**Psychology**

Psychology can offer insight into the age old question of what parts of us is nature, and what parts of us is nurture. The more psychology progresses as a science, the more we know about mental health, and how to treat those with illnesses, do you ever wonder what pushes you in life to do what you do? Psychology can help us understand ourselves, our goals, and our dreams. Listening is an art that many people have not mastered. Psychology can teach us how to communicate better. When we understand that the actions of people from other places are not wrong, but a result of differing understandings of the world, beautiful things can emerge. On a more personal note, psychology can aid us in our understanding of child rearing. It can also help us understand complicated interactions within the family economically.

Psychology can function to streamline businesses, improve productivity, and produce better ways to organize people. It can help produce better academic spaces and systems for students it can help us explain emotions that are otherwise impossible to understand. Love, hate, anger, passion and fear, all these things have a basis in the mind. Psychology can help us understand the intentions of those around us, and how to protect ourselves from thoughts and interactions that may not be detrimental to our health being aware of our capabilities is important for growth. An awareness of our limits is also necessary. Psychology can give us insight into both. Reading about psychology can help us personally overcome grief and trauma. It can help us feel whole again.

Most people watching television have an interesting love/hate relationship with shows such as Jersey Shore, Survivor, the Real Housewives of New Jersey and so forth. Intended to portray how people go through their daily lives or participate in unusual competitions, reality television shows have become unlikely hits. They have also made media stars of people like Nicole Polizzi, Kim Kardashian, Paris Hilton and others who would be largely unknown otherwise. Study results showed a significant relationship between watching reality shows and real-world beliefs about human relationships and behaviors. Heavy reality-show watchers strongly overestimate the real-life occurrence of dysfunctional relationships and divorce. They are also more likely to place a stronger emphasis on sex in romantic relationships.

Many reality shows depict women idealizing beauty and thinness, giving the impression that a woman’s value is based on her appearance, and that popularity is derived from beauty. Competition shows such as America’s Next Top Model perpetuate this ideal, as women compete with one another to gain a lucrative modeling contract. Plastic surgery shows such as Botched, as well as the former Dr. 90210 and The Swan feature people altering their appearance and becoming more satisfied with their looks and quality of life after surgery. Many cast members of other reality shows, such as The Real Housewives franchise, are very open about their numerous plastic surgeries.

As trying to discourage bullying, gossiping and other forms of interpersonal aggression between young girls, it’s unfortunate that reality shows often feature adults behaving in exactly this manner, all the while continuing to gain popularity in mainstream media.

Reality TV has been vilified as the lowest form of entertainment, a threat to intelligence, and catering to the most prurient of human instincts. As such, the shows would seem to offer a bounty of possible examinations from a behavioral perspective. Recently, the effects of reality television remained sparsely explored. Bryant Paul, Indiana University, offers two explanations for the dearth of literature. First, reality TV is perpetually changing, making it difficult for researchers to collect and analyze data that remain relevant. The other reason is that some researchers do not think it will last. “It’s been around three to five years, which is a blink in the bigger scheme,” Paul said. “The novelty is wearing off.”

As we see reality TV shows plays a big part in how we think. It’s not intentional it’s just the way we are. Especially in teenagers, when we’re trying to find out who we are reality TV can change our perspective and outlook on certain things. It can control the way people think.