and they may experience various problems in the workplace, such as adjustment, safety, security, health, and financial issues. Both management and employees need to work together to address these issues. Industrial psychology applies psychological principles, theories, and techniques to study these problems and improve the industrial environment.

Counselling psychology: Mental health conditions may not be fully cured by medication and other physical treatments.In addition to other treatments, these patients also require counseling. Counseling is a form of therapy that involves an interaction between a trained professional and a client, and it can help people overcome adjustment difficulties.

There are many other related fields, such as military psychology, legal/criminal psychology, and political psychology. These fields help to apply psychological principles in different areas of life.

Today, psychology has expanded its scope and is becoming increasingly important. It is likely that in the future, there will be no field of life that does not benefit from the application of psychological knowledge.

In particular, for medical professionals such as doctors and nurses, understanding psychology is essential.

**Justify the practical importance of psychology in your professional**

I am a data scientist and psychology plays an important role in my work. Firstly, psychology can improve your soft skills. Usually, IT companies demand not only technical knowledge, but also positive character traits such as communication, teamwork and kindness. Psychology can help you understand yourself and your personality, which in turn can help you develop your soft skills. Also, if you are an IT specialist, you often create something that other people (clients) will use. Therefore, it is important for you to be able to represent yourself well. This means that you need to be able to see your project from the client's perspective in order to ensure the quality of your work. Psychology can help you develop this skill.