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Computers in Psychology

Computers play a very important role in the world. Almost every field uses computers to maximize their success. Many people thought that computers have nothing to do with Psychology, but actually, psychology relies a lot on the use of computers. Computers have a lot of benefits to the psychology field, for example, computers made researches a lot easier. Back in the old days, researchers have to make many flights or make a whole bunch of phone calls to obtain information, since some of the researches are not in the United States. Now that we have access to computers, researchers can just email the information to a colleague or a partner that works with them to conduct and obtain information. Researchers can also educate all of the people around the world about what they have found through the use of internet. Computers are also very important to clinical psychologists; for example, they can use computers to organize patients' information, records and charts better, since computers can reduce the possibility of human errors. Computers also reduced the risk of lost files due to accidents like a fire or earthquake, since one can keep backup files more easily on a computer. Computers can also help to keep track of the patient's data to make statistical analysis easily.

Also, there are a lot of goals that would be almost impossible to accomplish without the use of computers, for example, psychologists depend on the use of the computers to study the human's mind and behavior. For example, the EEG, which stands for electroencephalography, is a brain imaging technique can be done only by computers. It is a technique that is performed on psychological and psychiatric patients to detect anything that seems abnormal. This technique helps to track and record electric patterns in the brain; therefore, EEG would not be able to be

successfully performed without the use of computers for recording and analyzing the data and output. Besides the EEG, computers are extremely important in the fMRI procedure. fMRI stands for functional magnetic resonance imaging, it measures the brain activity by detecting changes in the blood flow. Through the computer, psychologists can see images of the brain when the when there are any changes. Without the use of computers, psychologists would not be able to see and learn what's actually going on with people's brains.

With the use of computers, psychologists learned the different stages when humans sleep. Computers allow psychologists to see what's going on in humans' brains when they sleep, for example, whether they are having dreams or consolidating memories. Because of computers, we also get to learn a lot of useful information about our brain, for example, when and how memory is consolidated, how to figure out when is the best time for studying and what is the best way to receive and consolidate information that we obtained in class. Without the use of computers, no one can be sure of anything about the human brain, because there would be no other way to prove their hypotheses and conclude a theory. Overall, computers have turn impossibilities to possibilities, with computers, psychologists and expand their researches on human brain and human behavior.