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DIRECTIONS AND PROBLEMS IN PSYCHOLOGY AS A MODERN SCIENCE

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Резюме – в статье рассматриваются направления и проблемы психологии, которые затрагивают жизнь общества.

Resume – the article deals with the directions and problems of psychology that affect the life of society.

Introduction. In recent years, psychology as a science has made a big step forward. The list of questions that psychologists of various industries began to study has increased. New research methods, disciplines and directions also began to appear. Consequently, such a positive shift contributed to the growth of problems in psychology.

The main part. Coming to a consultation with a psychologist, we do not know that there is no single science – psychology, but there are various areas with wonderful methods of work.

The first direction is psychoanalysis. This direction explores the dynamics of libido. Libido is often reduced only in sexual terms, but this is not so. These are different actions that bring pleasure to a person: creativity, work, sports, aesthetics and much more. The most important period of life is childhood, since at this time the human psyche begins to emerge and consciousness is faced with insoluble contradictions.

Psychodrama is a direction that initiated its development in the 20s. It consists in a group type of action. The problem is solved by the manifestation of the inner reality of a person in a situation of social environment.

Logotherapy is a strategy aimed at convincing that a person develops only when he begins to seek and realize himself. In the process of this direction, the task is to help a person find the meaning of life, which he cannot take from others. The solution was found in dialogue, the process of which consists of discussing personal experiences.

Coaching is a more training direction and is informal learning. This direction is considered highly effective, since a person then acquires the ability to act effectively in various conditions.

Particular attention is also given to problems in modern psychology, since without them it will be difficult to find solutions.

The first problem is that the theoretical part must be accompanied by practical application. But there are many aspects of a person, for example, the psyche of a person, which cannot be applied in practice. And in order to be able to solve problems practically on the basis of theoretical knowledge, it is necessary to develop various methods. From which other difficulties may follow on some issues. You can find the solution, but you need to choose the most effective [2, p. 185].

The next problem that occurs in psychology is the various states of a person, the properties of his psyche, which should be considered by one science. In addition, some phenomena have been studied as well as possible and considered more specifically, while others have not been analyzed in any way. And it is important that each process is correlated with the individual characteristics of each person, otherwise there will be no point in studying them [2, p. 191].

And the most important problem of psychology is psychosocial. Communication in the life of any person must be present, otherwise there can be no talk of a healthy psyche. A person who is left alone thinks more and oppresses himself with thoughts. Scientists have proven that the psychological development of a child begins as an external activity, joint with an adult, and only gradually does it become internal [1, p. 68]. The psyche begins to develop with the interaction of the physiology of the nervous system and society. But it is autonomous and also has various properties that have nothing to do with physiology and sociology.

Psychology was left without its own subject, unlike other disciplines, such as mathematics, chemistry, biology, and so on. Because of this, it belongs to a special kind of scientific discipline. The most interesting and most important thing is that the subject seems to exist, but how to understand and study it is not known. Mathematics cannot be imagined without numbers, and chemistry without molecules, and so on.

Thus, psychology is declared a special science, because psychology exists, the human psyche exists, the person himself also exists, but there is no subject of study.

Conclusion. Summarizing the above problems, we can conclude that psychology is at the stage of formation of a new science. Of course, its formation may take a long time, but I want to believe that in the end we will get a system of theoretical and practical knowledge and processes that we can apply to obtain information about any aspect of the psyche.

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