

Psychology is defined as the research-based analysis and evaluation of the mind, actions, and habits. Additionally, professionals across numerous fields may reap the benefits of psychological research. Such studies, known as psychological research, comprise one of the many elements of psychology. Psychological research involves studies conducted by psychologists with the intention of developing proven procedures that will either resolve a question or dilemma, or produce enhancements that benefit society. One such bonus of psychological research includes the general public's increased awareness of personal wellness, which serves to boost our health and enhance our decision-making abilities about wellbeing. Although psychology is a relatively new field, with much of its attention and investigation materializing in the late 19th century, the study of behavior can be traced back to ancient times when philosophers debated various intellectual topics.