

Control of Behavior (2)

1. Outside World and Our Mind, Inside World

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行 動 の 制 御 (2)

1. 外界と心, 内なる世界

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It is rather difficult for us to control and change our outside situation. To keep our contact to our circumstances good, we must change our inside psychological state.

Efficacy of our operation upon the environment; Our effort to change our circumstances is not always successful. The situation around a man does not often change to the one as he wishes in spite of his effort. He might be frustrated and he can not help changing his plan, wish and his concept about the environment.

Efficacy of our control upon our own mind; It is not easy for us to control our environment. It is also not so easy to control our own mind as we would like. Human beings sometimes get easily anxious or get angry even if they intend to avoid such emotion. We can not say that we have ability to control our own mind perfectly.

Behavior to control ourselves; We can see some people always gentle and some people always smiling. Some people might pretend to be so, but some people might be really so. It might be easy for some people to control their emotion. On the other hand it is difficult for some people to do so.

Maladjustment to the environment; We each have our histories since our

birth. Somebody might have been many times frustrated. Somebody might not have been. Someone becomes easily frustrated. Someone does not. Some people have easily the experience of psychological trauma. Some people do not have it in the same situation.

Some people are nervous. Some people are difficult to make decisions by themselves. Some people have unstable moods and feelings because of their past psychological trauma. They do not have good contact with others and even with themselves. It is not easy for them to enjoy their own lives.

Emotion and behavior; When man is very angry, it becomes difficult for him to control his talk and his behavior. If he is emotional, he would often commit errors in his speech and his conduct.

When we get excited or angry, we can feel ourselves excited, but we can not stop our emotion. When we can not get sleep we might be eager to get sleep, but we can not get it. As much as we are conscious of need of sleep, we can not get sleep.

Determination how to do or perception about our circumstances are often wrong, when we are excited. Mental state highly excited is like a kind of temporary neurosis.

Strong mind to control ourselves; We must practice self-control to make us relax. Psychological relaxation makes us think well and smoothly. Physical relaxation makes us behave well and refreshed.

As long as we live, we can not avoid troubles. We can not escape from miserable happenings. We must keep our mind and body strong. We should not be afraid of danger. A strong mind is warm and huge, calm and peaceful, patient and tolerant to frustration, and is self-reliant and confident. It will need much practice to get it. We had better have a lots of hard experiences. If we can control our mind, we ought to make it joyful, open and active.

Environment and us; Things and matters that surround us have various ambiguous meanings to us. We can not easily understand them. Even we ourselves also are ambiguous.

We ought to have epistemic curiosity, competence, objective and active

attitude to know our world. We ought to have many new experiences and observe the others to know our world.

Our attitude to environment; Environment is neither aversive pressure nor stress to us. We are not defensive to the environment. We are a part of environment. We live with the environment. If we try to have contact to outside actively, we will get operative intelligence, feeling of efficacy and will not get feeling of alienation.

Good distortion given to our mind; Good illusion and good fantasy have power to heal boredom of our daily lives. Humor and smiles are a kind of expression of tension-reduction. Dreams are energy to be released to live and are the expression of our unconscious world. We should listen the voice from our covert deep mental world.

Poem and music are our empathic understanding of our world. Drawing and arts are creative discovery of our world. They would make our mind open to the new world.

Objective understanding of our world is very difficult for us to get. We had better give our mind good distortion by ourselves.

(References will be presented at the end of this series of papers.)

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