



HUMAN PSYCHOLOGY

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SUBTOPICS

ENTER THE
HUMAN
PSYCHOLOGY



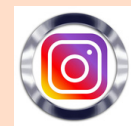
INTELLIGENCE
IN
PSYCHOLOGY

ECONOMY AND
LIFE
STANDARDS
EFFECTS ON
HUMAN
PSYCHOLOGY



EDUCATION
EFFECTS ON
PSYCHOLOGY

HEALTHY
LIFESTYLE
EFFECTS ON
PSYCHOLOGY



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MEDIA AND
SOCIAL
NETWORK
EFFECTS ON
PSYCHOLOGY

BREAKING NEWS

COLD
BLOODED
PERSON
BEHAVIOURS

WHAT IS
SOCIAL
ANXIETY

PEOPLE WHO
HAVE
RESEARCHS
FOR ANXIETY

MICHAEL LIEBOWITZ
RICHARD HEIMBERG

WHAT SHOULD
WE DO FOR
REHABILITATE
AND FIX OUR
MENTHAL
HEALTH



Entrance to the human psychology

WHAT IS PSYCHOLOGY



Psychology is the study of the mind and behavior. Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and mental processes such as thoughts, feelings, and motives.



Who is Freud

Sigmund Freud born 6 May 1856 23 September 1939 was an Austrian neurologist and the founder of psychoanalysis, a clinical method for evaluating and treating pathologies seen as originating from conflicts in the psyche, through dialogue between patient and psychoanalyst, and the distinctive theory of mind and human agency derived from it. He died in 23 September 1939

Everybody knows Freud by father of the psychology but they're wrong the first psychology lab established by Wilhelm Wundt in 1879



Intelligence in psychology

DO YOU THINK
IS HUMAN
PSYCHOLOGY
HAVE ANY
EFFECTS ON
OUR
INTELLIGENCE

INTELLIGENCE IN PSYCHOLOGY REFERS TO THE MENTAL CAPACITY TO LEARN FROM EXPERIENCE , ADOPT TO NEW SITUATIONS , UNDERSTAND AND HANDLE ABSTRACT CONCEPTS AND USE KNOWLEDGE TO MANIPULATE ONE'S ENVIRONMENT. IT INCLUDES SKILLS SUCH AS PROBLEM SOLVING , CRITICAL THINKING , LEARNING QUICKLY AND UNDERSTANDING COMPLEX IDEAS



Economy effects on human psychology

Is economy equals happiness?

As u can see the richest countries are not in the list but poor countries aren't in the list too.

Country	World Happiness Score 2024 ▾
Finland	7.74
Denmark	7.58
Iceland	7.53
Sweden	7.34
Israel	7.34
Netherlands	7.32
Norway	7.3
Luxembourg	7.12
Australia	7.06
Switzerland	7.06



Richness can be as bad as poorness.

If a rich person has everything he wants, he has no purpose in life so, even the richest person can be unhappy.

Richness can even lead to psychological depression.



Healthy Lifestyle effects on Human Psychology

Physical and Mental Health

The foods consumed not only provide the body's metabolic energy needs, but also affect many brain functions, including mind and cognition.

According to research, It has been reported that diet and lifestyle changes can be reasonable, effective and useful prevention and treatment strategies for depression.



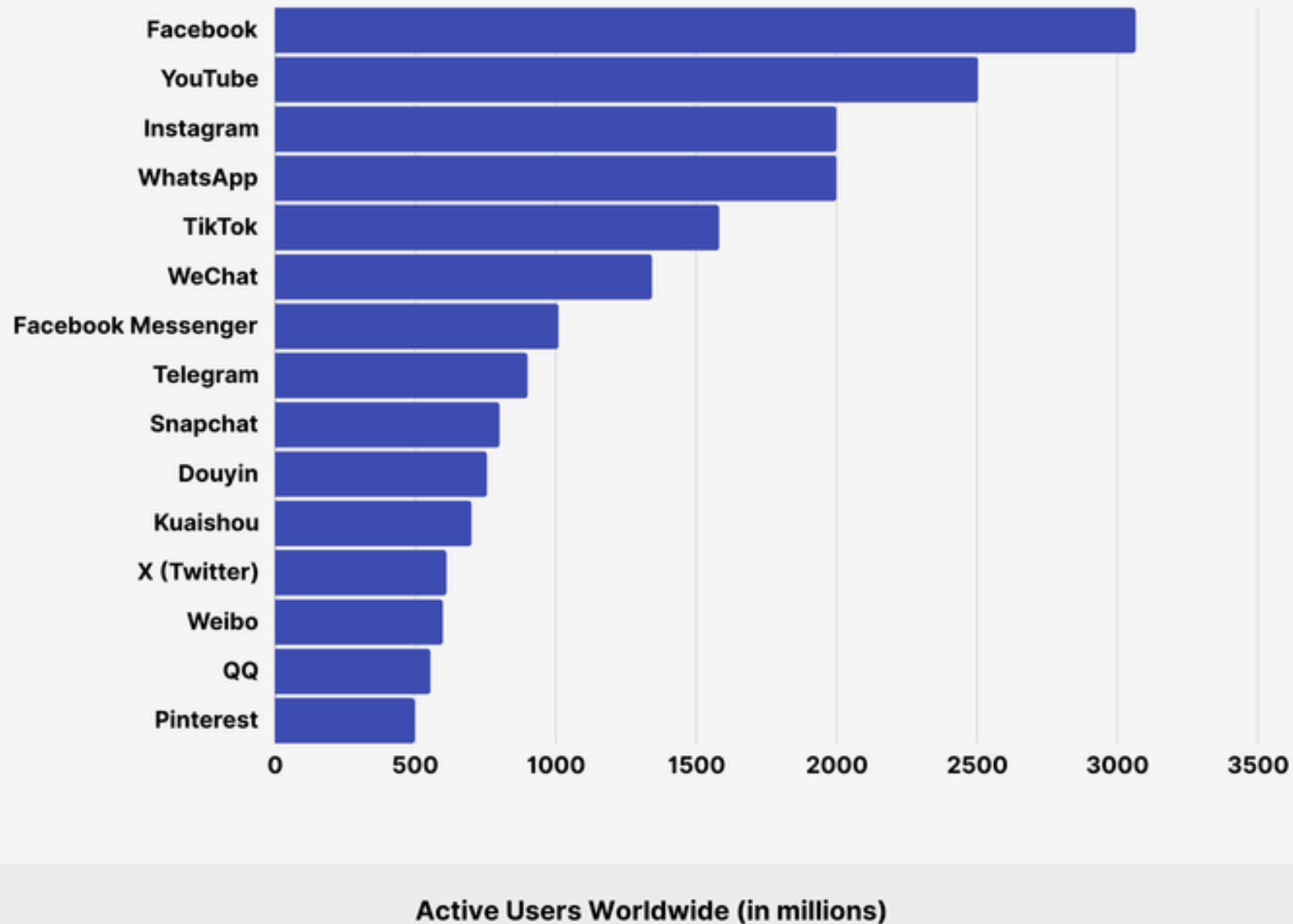
Foods and drinks that support physical health are the same as foods and drinks that support mental health. .From here we can say 'you think and feel' in relation to what you eat.

What can we do for healthy lifestyle?

- **GYM**
- **Eat Vegetables**
- **Exercise Your Mind**
- **Create a Sleeping Routine**
- **Stop Consuming Alcohol and Cigarettes**

Media effects on Human psychology

What Are the Most Used Social Media Sites Worldwide?



Out of **8.12 billion** people in the world, **63.7%** of the population uses social networks

For those who spend time on social media platforms, the flow of information and interactions can increase individuals' anxiety levels.

How can we protect ourselves from the negative effects of social media?

One of the most important ways to protect ourselves from the negative effects of social media is to make our use of social media more conscious and controlled.



Cold-Blooded persons behaviors

What Does Cold-Blooded Mean?

A **cool-blooded** person is someone who does not easily become angry, agitated or excited. Cold-blooded people act calmly in the face of what is happening. May not show emotions appropriate to the situation and this can be bad for their health.



Differences Between Hot-Blooded and Cold-Blooded people

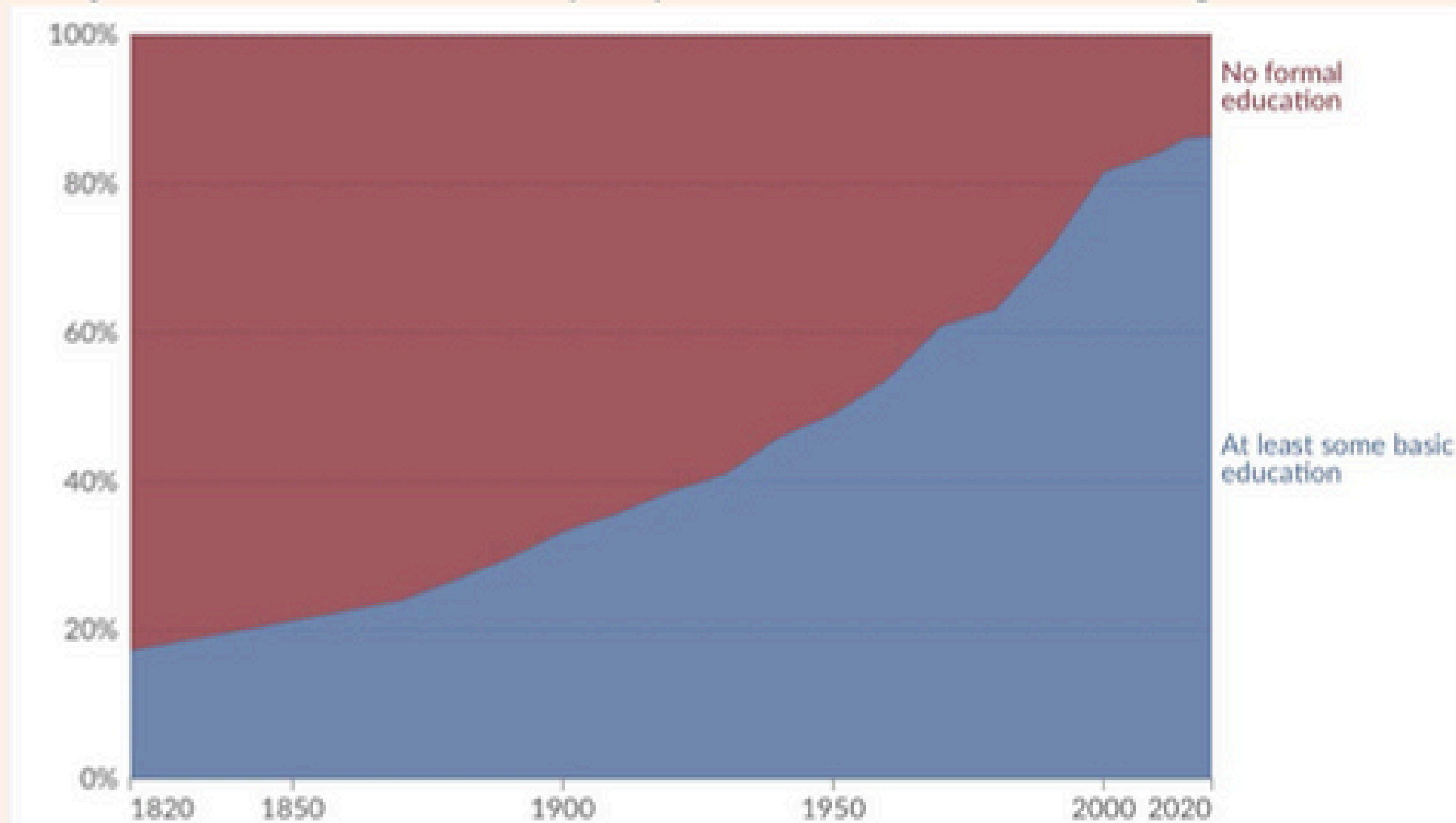
Additionally, since hot-blooded people can often be emotionally influenced in the decision-making process, the accuracy or effectiveness of their decisions at work or in personal life may be questioned.

On the other hand, Cool-Blooded people make more correctly decisions in stressful situations.

Education effects on human psychology

ETHICAL EDUCATION

➤ Do you know how much people doesn't know reading and writing?



Education is important for social order

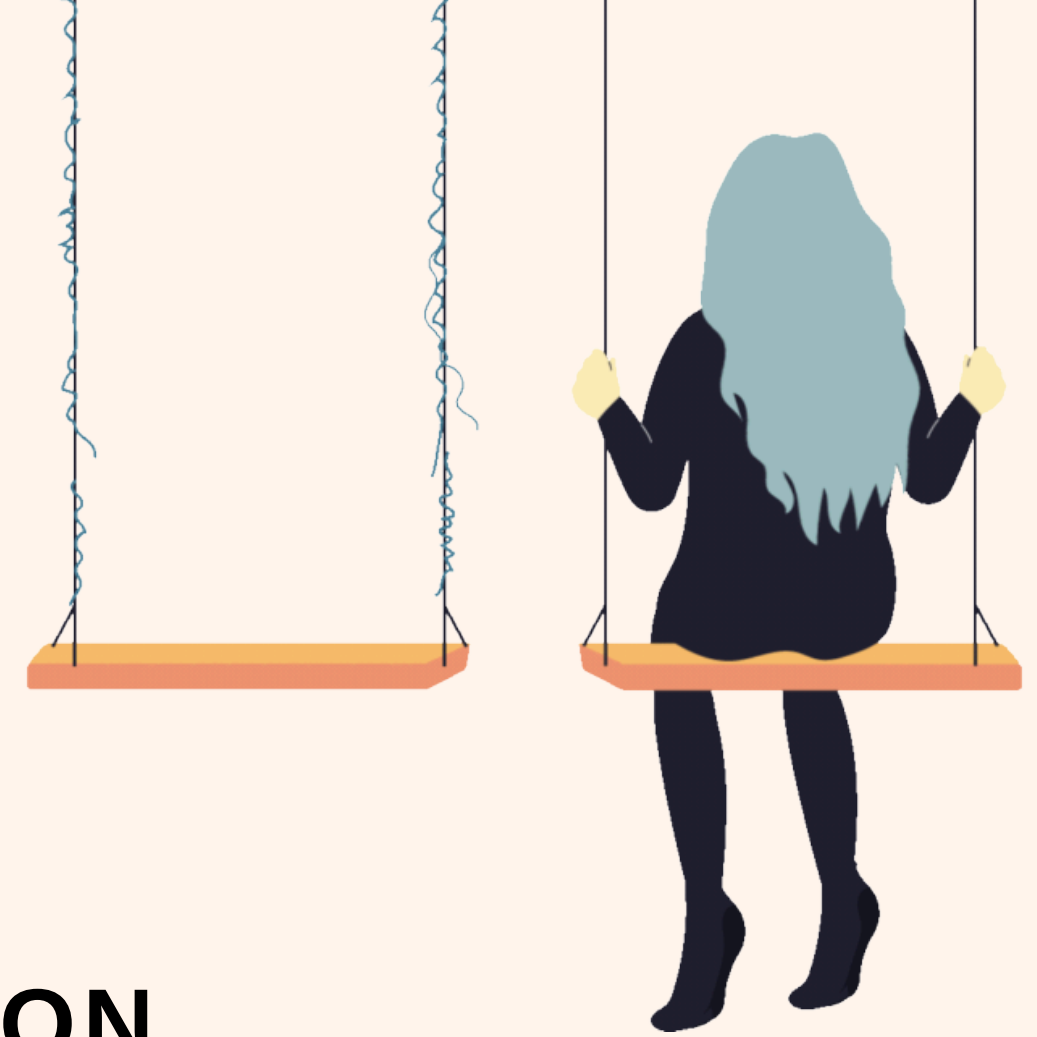
Parents should be educate children connected with principles of right and wrong behaviour.

What if they don't?

What is social anxiety?

What is social anxiety?

IT'S NORMAL TO FEEL NERVOUS IN SOME SOCIAL SITUATIONS. FOR EXAMPLE, GOING ON A DATE OR GIVING A PRESENTATION MAY CAUSE THAT FEELING OF BUTTERFLIES IN YOUR STOMACH. BUT IN SOCIAL ANXIETY DISORDER, ALSO CALLED SOCIAL PHOBIA, EVERYDAY INTERACTIONS CAUSE SIGNIFICANT ANXIETY, SELF-CONSCIOUSNESS AND EMBARRASSMENT BECAUSE YOU FEAR BEING JUDGED NEGATIVELY BY OTHERS.



SYMPTOMS

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graph TD; S((SYMPTOMS)) --> FHB[Fast heartbeat]; S --> D[Depression]; S --> BD[Bipolar Disorder]; S --> FJNF[Fear of situations in which you may be judged negatively]; S --> USN[Upset stomach or nausea]; S --> WEH[Worry about embarrassing or humiliating yourself]; S --> FMGB[Feeling that your mind has gone blank];
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Fast heartbeat

Depression

Bipolar Disorder

**Feeling that your
mind has gone blank**

**Fear of situations in which
you may be judged
negatively**

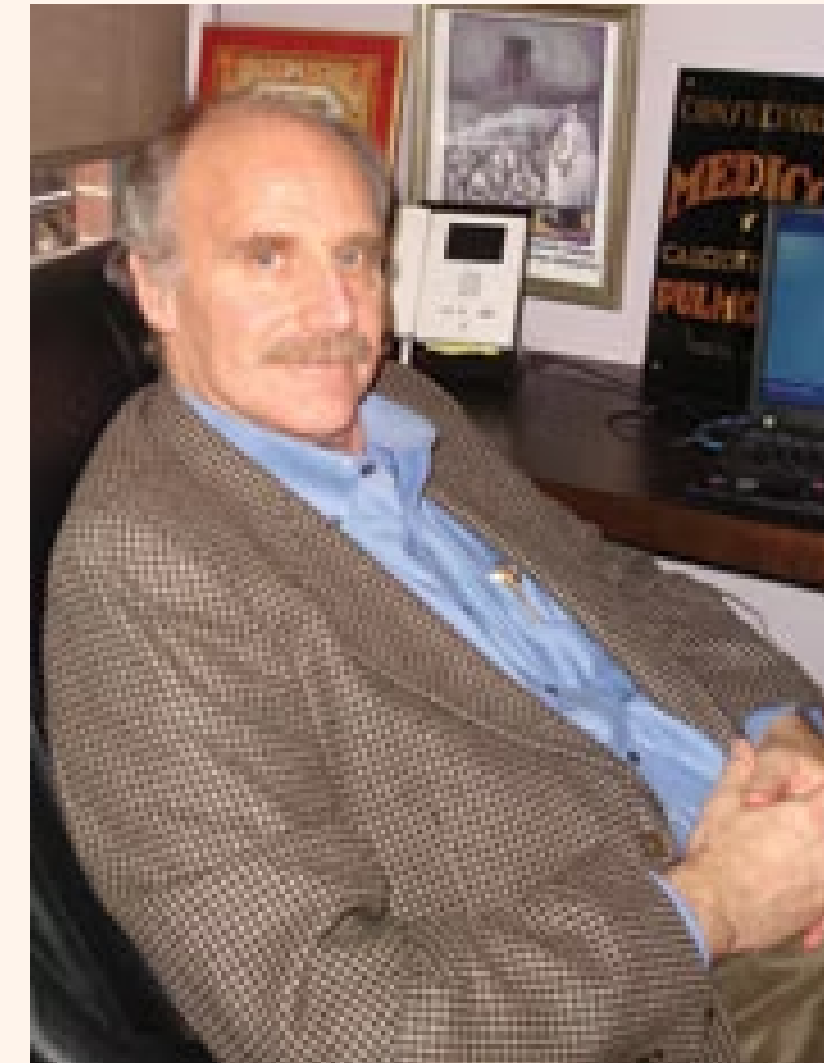
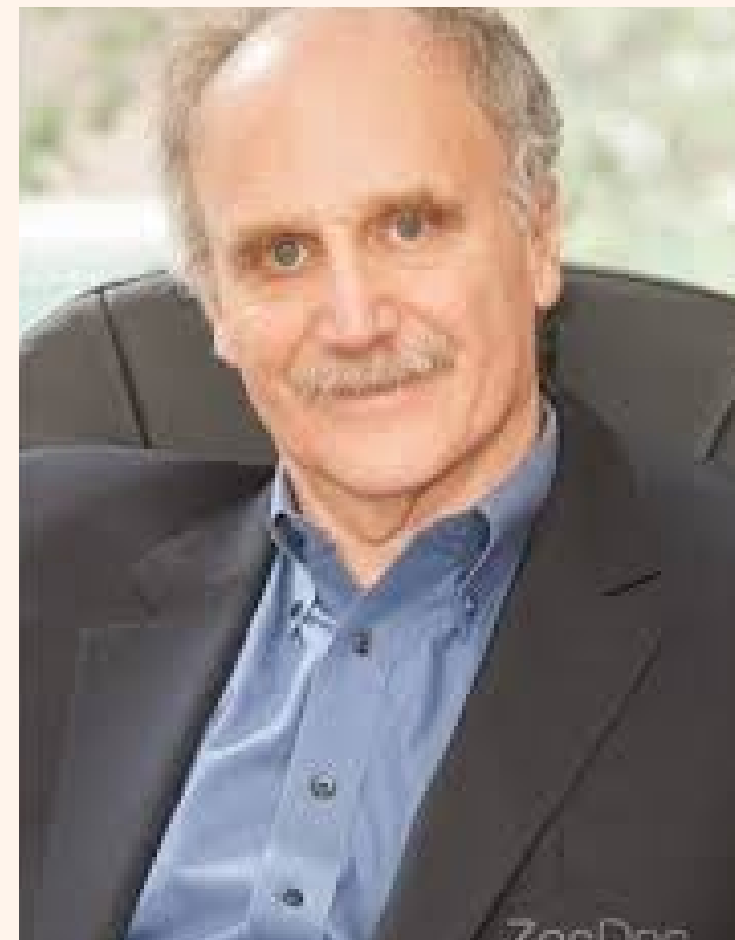
**Worry about
embarrassing or
humiliating yourself**

**Upset stomach or
nausea**

People who have researched for anxiety

Michael Liebowitz

Michael J. Lebowitz, born August 21, 1977, is a Washington, D.C., attorney and expert in the field of military law and military expression. Along with being an advocate for veterans' issues, he has published a number of legal articles on First Amendment issues pertaining to the military as well as the field of national security and war crimes. In 2009, he became a prosecutor in the Military Commission for the terrorism and war crimes suspects detained in Guantanamo Bay, Cuba



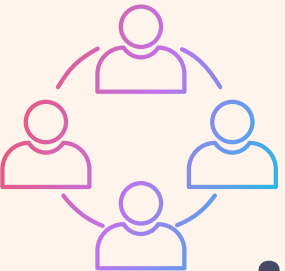

People who have researched for anxiety

Richard Heimberg



Richard Heimberg (born December 21, 1950) is a researcher, psychotherapist, and current professor at Temple University. Heimberg graduated magna cum laude from the University of Tennessee in 1972, earning a Bachelor of Science degree in psychology. In 1974, he received his Master of Science degree from Florida State University, and in 1977, he earned his Doctor of Philosophy degree. The foundation of cognitive behavior group therapy was laid by Heimberg at the University of Albany's Center for Stress and Anxiety Disorders. His area of interest is anxiety disorders, with a focus on social phobia. Over 400 books have been written and published by him. The term "social phobia" was first used in the Diagnostic and Statistical Manual of Mental Disorders, Third Edition, in 1980. He was the first researcher to receive funding from the National Institute of Mental Health (NIMH) in 1983 to investigate psychosocial treatments for social phobia and anxiety.

How can we improve our mental health?

- **Staying positive.**
- **Practicing gratitude**
- **Taking care of your physical health**
- **Connecting with others** 
- **Developing a sense of meaning and purpose in life**
- **Developing coping skills**
- **Meditation** 
- **Every time try to smile**



The image features a central, light orange, irregular blob shape containing the text 'Thank You' in a bold, orange, handwritten-style font. This central element is surrounded by four larger, abstract shapes in the corners: a reddish-orange shape in the top-left with light orange diagonal stripes, a greyish-brown shape in the top-right with light orange organic spots, a greyish-brown shape in the bottom-left with light orange organic spots, and a reddish-orange shape in the bottom-right with light orange diagonal stripes. The background is a solid light cream color.

Thank You