

The Need for Psychology in Modern Life: A Theoretical Analysis from a Practical Perspective

Bodising Narah

Assistant Professor, Department of Education
Purbanchal College, Silapathar, Assam
bodisingonline42@gmail.com

Junu Kutum

Assistant Professor, Department of Education
Purbanchal College, Silapathar

Abstract: The need for psychology is very important in everyday life, i.e modern life. Psychology is the scientific study of human behavior, thoughts, feelings, and mental processes. In today's busy and competitive life, stress, anxiety, and depression are on the rise. Psychology is particularly helpful in understanding and solving these problems. The application of psychological knowledge in education, health, family, society and workplace enhances individual skills, self-confidence and mental well-being. Theoretically, psychology explains human behaviour, while practically it helps to solve various problems of everyday life. Therefore, psychology is an essential science for building a healthy, successful and balanced life in modern society. The methodology of this study will generally follow the Descriptive and Analytical method. This study will analyze the application of psychology in modern life by collecting data from various books, research papers and psychological theories. This study will provide a positive message to the society, teachers and parents and provide an easy way to solve problems faced in real life psychologically.

Keywords: *Psychology, Problems, Practical Application, Solving, Role, Ways, Message.*

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I. Introduction

The present era is called the era of science and technology. This is because in the modern era, science, technology and globalization have led to rapid changes in people's lifestyles. While these changes have made life more convenient, they have caused stress, anxiety, competition and various socio-psychological problems. Under such circumstances, the importance of psychology in understanding human behaviour, thoughts, feelings and mental processes has increased manifold. The theoretical knowledge and practical application of psychology helps individuals lead healthy, conscious and successful lives. Therefore, the need for psychology in modern life is an important topic of discussion.

Psychology is the scientific study of behavior and mental processes in humans and other organisms. Its main purpose is to explain, predict, control, and correct behavior as necessary. Knowledge of psychology is particularly necessary in various areas of modern life such as education, health, industry, business, and politics, sports, family and society development.

Analyzing the needs of psychology from a practical point of view shows that it is not limited to theoretical knowledge; rather, it is an effective means of solving the problems of everyday life. Psychology plays a significant role in improving mental health, making sound decisions, building healthy interpersonal relationships, increasing performance, controlling emotions and developing personality.

Theoretically, different strands of psychology such as *Behaviorism, Cognitive Theory, Humanistic Theory, and Psychoanalytic theory* explain different aspects of human

behavior and psychological development. The practical application of these theories helps in solving various problems of modern society.

Therefore, the study and application of psychology has become an essential need amidst the complexities and challenges of modern life. The importance of psychology in ensuring the overall well-being of individuals and society is undeniable. This study will attempt to analyze theoretically the need for psychology in modern life from a practical point of view.

II. Objectives of the Study

The main objective of the present study is to study and understand how the knowledge of psychology is applied in various areas of modern life. Overall, the objectives of this study are –

- i) Understanding the role and importance of psychology in modern life.
- ii) Analyze practical applications of human behavior and mental processes.
- iii) Identify the use of psychology in education, family, health, workplace and social life.
- iv) Understand the causes and solutions to problems such as stress, anxiety, depression.
- v) To study the role of psychology in healthy personality formation and behavior development.
- vi) Realize the importance of mental health in modern society.
- vii) Identify ways to make life more effective and healthy with the help of psychological knowledge.

III. Methodology:

The current study methodology generally follows descriptive and analytical method. This study analyzes

the application of psychology in modern life by collecting data with the help of various books, research papers and psychological theories. Also, real-life data have been collected through observations, interviews, and so on. The data collected are analyzed to indicate the need for psychology in education, family, health and workplace. Therefore, the methodology of this study is basically a combination of theoretical studies and practical findings.

IV. Theoretical Aspects of Psychology:

The Theoretical Aspect of Psychology refers to the various concepts, theories, principles and explanations of psychology, which scientifically explain human behaviour, mental processes and personality. In other words, the theoretical side of psychology explains 'why and how people think, feel and behave.'

Concept of Psychology: Psychology is the scientific study of a person's thoughts, feelings, habits, memories, intelligence, motivations as well as various behaviors. It studies how people think, make decisions, solve problems, and adapt to their environments. Psychology is the study of the complexity of the human mind. 'Psychology is the positive science of behavior. It aims at the study of the facts of behavior, their collection, classification and comparison and find out general hypothesis based upon them. Thus psychology studies man's overt and covert behavior and physical, social and mental activities' (B.N. Panda, Advance Educational Psychology, 2011, p-9)

Importance of Psychology: Psychology is particularly important in education, health, society and the workplace. In education, it helps to understand the mental development of students and the learning process. It is of immense importance in the diagnosis and treatment of mental illness in medicine. Psychology is also helpful in building healthy relationships in society, resolving conflicts and developing personality.

Purpose of Psychology: The main purpose of psychology is to study human behavior and mental processes scientifically. It has three main goals such as to understand, to explain, and to predict.

- The first purpose of psychology is to understand how human behavior and mental states occur. That is, how people think, how they learn (learning), why they feel angry, sad, happy, etc. It identifies the way people behave.
- The second purpose of psychology is to explain why a behavior occurs and the cause of that behavior. Why are people angry? Why are they afraid? How does the learning process happen? and so on.
- The third purpose of psychology is to make assumptions about what behavior might be going forward. For example, if someone is under too much stress, he may behave restlessly, if the child is encouraged, he will be interested in learning, future behavior is predicted based on past experience, and so on. This makes it possible to anticipate human behavior.

Psychology is the study of human behavior and mental processes using the scientific method. In other words, it studies based on observation, experimentation and data analysis, rather than hypothesis or assumption.

V. Psychological Problems in Modern Life:

From a psychological perspective, there are many types of mental, social and behavioral problems in modern life. These problems are usually caused by stress, anxiety, social isolation, competition, and lifestyle changes.

Stress: Stress is a serious problem in modern life. Nowadays, people feel a lot of pressure for education, jobs, competition, financial problems and social responsibilities. This stress makes the mind restless and increases worry, anxiety and depression. Stress can also lead to sleep problems, lack of attention, increased anger and physical illness. Students and working people are especially affected by this problem. Therefore, regular rest, exercise, positive thinking and proper time management are essential to manage stress.

Anxiety: Anxiety is a common mental problem in modern life. Education, jobs, competition, worries about the future and social pressures increase anxiety and unrest among many people. Anxiety causes people to feel fearful for no reason, lose focus and have difficulty making decisions. It can also cause decreased sleepiness, increased heart rate and mental discomfort. The uncertainties of modern life and rapidly changing environments increase anxiety. Therefore, positive thinking, meditation, exercise and the support of family and friends are very important to manage anxiety.

Social Isolation: Social Isolation is a serious problem in modern life. The overuse of digital media, mobile phones and social media has reduced face-to-face communication. This leads to reduced intimacy with family and community and feelings of isolation. Social isolation can increase stress, anxiety and depression. Therefore, realistic communication and social participation are essential to maintain healthy social relationships.

Competition: Competition is seen as a common and important problem in modern life. There is increasing intense competition among people to achieve success in education, jobs and society. This often leads to stress, anxiety and depression. Students feel constant pressure to get good grades and working people to succeed. Too much competition can lower confidence and sometimes lead to unhealthy comparisons. Therefore, it is essential to maintain a positive attitude and confidence in one's abilities while maintaining healthy competition.

Lifestyle change: Lifestyle change is seen as a serious problem in modern life. People's daily lives are becoming more busy, mechanical and digitally dependent than ever before. As a result, physical activity has decreased and a sedentary lifestyle has increased. This can lead to problems such as obesity, diabetes, heart disease and stress. Fast food and irregular eating habits are also on the rise. Therefore, regular exercise, a balanced diet and

disciplined daily habits are essential to maintain a healthy lifestyle.

VI. Practical Application of Psychology:

Applied Psychology refers to the use of psychological knowledge in various areas of daily life. Psychology helps to improve the learning process of students and improve teaching methods in the field of education. In medicine, it helps in the diagnosis and treatment of mental illness. Psychology is used to improve worker efficiency, motivation and satisfaction in the workplace. It also focuses on counselling, child development, and social problem solving and crime control. Therefore, the practical application of psychology in modern life is very widespread and useful. Below is an analysis of the practical application of psychology:

In the field of education: Education is very important in the practical application of psychology. Psychology is used to make teaching more effective by understanding the learning process, intelligence, interests and abilities of learners. This allows teachers to increase students' attention by creating the right teaching methods, motivation and environment. It is also possible to identify individual differences in learners and use appropriate learning strategies. Psychology also plays a special role in testing, assessment and educational counseling. Therefore, the application of psychology in education helps to improve the quality of education.

In the field of Family: The family aspect is very important in the practical application of psychology. Psychology helps to understand the behavior, relationships and mental states of the members in the family. This allows parents to adopt the right approach to child development, discipline and learning. Psychology is also helpful in resolving conflicts, misunderstandings and stress within families. They also strengthen family relationships by maintaining healthy communication and affection. Therefore, the application of psychology in family life increases peace, harmony and happiness.

In the field of Workplace: The workplace aspect is very important in the practical application of psychology. It is used to improve the work environment by understanding the behaviour, motivation, skills and psychological state of the personnel. Knowledge of psychology is used to assign the right person to the right job, develop leadership and enhance team collaboration. They also help to reduce employee stress and increase satisfaction and productivity. Therefore, the application of psychology in the workplace plays an important role in the success and development of an organization.

In the field of Health: The health field is very important in the practical application of psychology. This makes it easier to treat and prevent disease by understanding the relationship between a person's mental and physical health. Psychological counseling is used to treat problems such as stress, anxiety and depression. It is believed in psychology that boosting patient morale also leads to better treatment outcomes. Psychology is also helpful in developing healthy behaviors and controlling

addiction. Therefore, the application of psychology in the field of health helps in preventing diseases and maintaining a healthy lifestyle.

VII. Solution Role

There are some problems in the practical application of psychology in various fields, and there are some important aspects to solve them. These include proper counselling, awareness raising, education and training, creating the right environment, research and use of modern psychological methods.

Proper Counseling: Proper counseling is one of the most important aspects of solving problems in the practical application of psychology. Counseling identifies a person's stress, anxiety, depression and behavioral problems and provides appropriate guidance. A trained counselor helps a person to understand his problems, build confidence and make the right decisions. This allows individuals to develop the ability to solve their own problems. Therefore, proper counseling is considered as an effective way in improving mental health and solving life problems.

Behaviour Modification: Behavior Modification is an important aspect of solving problems in the practical application of psychology. Its purpose is to change unhealthy or inappropriate behaviors and develop healthy and positive ones. This method uses rewards, punishments, motivation and practice to gradually change a person's behaviour. For example, developing disciplined behavior by reducing a child's disobedience or controlling addiction. Therefore, behavioral correction is considered as an effective way to solve mental problems and build a healthy social life.

Development of Self-confidence: Self-confidence development is an important aspect of solving problems in the practical application of psychology. Increasing self-confidence allows individuals to face problems with confidence in their abilities and competence. A person's self-confidence is built through psychological techniques, positive thinking, encouragement and successful experiences. This makes a person feel less stress, fear and anxiety and improves decision making. Therefore, increasing self-confidence is considered as an effective way in solving problems in psychology.

Creating the Right Environment: An important aspect of solving the problems arising in the practical application of psychology is the creation of the right environment. A favorable environment is essential for healthy mental development and behavioral formation. Creating a calm, supportive and positive environment in school, family and workplace helps individuals feel less stressed and develop better. Such an environment promotes cooperation, discipline and mutual understanding. Therefore, creating the right environment is considered to be an effective way to solve psychological problems and build a healthy society.

Research and the use of Modern Psychological Methods: An important aspect of solving the problems

arising in the practical application of psychology is the use of research and modern psychological methods. Scientific research is used to identify the exact causes of human behavior and psychological problems and find appropriate solutions. Problems are more effectively addressed using modern psychological approaches such as therapy, cognitive behavioral therapy (CBT), testing and psychological assessment. This makes treatment and counseling more science-based and credible. Therefore, research and the use of modern methods are very effective in solving psychological problems.

VIII. The role of Psychology in the Development of Healthy Personality Formation and Behavior

Psychology is the scientific study of human behaviour, mental processes, feelings and personality. Psychology is of immense importance in the development of healthy personality and proper behaviour. It makes a person aware of their abilities, limitations, feelings and behaviors and helps them to adapt properly in life. Special aspects of the role of psychology in the development of healthy personality and behavior include increasing self-knowledge, helping in emotion control, developing social behaviour, developing positive attitudes, correcting behavior, maintaining mental health, decision making and problem solving.

- Through psychology, individuals can identify their interests, aptitudes, abilities and weaknesses. This self-knowledge is essential for healthy personality development.
- Techniques for controlling emotions such as anger, fear, anxiety, and depression can be learned from psychology. Proper control of emotions builds a healthy personality.
- Psychology teaches individuals the values of social norms, cooperation, empathy, tolerance and mutual respect. As a result, individuals can maintain good relationships in society.
- Psychology helps individuals develop self-confidence, optimism, sense of responsibility and positive thinking. These qualities are one of the characteristics of a healthy personality.
- Various methods of identifying undesirable or problematic behaviors and correcting them are available in psychology. This makes an individual's behavior more socially acceptable.
- Mental health is essential for a healthy personality. Psychology understands problems such as stress, anxiety, and depression and provides solutions.
- Psychology helps individuals develop logical thinking, judgment and problem solving skills. This makes a person's behavior more mature and responsible.
- Psychology is helpful in understanding the intellectual, social and emotional development of learners. Teachers can adopt appropriate teaching methods to develop the personality of the students.

- Overall, psychology is a powerful medium for healthy personality formation and behavior development. It helps individuals to become self-aware, confident, socially responsible and mentally healthy individuals. Therefore, the role of psychology in all areas of individual, society and education is very important.

IX. Ways to make Life more Effective and Healthier with the knowledge of Psychology:

In general, knowledge of psychology is especially helpful in solving various problems in daily life, maintaining mental health, improving social relationships and making life more effective. The proper application of this knowledge ensures the overall development of the individual. Specific ways to make life more productive and healthy with psychological knowledge include increasing self-awareness, managing stress, controlling emotions, developing positive thinking, improving decision-making skills, improving habits and behaviour, improving learning and memory, maintaining mental health, and personality development.

- Through psychology, individuals gain an accurate idea of their strengths, weaknesses, interests, values and abilities. Increased self-awareness allows a person to set their goals and choose the right path in life.
- Stress is a common problem in modern life. With the help of psychological knowledge, stress can be reduced by using techniques such as meditation, relaxation, time management and positive thinking. This improves mental and physical health.
- Psychology is helpful to properly control emotions like anger, fear, anxiety, jealousy, frustration etc. Balanced expression of emotions can make a person more stable, patient and happy.
- Psychology helps develop positive attitudes. Positive thinking increases self-confidence, gives courage to face problems and increases the chances of success in life.
- Humans are social creatures. Knowledge of psychology can be used to enhance communication skills, empathy, tolerance and a spirit of cooperation. The result is healthy relationships in the family, school, workplace and community.
- Psychology helps a person develop the ability to think logically and make judgments. This allows a person to make appropriate decisions in various areas of life.
- The principles of psychology are very useful in developing good habits and shedding bad habits. Positive behavior can be developed through repetition, encouragement (Reinforcement) and self-regulation.
- Knowledge of psychology makes the learning process more effective. Learning can be improved by using the principles of attention, practice, motivation and memory.
- Psychology can be used to identify problems such as anxiety, depression, and mental conflict and resolve

them in a timely manner. This promotes healthy mental health and improved quality of life.

- Knowledge of psychology develops confidence, leadership, responsibility, discipline and moral values. These qualities make a person a successful and healthy personality.

Overall, knowledge of psychology is an important means of making people's lives more productive, healthy and happy. Psychology plays a special role in the holistic development of individuals through self-awareness, emotional control, positive thinking, and the development of social relationships and the preservation of mental health. Therefore, the application of knowledge of psychology is essential for a healthy and successful life.

X. Positive Message to Modern Society

'The Need for Psychology in Modern Life: A Theoretical Analysis from a Practical Perspective'. This study has a strong positive message to the society. In particular, it shows that psychology is not just a theoretical science, but an effective way to solve the problems of everyday life.

This analysis will show the society that mental health is as important as physical health. If people identify problems such as stress, anxiety and depression in time and receive proper counseling and support, it is possible to live a healthy and happy life. Also, this study raises the importance of healthy behavior, cooperation and understanding in education, family, health and work. It builds tolerance, self-confidence and positive thinking in society.

XI. Positive Message to Modern Teachers:

This study shows that in modern education system, it is more effective not only to teach content, but also to understand the mental state, behavior and individual differences of learners.

Using the knowledge of psychology, teachers can identify the interests, abilities and problems of learners and adopt appropriate teaching methods. This makes the learning environment in the classroom more enjoyable, active and effective. Also, this study explains to teachers that learner's stress, fear, low self-confidence or behavioral problems can be addressed from a psychological perspective. Proper encouragement, sympathy and counseling play an important role in the development of students' personalities.

XII. Positive Message to Modern Parents:

This study will send a very important positive message to parents. In particular, this study shows that the role of the family is the most important in the proper mental and personality development of children.

With the knowledge of psychology, parents can better understand the behavior, interests and mental state of their children. This allows them to build up their children through proper guidance, love and encouragement instead of harsh punishment. Such an environment promotes children's self-confidence, discipline and

positive thinking. Also, this study persuades parents that children's stress, fear or behavioral problems should be addressed from a psychological perspective rather than ignored. Healthy communication and understanding in the family facilitates the overall development of the child.

XIII. Conclusion

In conclusion, the need for psychology is very important in modern life. From a practical point of view, it helps to understand and solve various problems in education, family, health, workplace and social life. Knowledge of psychology can be used to analyze human behavior and control problems such as stress, anxiety, and depression. It also helps in building healthy personalities, maintaining good relationships and increasing productivity. Therefore, psychology is a very necessary and effective science in modern life, which helps to make people's lives healthier, more orderly and successful.

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