

# HELP PSYCHOLOGY CHALLENGE

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*"Empowering People to reach new heights"*

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Essay Question:

Why should Psychology be taught in Malaysian secondary schools?

Secondary school is an incredibly challenging period in our life. During this time we are discovering ourselves, feeling new emotions, deciding on a career and so much more. Knowledge in psychology would be helpful in dealing with these and other issues of teenagehood.

Psychology is the science of the mind or of mental states and processes. Through its study, we will be able to understand, control and utilise our minds to their fullest capabilities.

What would the study of psychology in secondary school entail? Psychology branches off into so many different sub-fields, but I feel that students would benefit most from having a basic comprehension of cognitive, personality and social psychology.

At this age, it isn't unusual for the average teenager to be in a constant flux between what we should do, what we want to do, and what others expect us to do. By understanding ourselves, we are able to put things in perspective and prioritise to better suit our needs.

Another major hurdle is deciding on a suitable career path. We all have specific talents and default instincts that we will revert to despite education and discipline. Through personality psychology we can identify our strengths, making it easier to plan for the future.

Gauging our strengths is also a valuable way of boosting self-confidence, which will benefit us in both personal and work life. In addition, social psychology teaches us to see things through the eyes of others. When students are equipped with high self-esteem, freedom from peer pressure and empathy, social issues such as truancy, delinquency and bullying will decrease.

There is no doubt that teaching psychology in secondary school would be extremely beneficial. It will produce an empathetic, self-aware and confident generation ready to contribute generously to their homeland, with minimum personal hangups and maximum achievements.