

# Attitude towards psychological knowledge in Ukrainian society

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**Abstract – There are a lot of problems in Ukrainian science. Old fashioned educational programs and students who are not interested in personal growth and professional development are some of them. We believe that all these results in misunderstanding and mistrust to the psychological science in Ukraine. People of different age might use psychological knowledge in everyday life more often – in case of solving personal difficulties problems or for improving quality of life. The results of empirical study of use of psychological knowledge among ordinary people are presented.**

Key words – attitude, status of psychology in Ukraine, psychological knowledge, problem-solving, scientific knowledge.

## I. Introduction

Psychological knowledge are centered around such interesting topics as reasons of human behavior, relations among people, ways of personal development, strategies of problem solving and conflict resolution, ways of improving quality of life in general. But our historical previous experience determines a lot the amount of value we pose on such knowledge. Many Ukrainians still think that the best way to cope with personal difficulties is to do it oneself or in close relations with friends/relatives, but not with a professional psychological help. Of course it might work in some cases but in others it can only worsen the situation.

Such striking examples the one can see at schools. Almost in every form there are some children who desperately need professional diagnostic and guidance. US statistics shows that in America only 20% of children with mental problems get appropriate help in time and it is 1 of every 5 children [1]. The same time we know that 50% of mental problems in adulthood begin before 18 years old [2]. We don't have such statistics in Ukraine, but our experience of studying and practicing at local schools shows that almost none of the children and his/her family get appropriate help in time. In some cases it results in bullying among classmates, low self-esteem or dropping out school.

Children, teachers and parents in general have not many opportunities to get psychological knowledge or to be introduced to best evidence-based practices, get advice about good professional literature and self-help books. Also there is no psychology subject in school program.

On the other side of the problem of insufficient knowledge is Psychological Department what is mainly lacking well-designed courses, evidence-based practices, modern scientific methodology and experience of spreading valuable knowledge around.

It is obvious that under such circumstances more people choose to solve their problems on their own.

But there are still people, mainly young generation, who doesn't agree the things go that way and are aiming to improve psychological science in Ukraine [1].

So, we decided to analyze and research information about this situation. We try to use scientific works, books and our own experience, because every day we can see, how people do mistakes in their life and jump to conclusion, because they want to solve the problems very quickly and do not want to listen to anybody, realize the main reason of situation or want to close eyes for problem. For example, very happy couple, which has not bad relationships, but has problems, does not go to psychologist, because they think, that there are no difficult situations, but they really need psychological help. In this way they have a lot of arguments and their relationships can be broken. Other situation is when boss does not want to give job to good psychologist, because he believes, that he can work with all staffs alone. In this way he cannot see all problems between workers and can lose good specialists. So, we see, that in two situations psychology can help people, but they have stereotype about psychology and they waste their time.

The other problem is based on incorrect psychological facts and information in the Internet. For example, student is looking for extra information about different types of personality and finds in Internet incorrect information. He uses this wrong information in routine life and makes wrong conclusions. We have always to check information and material from Internet resources. When we use some psychological information, we have to look for it on others resources or to ask the specialist.

Sometimes we can see in the Internet free or not lessons for society, for example, forums, lectures, which were organized by psychologists. These lectures are for everybody and do not depend on age. This problem is based on small numbers of lectures and sometimes speaker does not have a lot of experience.

## II. Process of research

The main idea of our research was to show society how many people are interested in psychology like useful knowledge in routine life, how many people just know few psychological organizations and how many people are not interested in psychology and focused on solving the mental problems themselves. People had to choose one of these variants with no pressure. We gave people only three variants. First of them is 'I like psychology, I am interested in this, I know a lot of psychological organizations, always read psychological literature and use my experience or knowledge in routine life or different situations'. Second variant is 'Sometimes I use psychology in my life and know just few psychological organizations'. Third variant is 'I am not interested in psychology, I have never been using it in my routine life and I do not know any psychological organization in my city or in Ukraine'. People have to choose one of these variants, which is closer for their position for psychology science. We did not make others variant, because, first of all, they need to read questions and ask themselves, do they know something about psychology. Perhaps, people,

which were asked in our interview, will change their opinion about psychological position in their life. We asked people to answer question as honestly, as they can, because we want to show real information and situation in this article and discuss statistic, which we have.

### III. The main results of research

We manage to explore attitude to psychology. We asked 50 people, what they think about psychology in their life. 40% answered that they read psychological literature and use psychological knowledge in different situations. It means that people are interested in psychology and think that this science takes important place in their activity. We may suggest that this category of people can solve their problems easily, because they use psychological knowledge. This type of people, perhaps, is thinking about their growth and wants to improve their social skills. 24% answered that they know few organizations, where they can get psychological help. It means that this category is not interested in psychology but they know some useful things about psychology and if they need, they can use it. This type of people think that psychology is useful science, but they are not excited about it and do not want to use it every day. They do not have a lot of experience, but they can look for new information and improve their knowledge. If they will improve their psychological skills, they will use it more and more, it will be easily for them. 36% answered that they do not read any psychological literature, do not look for interesting information and do not know any organizations. This category is not interested in psychology and is focused on solving their problems by themselves. They do not understand and realize which role and position psychological science has in other sciences and life. We can try to explain to this people, that psychology is useful and can help them. But how can we do that? Psychologists can write interesting and easy for understanding articles, so in this way we can take the spotlight on psychology for this category of people.

In these results we can see that attitude to psychology in Ukraine is not bad, because 40% answered that they are interested in psychology and use it. But 36% answered that they are not. So, we have '50:50' situation. It means that Ukrainian psychological science is developing every year, more and more people understand and use psychology in routine life, use it in different spheres, like studying, business etc. The best idea is to spread psychology in every social organization. For example, at school teachers can make new subject like 'first steps in psychology', in university lecturers can make psychology one of the main subjects and make interesting psychological competition or conference of actual themes in psychology. Actually, we can construct student's mind. By the way, a lot of people do not read psychological literature, because it is hard to understand all the scientific words. We can make people interested in psychology by writing books easier for understanding. Psychological

society has to give more possibilities to study psychology for people, who are not specialists.

### Conclusion

Psychological science was not popular in Ukrainian society. There are stereotypes, that people do not need psychology in routine situations or professional spheres. When people forget about psychology moments of their life, it may bring a lot of problems. But our research shows that situation is not bad and bigger part of people who answered the questions is interested in psychology, like it, use it or know psychological organization. 36% people, who answered that they do not use psychology just need time, and we believe that psychological science will be important part in Ukrainian society, and psychology will be studied at school, in every faculty at university and psychologist will be a good specialist in every organization.

One of the good ways to solve this problem is to make new researches and to present it on different conferences. For example, research 'What I know about relationship', 'What I know about psychology', 'Can I analyze my personality', 'How I can solve the problem in my family', 'What I can do for society', 'Do we need psychology' and others.

We have to show people, that psychology is not magic, and psychological organization is not Hogwarts. Psychology is real thing, which can help. We believe that the main word in this article is 'HELP'. In our opinion, if we want to spread psychology in Ukrainian society, we need to show, that psychology is really helpful, and it doesn't matter in what situations.

We believe that psychological society will be interested in this research and will decide to make a new one. Perhaps, the result of new research will be better and we will not worry about future of psychology in Ukraine.

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