



லிடரெரி ஃபைண்டிங்ஸ்
பல்துறை அய்வுக்கான பன்னாட்டு அய்விதழ்

LITERARY FINDINGS

A Peer Reviewed International Journal of Multidisciplinary Research - ISSN : 2278-2311

VOL: 15

APRIL - 2026

ISSUE: 2

A Study on Psychologists Explore Behavior and Mental Activity

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Abstract:

The range of social psychology is explored and broken down to understand the elements that make up the topic. Social Psychology looks at many different points of view and issues that ultimately define what it is. The researchers of this literature review look at the various topics, theories, and aspects related to and linked with social psychology and compose a paper explaining the different elements. Social psychology is the study of social interactions in society. In this research paper, the researchers concentrate mainly on the various moving parts that describe social psychology, such as behavior, peer pressure, happiness, social media, social proof, prejudice and discrimination, inclusion, belonging and love, social influence, etc. There is a plethora of other parts that belong to social psychology. Therefore, these findings and explorations derived from earlier studies will be helpful for future researchers and all those who like social psychology and want to be knowledgeable about its importance and focus, which is determined based on individuals' communications and social behavior in different cultures and societies, which will be more critical.

Keywords

Behavior, Belonging, Happiness, Peer pressure, Prejudice and discrimination, Society, Social influence, Social media, Social proof, Social psychology.

Introduction

This literature review is started by focusing on social psychology, which significantly investigates how an individual's thoughts, feelings, and behaviors are affected by social influences. These social influences are considerable. Additionally, social psychology analyzes how everyone's behavior is influenced by their background, culture, and surrounding environment. Considering the background of everyone, which has a different outcome and drive from the culture and society, would be beneficial for better human understanding and advantage of communications. Accordingly, it is required to know what Social Psychology is. Is it essential or not? Why is it important to study this field of psychology, and how can we apply it? Social psychology is significantly determined as a branch of psychology that deals with social influences and how they influence individuals' attitudes, feelings, and functions (McLeod, 2007). Numerous studies focused on and evaluated the importance of social psychology amongst the different groups of people and cultures; these researchers believed that

this field of psychology could be helpful and beneficial for psychologists and future scholars, as well (Maccoby et al., 1958; Deutsch & Krauss, 1965; Sherif, 1948; Smith, 1996; Lindesmith et al., 1999; Parker & Shotter, 2015). With this knowledge and understanding, social psychologists and scholars work on the factors that direct individuals to perform in a specific way in the presence of others and observe the possibilities under which behavior, actions, and feelings take place (Rezaei, 2022). Generally, social psychology is defined as investigating how humans act and show interaction with each other, specifically in distinguishing situations. Mostly every individual can recall a time when someone did something that upset them or made them uncomfortable. When those situations occur, it will probably leave you to question a lot, like "Why are they acting this way?", "Why would they do that?" or "Are they okay?". In pursuing social psychology and its importance, The Social Learning Theory of Aggression, created by Bandura (1963), states that "individuals become aggressive by emulating role models." For instance, suppose a child is raised around constant acts of aggression shown by their parents, siblings, or other possible role models. In that case, the child will adapt to this behavior and repeat the same form of aggression. Social Psychology plays a significant role in understanding an individual and addressing mental health issues. The social learning theory of aggression instructs how aggressive customs develop, what generates individuals to behave aggressively, and what remarkable things help these actions after they have been initiated.

Importance of social psychology on individual psychology

It is complementary that many theories and aspects would not be answered without studying social psychology and focusing on it comprehensively. When it comes to individual psychology, social psychology plays a massive part in it. Its study helps individuals to be able to manage their stress, depression, and other social issues to improve their decision-making and future behavior and performance. Based on the article "The Social in Social Psychology" by Greenwood (2014), the author pointed attention to the "social-ness" in individual psychology and social psychology. In the report of McLeod (2008), many psychologists in this field, like Wilhelm Wundt, believe that all behaviors we see occur in a social context. Wundt, the father of experimental psychology, was one of the first to distinguish between individual and social psychology. After his experiment, Wundt recognized that an individual's mindset, emotions, and behavior could be caused by a social community or group, like family, religion, culture, and even social media. However, it can also be influenced by thoughts and beliefs. As Greenwood mentioned, the researcher believes that racial prejudices between black and white people were "generated not by inductive interference from interactions with a Black person with negative qualities but by the social adoption of the prejudices of their White reference group." This statement calls attention to many things, like the reason behind these behaviors and mindsets that the black community has dealt with for many years from the white community. These actions are all caused by one social group who brainwashed their communities to act like that. Most White individuals who despise Black people do not have a reason to do so. This idea of hating someone based on their skin color was brainwashed into them from the beginning (as a child), and they will soon grow up and normalize and celebrate this hatred within their community.

How social influence is significant to individual psychology and group psychology

By looking at society's Influence on an individual and group of people, one should start to understand the mind's inner workings and why certain decisions are made. Social Influence comes in many different shapes and forms; it can be seen in conformity, socialization, obedience, leadership, persuasion, minority influence, social change, and peer pressure. The study of Social Influence is central social psychology and understanding group processes and intergroup relations (McLeod, 2001). In the article "Social Influence in Action" by Smith et al. (2011), the researchers stated that "Social influence is a common feature of

everyday life; we either try to influence others or are influenced by them many times each day." This statement is true. Social Influence is a part of people's everyday lives and affects them and their decisions without them even realizing it sometimes. It occurs when an individual's thoughts, feelings, and actions are affected by other individuals' thoughts, opinions, and lifestyles (Wang, 2013). The most common forms of social Influence are persuasion and peer pressure. The common idea is that youth are influenced efficiently. This can be true. However, it all depends on how this human reacts. Therefore, individuals obviously cannot be peer pressured if they do not surrender to what they are being pressured to do. According to Steinberg (1986), peer pressure is more common between the ages of fifteen and eighteen. This age is the peak of an adolescent's high school career. The first year is when we are introduced to all the highs and the lows of high school. This is a perfect pipeline for children in that age group to influence and be influenced by others. Peer pressure gets aggressive and plays a significant part in this adolescent's adulthood. Because of social media, growing up in an easily influenced society is undoubtedly a disadvantage for future generations. It has a direct way of peer pressuring these young adults to do what is unacceptable (Clasen & Brown, 1985). If an individual who is a non-smoker spends a night out with friends who smoke, the individual may feel pressured to smoke because everyone else is smoking. However, if the individual is not tempted, their friends who do smoke could peer pressure them and persuade them to try it. Individuals usually conform because they want to fit in with groups without being left out or appearing foolish. Has must explain that without the study of social psychology, understanding and supporting one another and their actions would not be possible, or it is better to say impossible, which is why they must value the information fellow psychiatrists, psychologists, and sociologists provide. By considering the social influence, group psychology, and importance of social identity theory, it has to be determined that Social identities are most influential when individuals consider membership in a particular group and influence on members according to the effects of society and environment, which are central to their self-concept and feel strong emotional connections to the group. Social identity theory likewise presents the vision of social identity to explain intergroup behavior. This theory explores the phenomenon of the 'ingroup' and outgroup that usually influence personal feelings and reactions. It is based on the view that identities are formed through a process of distinction defined relatively or flexibly depending on the activities one engages in (Benwell & Stokoe, 2006). In general, association with a group grants self-esteem, which permits sustaining the social identity. Likewise, the social identity theory in social psychology studies the interplay between personal and social identities. Social identity theory aims to identify and indicate the possibilities under which individuals think of themselves as individuals or group members.

Emotional intelligence (EQ)

Emotions are assumed as feelings commonly considered by different groups of psychologists, sociologists, and scholars because they believe that emotions, most of the time, are effective and change individuals' approach, reactions, and feelings based on their activities and everyday lifestyle. Additionally, EQ is well-defined as the capacity to distinguish, assess, and revise the emotions of self and others in private and social life to determine individuals' performance. EQ likewise consists of four main factors: 1) perception of emotion, 2) managing own emotions, 3) managing others' emotions, and 4) utilizing emotion, which explains how individuals show their emotions in private and social life (Mehrad, 2020). EQ as an influential inner factor can cause growth or improve all facets of individuals' behaviors and feelings; therefore, understanding EQ as the central part of internal feeling supports individuals in identifying diverse situations and selecting applicable items in their lives (Hashempour & Mehrad, 014). To understand social and individual

psychology, one must realize EQ. Indeed, EQ is important because, growing up, we all have different perceptions of how emotions should be shown and acted upon. In general, our parents give us the foundation, and we, as human beings, build it up from there. However, only some could have emotionally intelligent parents. If someone does not have a specific trait in themselves, how are they supposed to teach it to others? Many parents have suffered emotional, generational, and personal trauma that should be tended to before having children. When an emotionally unstable parent is looking to raise a child, they present them with whatever emotions they have grown up to believe are right. This ultimately is what passes down not only personal trauma but generational trauma as well. EQ is a subject that should be taught in school from a young age. Many students need help comprehending why they are supposed to be the way they are. It is sometimes challenging to apprehend why we believe the way we do—knowing why certain emotions presented to us at a young or teenage age would have been extra beneficial to how we go about our life. It would have taught us how to deal with certain emotions we might not understand. "EQ plays a key role in social results because it is represented as a variety of social and emotional skills that enable people to be more effective in their personal and social lives." (Robles-Bello et al., 2022). According to the Help Guide, the skills needed to practice EQ would be self-management, self-awareness, social awareness, and relationship management (Furnham, 2012; Radtke, 2022; Segal et al., 2022). These four aspects are necessary for emotional intelligence to be achieved. Self-management focuses on taking care of oneself. Self-management includes self-care, punctuality, self-motivation, working toward achieving goals, and much more. Once someone can put themselves in line and get their priorities straight successfully, they can move on to self-awareness. Self-awareness looks like managing our masterly, setting boundaries for ourselves and others, and helping others become more self-aware. The more we know, the more we can help others. According to the Department of Education, social awareness should include acknowledging, valuing, and supporting cultural values, "understanding social and ethical norms for behavior," and appreciating multiple and diverse perspectives. Lastly, according to Open Library, relationship management communicates well with others, creates, and maintains friendships and relationships, and works well in teams.

Social influences in lifestyle communication

Considering the social influence and the importance of its effect, it should be bold that outsiders highly influence human beings. Many people construct their personalities based on the world's opinions and mindsets. This is a given for people and society with different backgrounds and attitudes. Individuals are put into schools at a young age and are exposed to many different personality traits and attributes. They use these personality traits or factors and attributes to create their personas. At these young ages, as adolescents, individuals are usually put into boxes separating their differences. Growing up, people might know what group they belong to, but others might not. This can cause an issue for a human being's young self. Having the feeling that you do not belong within yourself can be detrimental to the growth of a young person's brain. "The feeling of exclusion can be painful. It can shape our future interactions and attempts to belong in other social contexts." (Allen, 2020). As mentioned before, children are a product of their environment. Young children are known to be like sponges. They soak in all the information fed to them, then let it all out, especially at home. The data they hear and see at a young age is essential. It sets a scene for the rest of their lives. It creates a sense of not knowing whether they belong in society. If a child is placed in a situation where they feel excluded, they might never even want to involve themselves in that situation again. For instance, in the concept of social influence on lifestyle, college is where students find all social groups and classes of social influences. Also, it is where they can find their true selves. Since there are so many different social groups, one might attempt to

conform and, in the long run, feel as though they are lost. All they did was to try and look for ways to fit into society. Positive attitude and happiness According to the importance of a positive attitude and Happiness in personal and social life in the context of social psychology, Happiness is letting go of all that is sad; it is appreciating what people have, the little moments with the ones they love, and finding pleasure in even the tiny things in their life. Nowadays, everyone looks happy but miserable, trying to keep up with the comfortable aesthetic. People are losing sight of what Happiness is. Happiness is living in the moment and appreciating every second of it. Many people are depressed because they are not where they want to be in life but to get there, individuals must start by being okay with where they are now. Individuals must find the things that bring them joy, even small ones. Whether a hobby, a person, a place, or an object, they should find joy in something. These things make life worth living and are kinds of satisfaction. Steptoe (2019) explained that Happiness plays a considerable role in individuals' well-being and has become an essential topic in psychology over the past decade. The researcher explained that Happiness contributes considerably to physical sickness, which should also be considered. Happiness is essential in the context of mentality and physical (Black et al., 2015; Buman et al., 2010). Only some individuals can seek Happiness, and it comes as quickly. One reason for this is the environment individuals are living in. If a person lives in a dark, gloomy city, has a hard life, and comes from a broken home, Happiness assumed as far harder to achieve.

Conclusion

In conclusion, the main topics of the current paper focused on the importance of social psychology in lives, belonging and inclusion, a positive attitude, satisfaction, happiness, social influence, discrimination and prejudice, social proof, and social media. These topics are just a handful of the different social psychologies and scholars. The researchers of this study focused on these specific topics that are deeply related to social psychology; because they are what the researchers studied while studying abroad in Barcelona, Spain. The study researchers had the chance to experience how humans react in social environments and research and analyze the above-mentioned topics. Learning about this gave them all a microscope perspective and view on social psychology. It helped them additionally to understand not only themselves better but the environment around them as well. In fact, by reviewing all the reports and studies, social psychology only functions with human beings and societies coming together to experience life together. A lot goes into studying and analyzing social psychology because people differ. While learning about other communities and how they function, you look back on your own and compare their differences. Social Influence is assumed to be a significant factor in understanding social psychology in group relations. It is how people are affected by the real or imagined pressure of others. This Influence is mainly by the media. Social Influence is common in everyday life, whether we are the ones being influenced or are the ones influencing others. This happens when your thoughts, feelings, and actions are affected by another person. The different forms of social Influence are conformity, socialization, peer pressure, obedience, leadership, persuasion, minority influence, social change, etc. This research paper generally focused on understanding the fundamental social influence processes and how they can be involved in the real world. The research paper also focused on the Influence of social influences on an individual's life in social settings and how they go about certain obstacles.

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