MY PSYCHOLOGICAL DEVELOPMENT: CONSCIOUSNESS, OPERANT CONDITIONING, AUTHORITATIVE PARENTING STYLE,

MOTIVATION AND PSYCHOLOGICAL DISORDER

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**Abstract**

 Psychology is a complex concept with a longer history than most people realize. Psychology is the study of an individual's behavior and mental processes. Different parts of science, behavior, and creatures are all included in psychology. During my time in this course, I've not only discovered more about myself as a person, but I've also opened my eyes to differing insight in others around me. When what I learn has a direct application in my daily life, it is very astounding. I've got a lot of varied queries and interesting thoughts since I didn't understand why someone acted the way they did It is safe to assume that after completing this course, I now have a better understanding and answer to some of my questions. I apply what I've learned to my schoolwork, social life, or mental health, I can honestly say that I've learned a lot more about myself as a person. I've learned more about consciousness, classical conditional, authoritative parenting, personality, and psychological disorder as a result of this course.

 **Authoritative Parenting Style**

 Authoritarian parenting is a very strict style of parenting. It places high expectations on children who are unresponsive. As an authoritarian parent, you prioritize obedience, discipline, and control over nurturing your child. Mistakes are frequently punished harshly, and when feedback is provided, it is frequently negative. Physical punishment and yelling are also common. Authoritarian parents punish their children for their mistakes while ignoring their accomplishments. They anticipate that the child will not make mistakes and will obey them. Their children, on the other hand, are usually good at following rules. One of the most important aspects of parenting is exposing your children to the values and expectations of your culture. However, if you are an authoritarian parent, you may have expectations of your child that are diametrically opposed to what your child desires. Children are aggressive, but they can also be socially awkward, shy, and unable to make their own decisions as a result of this type of parenting. Children from these families have low self-esteem, poor character judgment, and will rebel against authority figures when they are older.

 My mother's parenting style is authoritarian. Her parenting style, I believe, stemmed from her childhood. She grew up in an unstable home and eventually left at the age of 16. She has always been open about her belief that if she had been raised differently, she would have been more successful. My mother wishes for me to have a better life than she did. She didn't get any opportunities. Because of this, her parenting style is polar opposites of her mother's .While I believe she achieved her goal, I believe it had a negative impact on me as an individual. When I'm not being pushed all the time, it's difficult for me to stay focused. For example, I struggle with entirely online classes. I don't have anyone to nudge me or force me to do it. This could result in me missing assignments, falling behind, or failing the class. It frequently makes me fearful of the future and how it will affect me as an adult.

**Operant Conditioning**

 The procedure of learning to increase or decrease a voluntary behavior using reinforcement or punishment is known as operant conditioning. The association process can be carried out at various times, which are referred to as reinforcement schedules. Parents and teachers make extensive use of operant conditioning. Parents and teachers frequently use operant conditioning to modify their children's behavior. While some measures appear to be effective on the surface, they conceal a slew of issues. One of the most serious issues with behaviorism is that it treats humans as identical entities, with no regard for one's mental state or internal processing. Given the same stimulus, we should all respond in the same way. It is unconcerned with what is going on inside the person or what that person thinks or feels. According to research, if a child receives reinforcement for doing something he already enjoys, he will do less of it. When a child is intrinsically motivated to do something, such as drawing art, receiving a reward reduces the child's interest in it. As a result, the "reinforcement" reduces rather than strengthens the behavior, as behaviorists predict. Because higher mental processes such as "free will" do matter, behaviorism fails to explain phenomena like this. If behaviorism were the holy grail of parenting, we would all have beaten our children into submission and they would have done everything we told them. In fact, most authoritarian parents believe this. But you already know that this isn't going to work. First, your child may behave perfectly in front of you, but they will most likely not when you are not looking. Second, do you want your children to respect you, have a positive relationship with you, and come to see you when you're old and they've grown up? Most authoritarian parents, on the other hand, don't get it.

 I placed this topic after authoritarian parenting because I want you to be aware of the disadvantages. I struggled in life as a result of my mother's parenting style. For the most part, I thought something was wrong with me because that's what my mother made it out to be. I was constantly told that I was sluggish. Now that I've learned about operative conditioning, I realize it wasn't my fault. This greatly helped me in becoming more self-assured and believing in myself.

**Psychological Disorder**

 Psychological disorders, also known as mental disorders, are mental abnormalities that result in persistent behavior patterns that can seriously interfere with your day-to-day function and life. Eating disorders, such as anorexia nervosa; mood disorders, such as depression; personality disorders, such as antisocial personality disorder; psychotic disorders, such as schizophrenia; sexual disorders, such as sexual dysfunction; and others have all been identified and classified. Multiple psychological disorders may coexist in a single individual. Chemical imbalances in the brain, childhood experiences, heredity, illnesses, prenatal exposures, and stress are all potential contributors to psychological disorders. Some disorders, such as borderline personality disorder and depression, are more common in women. Others, such as irritable bowel syndrome and substance abuse, are more common in men. Other disorders, such as bipolar disorder and schizophrenia, affect men and women about equally. When a person has mood, cognitive, or behavioral problems for an extended period of time, a psychological evaluation may be beneficial, and a psychological disorder diagnosis may follow. Psychotherapy is frequently used in treatment to address behaviors, skill development, and thought processes. A person may be admitted to the hospital due to coexisting medical problems, serious complications, severe disorders, or substance abuse. Medications can be very beneficial in the treatment of some psychological disorders.

 I have a psychological disorder as well. I am bulimic. If you have bulimia, you may: eat a large amount of food in one sitting (binge); or go through daily cycles of eating, feeling guilty, purging, feeling hungry, and eating again. Binge on foods you believe are bad for you. In between binges, starve yourself. Around the fifth grade, I began to starve myself. I'm still struggling with this disorder, but it's not as bad as it used to be. Following this class, I am seriously considering opening up about my problem and seeking help.

**Consciousness**

Consciousness refers to your awareness of your own thoughts, memories, feelings, sensations, and surroundings. Your consciousness is essentially your awareness of yourself and the world around you. This awareness is personal and unique to you. If you can describe what you're feeling in words, it's a part of your consciousness. If you are in an altered state on consciousness it can also be called sleep. Sleep is critical to your overall health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental and physical health, as well as your quality of life and safety. What happens while you're sleeping has an impact on how you feel when you're awake. Your body works during sleep to support healthy brain function and physical health. Sleep also promotes growth and development in children and adolescents. Sleep deprivation can cause damage in an instant or over time. For example, chronic sleep deprivation can increase your risk of certain chronic health problems. It can also have an impact on how well you think, react, work, learn, and interact with others.

 I've tried to improve my sleep pattern as a result of this class and a sleep study we did in topic 3. I have a more structured routine. It has aided me in numerous ways. Such as feeling more focused and energized.

**Motivation**

 Motivation has a significant impact on an individual's overall personality. Motivation is defined as an inner state that energizes people to achieve a goal. Motivation is also thought to arise internally, as an act of will, rather than from an external force compelling an individual to act. Motivation can also be linked to an individual's desired intention or outcome. A motive, at its most basic, is the pursuit of pleasure in some form and the avoidance of pain or displeasure. For example, a person may be particularly motivated to achieve a specific goal or state, such as financial independence or being in a strong and healthy relationship.

 In the past, I've struggled with a lack of motivation. Especially after my uncle died in 2018, when I was suffering from clinical depression. Even after I received the help and support I required, it was difficult for me to find motivation in things I used to enjoy. I discovered new interests, such as reading. It gradually made a difference. I'm still working on improving my motivation. I intend to use the skills I learned in this class to help me on my journey.

**Conclusion**

 I have thoroughly enjoyed learning more about myself as an individual and those around me throughout General Psychology. I've had the opportunity to make sense of situations that I previously didn't understand. It is truly remarkable to become aware of the many different situations that occur in our daily lives. Having the opportunity to apply what I've learned in the classroom to my everyday life has greatly helped me in opening my eyes and becoming a better version of myself.

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