

FUTURISTIC TRENDS IN PSYCHOLOGY

Abstract

Psychology is a very diverse subject. As a social science, it has a very broad scope. Psychology is the scientific study of human mind and behaviour; therefore, it is gaining importance day by day. In my opinion, if anything is linked to human behaviour, it will never be outworn, and most importantly, its importance will grow with the passage of time. This multidimensional subject can be converged with almost all the schools of subject, and hence the future of Psychology has a steady base worldwide. Psychology is no longer limited to a certain traditional job; researchers in the future may be responsible for carving out some new combinations that will provide a wide spectrum of career opportunities. The new age will witness the coming together of various streams to provide solutions to the world's problems. The beauty of Psychology lies in the fact that every aspect of human life is dependent on behaviour; thus, by conducting research and using the findings innovatively and creatively, one can work on certain new sub-departments. The new World opens Psychology to the gates of counselling, Forensic Psychology, Sports Psychology, Social Psychology, Political Psychology, Industrial Psychology, Media Psychology, Environment Psychology, Community Psychology, Military Psychology, and Health psychology, Criminal Psychology, to name a few.

Keywords: Psychology, branches of Psychology, Future of Psychology, Career in Psychology, emerging trends in Psychology.

"The behavioural functioning of a Human Being is multidimensional, so the prospect of studying Psychology and its further application will become vast with the passage of time."

Authors

Dr. Jagriti Shukla
Assistant Professor,
Department of Psychology
National P.G. College
Lucknow, India.
@jags.tripathi@gmail.com.

Dr. Nehashree Srivastava
Assistant Professor,
Department of Psychology
National P.G. College
Lucknow, India.
nehashreesrivastava@gmail.com

I. INTRODUCTION

Psychology is a Social Science that involves the scientific study of mind and behaviour.(Ernest Hilgard, 1953) The greatest advantage of the subject is that an individual can pursue opportunities in both the arts and Sciences. This blend opens gateways to multidimensional trends. The greatest barrier is misconceptions revolving around the subject in the 21st Century; careers in Psychology are no longer limited to conventional jobs. The idea for growth in the field is the convergence of almost all schools of thought and theories with Psychology.

To understand the future and the opportunities of the subject, one must understand how Psychology is becoming an integral aspect of the Futuristic Trends of the World.(Robins, 1999) The subject that began in the early 19th Century with limited prospects stands tall today as Psychology ranges from developing organisational skills, human resource management, creating a healthy space for employees, interpersonal relationships, Self-management, and even creating a healthy work and home environment. Psychology has an influence on almost all fields in the world. In my understanding, Psychology is a subject that could be merged with almost all the pursuits in the world. This convergence would result in the management of one's own thoughts and emotions in a balanced way to fulfil their ambitions and also provide a sustainable work environment for their employees and colleagues. The power of sustainable living, both emotionally and environmentally, will broaden one's horizons and make one's ambitions a part of the universe, leaving the sky as the limit. I would like to discuss a spectrum of ideas for converging Psychology with other spheres of the world. However, as mentioned earlier, human beings must transcend their conservative nature to eliminate the barriers that walk alongside them. Living in the 21st century, we must realise the need to have an understanding of a subject like psychology, which deals with the mind and behaviour of people. Any given task or work requires an understanding of the 'how' and 'why' behind the action and arriving at a sustainable conclusion that can give the desired and productive outcome.

1. Healthcare Psychology: The Healthcare Industry has become one of the largest sectors today. The future of Psychology in this world has a steady base. The rise of patients concerned with mental health calls for Institutions to provide good Psychological Care. Advancement in neuroscience and the need for appropriate psychiatric diagnosis pave the way for the need to choose Psychiatry or Psychotherapy as an occupation. Moreover, a psychological specialty in Clinical Psychology is also desired. Counselling Psychology has also developed as it has been linked with virtual advancement. The idea of 'the world becoming a smaller place' can be utilised for interconnecting various patients and counsellors across the globe. The role of Psychology at every step is also very important. Behavioural medicine' is also an integral part of the recovery process. A positive mindset might lead to a faster recovery, whereas a negative outlook could not only make the process of healing slow but also leave traces of any such incident. The manner in which a patient is dealt with and taken care of is also related to the study of the mind. Often, injuries that have nothing to do with the brain directly leave a negative impact on a patient's mind, such as an accident, a narrow escape from death, terminal diseases, etc. Therefore, it becomes very essential to provide correct medical facilities in terms of counselling. A psychological understanding might help assess the cognitive, behavioural, and cultural or social factors leading to health complications. In a world where developments and research are rapidly advancing, having a psychological understanding

might help us better understand the root causes of disorders, and its study might ease the assessment of psychological disorders at a much earlier stage. Different factors lead to health and illness. The future of Psychology as a subject might not only provide treatment for disorders but also contribute in a manner where certain illnesses may be ruled out early while others may have a more efficient healing rate by taking into account the patients' emotions and conditions.

- 2. Industrial And Organisational Psychology:** Industrial psychology, or organisational psychology, focuses on the relationship between employees and their workplace. (Patterson, 2001) An Industrial Psychologist will have a sheer mindset of how to run an organisation, but not at the cost of an employee's health. Workplace Diversity is a complex topic, but its management can be enhanced as the study of the subject throws light on a variety of topics like the functioning of employees, the working of a business, healthy communication, marketing, training development, and more. This opens doors for careers like Human resources, Management, Development, and marketing, to name a few. The patterns of consumption can be easily assessed by evaluating the social environment of a given place. If a Conducive work environment is maintained, the organisation will be keen on fulfilling its goals in a given period. Under an experienced organisational Psychological condition, Cultures can be brought together and the best practises can be promoted. This will not only create a sense of unity for the employees but also a sense of belonging for the industry. The balance of relationships between service providers and customers can be improved. Job Satisfaction is another term that can be achieved on a much larger scale if an employee is given healthy surroundings and cordial relations with its institution. The role of a Human resources team should expand in the near future. With shooting rates of Occupational Stress, the duty of every organisation is to pay equal attention to the emotional health and wellbeing of its employees. Better wellbeing and workplace surroundings might act as a tool or machinery for the rapid development of every business. The goals and the process of achieving them, if dealt with in the most efficient manner, may create a safe and sound workplace environment. Since Occupational Stress is widely talked about, the roots of Psychology should stay close to organisations. Extensive, unmanaged, and unnecessary Job Pressure must be dealt with great care and understanding.
- 3. Consumer Psychology:** The future of Psychology also lies in Consumer Psychology. In a world where Marketing is the key, a sense of Business Psychology and careers stemming from it must not go unnoticed. The preferences of the customer in relation to the influence of society must be kept into consideration. The effect of Society on the thoughts, perceptions, understandings, and beliefs of a customer are directly related. Consumer Psychologists can easily rule out the most profitable ways of marketing by analysing the behaviour of a group of people by evaluating their buying patterns and the social phenomena that draw a particular set of people towards a specific product or service. Customer Psychology has several dimensions. It adjudges the 'right' way of production, transportation, and discarding on the one hand, while helping the owner understand and work on various aspects that could possibly draw a social group towards the service. It studies marketing strategies and refines them with respect to the beliefs and attitudes of a target audience.

- 4. Social Psychology:** Social Psychology is perhaps one of the most interesting branches of Psychology. It closely studies the relations among individuals in a society (Farr, 1872–1954), the relations between a group and an individual, or the relations between two or more established groups. The world keeps evolving, which calls for more researchers in the field. The progress of a nation is directly linked to knowledge in Psychology. Social Psychology leads the way for Political Strategists, Consultants, Public Relation Experts and Social Service enthusiasts to mention some. The study of social patterns will certainly keep track of social dynamics and activities. Certain activities like bullying, prejudice, harassment, mob lynching, and rape are social evils; however, to combat these social evils, a positive aspect and training of groups fall directly under Social Psychology. The use of Psychology in Politics will create a better space for public relations. It will understand the social setup of the country and help eradicate negative political factors like regional or caste-based politics. It will certainly analyse the needs and requirements of the citizens and how they think, or exactly what they desire, to create a balanced equation between the government and the people. Political Leaders will become aware of the various approaches to working for the welfare of the citizens. The beauty of Social Psychology is that it goes far beyond the ideas and concepts existing today and thus keeps rapidly evolving and giving rise to careers. A Social Psychologist may work on the root causes and solutions of violence and aggression prevailing in a society. The most important task would be to analyse a ‘fair’ plan of coexistence in a world that is home to innumerable ideologies, beliefs, and perceptions. A society that provides space for individualistic expression but not at the cost of other people’s wellbeing. In today’s world, dynamics the part of Social Psychology that has a lot of scope is gender Psychology’. Widespread issues in a society include Gender norms, stereotypes, prejudice, discrimination, unrealistic expectations, and nonverbal behaviour, to name a few. The Domain of Social Psychology paves the way for extensive research in existing issues and spheres in addition to carving out new issues by studying patterns. Social psychology deals with perhaps everything that a society deals with; it includes every topic of interest or conflict present in a society. Social psychology provides a scholar with the space to do research and formulate, alter, or introduce theories that will prove beneficial to mankind.
- 5. Art & Literature Psychology:** Art Psychology and Literature Psychology will perhaps come out to be the most revolutionary in nature. There is a need for more research and a long way to go. There are Art Therapies, Creative Art therapies, and Expressive Art therapies, which many counsellors have opted for. Here, an emerging trend would be for artists of various genres, like writers, poets, artists, musicians, etc., with knowledge of the subject to put forth psychological concepts like positive thinking through their art. This could range from a writer whose story deals with a character that could waken people psychologically or promote concepts of psychological wellbeing. Adding creativity and innovation, Art Psychology could be a revolutionary career, even due to the healing effects associated with various art forms like music and paintings. Art psychology, with the passage of time, should come out to be a two-way road for both inspiring and curing.
- 6. Rehabilitation Psychology:** Rehabilitation refers to a type of professional care that helps an individual restore, sustain, or improve his or her capacity and abilities so that he or she can cope efficiently with daily life activities. Rehabilitation Psychology caters to the behavioural, emotional, and mental health issues that an individual goes through across his or her lifespan. Professionals help individuals with their chronic health conditions,

impairments, or afflictions so that they can lead a normal and meaningful life. Any negative incident or mishap comes along with a trauma; this trauma could range from anything like a disastrous natural occurrence like an earthquake or flood, the fatal accident of a loved one, or even childhood trauma, etc. Thus, the need for Rehabilitation is always important in any society. The future of Rehabilitation Psychology would see a wide range of divisions, from providing rehabilitation and running care centres to spreading awareness and conducting extensive research studies over the next few years.

- 7. Forensic Psychology:** Forensic Psychology is the convergence of Legal and Judicial knowledge with the subject. In a rapidly developing world, the scope of Forensic Psychology is wide. Crisis Intervention, analysing criminal profiles, or simply dealing with criminals and victims in today's scenario plays a key role in setting an example in a society. Pupils with Legal Knowledge and Psychological understanding can not only trace the wrongdoings but also bring about change by providing insight into Criminal Psychology. The concept of punishing the criminal, counselling the victim, or working for the betterment of society should be promoted on a large scale. Jury Consultant, Criminologist, Forensic Social Worker, and correctional psychologist are some careers that an individual with an interest in Law and Psychology might dive into. The most important role of Psychology would be its revolutionary nature, as it will certainly hold the power to influence people on a large scale by setting positive examples.
- 8. Sports Psychology:** Sports Psychology is a branch that combines Psychology with Sports. It enables athletes to focus on their game, analyse, build motivation, and build confidence, while also training individuals to deal with stress and anxiety effectively. In Nations where sports are highly valued, the future of a sports Psychologist is perhaps steady. A sports Psychologist is an integral part of every game or sport. They not only analyse and assess the strengths and weaknesses of every player or sportsperson but are also in direct contact with the coaches and instructors of the team. The Athletes get to achieve better and greater results after knowing their maximum potential. Injuries are also common in exercise psychology, and sports psychologists personally deal with injured players to help them adapt, heal better, and return to their game without any hesitation. Team building can be easily sorted out in consultation with the leader, and match preparations can be designed in a way that suits all players if it is a team sport. Sometimes the burden of expectations falls on sportspersons; the management of such situations as well as voicing and advocating a responsible society that does not undesirably criticise or demean the player on the basis of one's underperformance may hamper the emotional health of a sportsperson. A sports Psychologist might also work for society through a different method: interacting with parents. The task of not only showcasing the various careers related to sports but also helping them understand the potential of their child better. Another aspect that comes to mind is the need for a sports counsellor during career transitions for athletes. Generally, in certain sports, the sportsman 'retires' early as compared to other conventional jobs in the world; thus, the need for a sports psychologist to help an individual transition well from a highly extensive job that deals with lots of people to some other career or simply retiring from the game is needed. This is also something that should be incorporated into any workplace for its employees.

- 9. Media Psychology:** Media Psychology is a branch of Psychology that deals closely with media and technology in relation to human behaviour. In my opinion, the convergence of Psychology and Media is essential, as sources of Media like films, songs, shows, etc. have a direct impact on the masses, primarily the youth. Generally, platforms of social interaction provide for any idea that may be widespread in the near future, thus providing a correct understanding of human behaviour. Arts Psychology should be promoted and linked closely with the kind of written pieces or art works that are profound in a society. This will help us understand the people better. The influence of Media is not hidden; therefore, the need for a media Psychologist' will be essential, for he or she will understand the patterns of relations between media and people in a society and bring about necessary changes. The kind of art prevalent or liked in a society may also be linked with activities prevalent in that society. A media platform showcasing extreme violence and intolerance towards any group may have a negative impact on the people, consciously or subconsciously, and might over time transform into an unjust norm, which will lead to emotional unrest. In such cases, the need for a 'critic' or simply a 'reviewer' with deep psychological knowledge might, at an initial stage, assess and work on such behaviours.
- 10. Military Psychology:** Military Psychology(Driskell, 1989)is yet another sub-division wherein the application of Psychology is linked with the aim of fulfilling the needs of individuals related to the armed forces. This includes providing assistance to military personnel, their families, and friends. The psychologists often work on curing the aftereffects of war by curing the trauma of military personnel or any survivor or victim of war. It too is revolutionary in nature, as it could present case studies revolving around the futility of war in front of the world and thereby promote peace. These propagators of mental and emotional peace are often recruited by the government according to the policies of a Nation or State.
- 11. Environmental Psychology:** Environmental Psychology is the coming together of two disciplines that will come together to study both internal and external factors for the development of a human being. The relationship between a human being and the environment that surrounds them This environment could range from the weather and geographic conditions to the home and neighbourhood of an individual. Environmental Psychology also provides for a lot of research in the future. The most diverse are the conditions or guidance under which a child is brought up. This diversity has roots in both positive and negative outcomes. There has to be a lot of campaigning and awareness programmes by Psychologists explaining to the masses about environmental psychology, as it is one branch that is largely responsible for the social development of human beings. The nurturing of a child and what their nature comprises are the most sensitive parts of society; they either make a harmonious society or break one.
- 12. Criminal Psychology:** Criminal Psychology is a branch that is well combined with the world of law. This involves assisting police, investigators, and legal authorities in understanding the psyche of a criminal, aiding the victim, and cumulatively suggesting what goes behind the mind of a criminal. As a result, they are also capable of putting their findings in front of society. The future of a Criminal Psychologist has a range of departments that could be the future trend in Psychology. An individual could assist the legal authorities, counsel the victim who is fighting for justice, conduct research on what leads to a specific type of crime, how a criminal mindset is formed, and the role of

society, which also merges Politics, law, and Psychology to find out the role of government and possible methods to avoid a particular kind of illicit activity in the future. Such psychologists, on the basis of a previous case, could run awareness campaigns.

13. Community Psychology: Community Psychology is a branch that takes an entire community as its base of study and experimentation. It studies the relationship between individuals in a community, more than two communities, or two or more communities and how they influence each other. It closely focuses on the functioning of a society. Keeping the rates of anxiety, stress, and depression in mind in relation to social and community factors, it is safe to say that Community Psychology is also expected to grow in the near future. Community Psychologists have a wide range of topics to cover; these could include culture-specific, micro-issues of a community, macro-issues of a community, gender-specific issues, or age-specific issues. The improved rates of wellbeing in a society will be a result of solving the basic problems of each community by addressing their stressors.

II. CONCLUSION

The behavioural functioning of a Human Being is multidimensional, so the prospect of studying Psychology and its further application will become vast with the passage of time. Psychology is a social science that evolves with time; it grows, and with research, it has the power to come together with almost every aspect of the world. We should not limit it to the preexisting fields; innovatively, we can merge the concepts of Psychology with a broad spectrum of subjects and their theories to tackle the problems of the New World. Psychology, in my opinion, is today largely reliant on research; it is a subject synonymous with experimentation, variety of data, and the needs of the masses. The backbone of such a revolution will be extensive research work. Research Psychology (Ellis, (1992).)has a bright future ahead, with the sky as the limit. These researches could again be a collaborative literary piece that merges two or more topics of interest and provides a Psychological Insight. Psychology has the power to assist in every aspect of life, and it will continue to do so. Business Psychology, Political Psychology, Social Psychology, Sports Psychology, Forensic Psychology, Literature Psychology, Criminal Psychology, Research Psychology, Technology Psychology, counselling Psychology, and healthcare psychology, to name a few, are just the beginning. They have a diverse sub-range of careers under them. As mentioned earlier, the sky is the limit for the future of a subject as diverse as psychology, which is invincible.

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