

The Influence of Subconscious Mind on Human Behavior

Nurilia A.

University Malaysia of Computer Science and Engineering, Putrajaya, Malaysia

Abstract: This paper studies the influence of subconscious mind on human's behavior. How it affects the ways of human talking, making decisions, thinking and how it actually affects their lifestyles without realizing. The society still does not have a clear mind on what is subconscious mind and most are probably confused with unconscious mind. The human behaviors basically are influenced by many things but in this research the author has specifically wanted to study on how the subconscious mind influence the human behaviors in many ways

Keywords: subconscious mind, human behaviors, lifestyles



Introduction

Many people would have responded that they do now something when were ask "Do you know what is subconscious mind?" When the fact is they actually do not. This has made the author wants to learn more about subconscious mind and the real definition behind it as it is an interesting topic to the author. The author first exposed with this subconscious matter is when the author watched a movie called "Inception" which plays around with dreams and the power of subconscious mind. This matter excites the author therefore she decided to read and study more about it thus, the reason the author chose this topic is because the author wanted to know the power of subconscious mind as this matter is not being talked by the society in daily lives and the misunderstanding about conscious and subconscious. The society is aware of conscious mind but some of them do not know the existing of the subconscious mind. There seems to be a relationship between human behaviour and the subconscious mind. How we react to the surrounding and make decisions in our daily lives, is it influenced by the subconscious mind? That is what the author studies in this research report. The author finds this topic that is linked to the psychology matter as really interesting. The author likes to learn more about the human behaviour and how the whole process carries out. Subconscious mind is part of the conscious mind and it is actually a powerful part of our mind without we realise it. We are well known of the factors that would lead to happier life which are our own efforts and prayers but what we do not know is we can train our subconscious mind to get and achieve what we want. Our personality development is mainly controlled by ourselves and not others. Subconscious mind is so powerful it can do so many things that would surprise us and this is what drives the author to study more about this topic. We also often relate

dreams and mind but how true is this fact so far? Does all our dreams actually linked to our subconscious mind or maybe some of it does? Subconscious mind might be a broad topic as that is why the author has decided to come up with some research questions to help her to carry out this study on how the subconscious mind influences the human behaviour.

The subconscious mind is an inconceivable storage of our memories, experiences, considerations and encounters. Majority of us has encountered embarrassment, rejection, and the loss of our closest friends and family. Numerous have had mishaps, sickness, trauma and also been abused. These cruel encounters can prompt negative thoughts or in other words, habits that have been the root of unnecessary continuous pain. In contrary, thought circuits that quarantine us into ruinous methods of reacting to the world, these arrangements are stored in our brain cells and subconscious mind. Such negative mentality rise up out of the subconscious quickly, consequently and routinely in our life events. They frequently show in tireless reiteration referred to as obsessions. Our minds can get stuck in this for a considerable length of time, hours, days, weeks and even more. Some deeply inserted arrangements can extend their impact over a lifetime. Our brain acts like a computer or a machine-like that is programmed in an automatic way of our life encounters beliefs and thoughts. It is always in our sights but we never consider how it functions. However in any systems, glitches and breakdowns are much likely to occur so to attain our maximum capacity, overcome self-overpowering behaviours and accomplish success we can actually take in more about the force of our subliminal personality or in other words, the subconscious mind power. As human, we figure out how to do things throughout our lives as for instance, it begins since the day we are brought to the world and carries on throughout the years whether it is figuring out how to get items, for girls to tie their hair braids or to even drive a car. Often, we rarely figure out how to do something correctly the first time.

However with lots of practice and reiteration we can really concrete the method for doing it in our brain. Sadly, the negative behaviours and habits can also be embedded. We have learnt to translate the world and letting ourselves know the stories to make assumptions, hunting down the meaning where there is nothing to be found. We can either create our own tensions or talk to ourselves out of achievements. Through repetition and practices, these terrible techniques are built by us in our subconscious mind. Our responses toward things around us are basically based on encounters in our own subconscious mind. The subconscious mind really feels our negative habits are actually great because it has put away the satisfaction feeling we get from the habit. Furthermore, the subconscious mind is only able to allude to feelings that we have encountered and it will consequently generate us to feel these feelings when we think or see of a specific behaviour or habits. Up until today, the negative behaviours of ours have provided us some type of pleasure or else we would not have been doing or in other words, this is what we called habits. The chance that the subconscious mind is the working arrangement of the machine that we said previously, the conscious mind is what the mindful of deduction which is likely to be similar to the software engineer utilizing that machine. The conscious mind decides things and makes a move, yet it is all inside the system that the subconscious mind gives. Our conscious choice would be impacted by the negative thoughts of our subconscious mind. Our brains deal with “thought designs” which are only “programming” that has been implemented into its neural system. We can learn a pattern in some of the considerations that are created in our brain like for instance, it’s conceivable that our mind is immediately in the habit of making an example of negative thoughts which for this situation our brain is subconsciously accepting whatever happening in the real world in a negative speculation. Issue with the subconscious mind arrangement is that we underestimate it and accept that is the fact of who we are. Nonetheless, the fact of the matter is that the subconscious

arrangements are basically thought arrangements that have been thought such a variety of times that they have ended up embedded as an auto mode of working. By becoming to be aware of them and dis-relating to them through absence of consideration, we can actually get to be free of these negative thoughts of our subconscious mind.

The fact that these subconscious arrangements are continually running in auto mode in the cerebrum or brain, we must comprehend to that fact as these are said to be the reality of our life eventually. When a thought is think for a long period it consequently goes into auto mode in the light of the fact that the neural pathways for these thoughts gotten to be firmly installed in the neural system of our brain. For instance, when we have finally figured out to drive a car it is and extremely our conscious effort at first but sooner or later the arrangements get to be installed in our brain that the whole activity of driving a car would then be embedded in our subconscious mind. Some of the negative thoughts are automatically running in our brain and they are typically the underlying driver of most negative perceptions and judgments that we think of in our daily life. However, if we recognize and let go of faith in these subconscious negative thoughts, we would forever be battling with the antagonism in our brain. A basic alertness of the subconscious negative arrangements is sufficient to begin getting free of them. Humans tend to undervalue the negative part of the subconscious mind, a lot of which is submerged underneath of our focal awareness. The study of mending confirmations proves how to approach both of the conscious and subconscious minds so that these bad arrangements can be brought to our conscious mind, found and restored by positive course and thought arrangements. This would result in a positive, cool, versatile personality, focused and calm prepared for critical thinking, dealing with life's unforgiving substances and creating good health, achievement, harmony and happiness.

First of all, there are many motivating factors that can enforce the author to do anything and in this case, it is towards the power of subconscious mind. Motivation is basically what makes the author to carry out this research on this topic. The author's motivation towards the subconscious mind is how it influences the human behaviour in many aspects. The author wants to find out if the human behaviours are all controlled by the subconscious mind or is it actually controlled by ourselves in our focal awareness. Below are the research questions to solve the problem and to make the research much clearer to carry out.

1. Does subconscious mind have an impact on improving our learning behaviours?
2. Does the subconscious mind affect human behaviour to make decision in life?
3. How to set your subconscious mind to achieve your goals?

The objective of this research is to identify the influences of subconscious mind on human behaviours in different aspects. The goals of this study have been stated in order to record of the research. The research objectives are being listed as the following:

1. To determine whether subconscious mind has an impact towards learning behaviour.
2. To determine whether the subconscious mind affects the human behaviour to make decision in life.
3. To determine whether the subconscious mind can be manipulated to achieve goals.

Subconscious Mind

Our brain is divided into few categories such as conscious mind, unconscious mind and subconscious mind. Subconscious mind and unconscious mind have two different meanings but most people often mistaken these two terms and thought both have the same meaning. Unconscious mind is the process of our minds that performs automatically without realising while subconscious mind usually acts as a replacement for the unconscious mind or also known as part of conscious mind that is currently not in our awareness or control. It can also be said as a storage room for everything including habits that is not currently in your conscious mind but it still influences your feelings and actions. 88% power of our mind comes from the subconscious part (Sandy MacGregor, 2011). Our subconscious mind has its own language which is emotion (Sandy MacGregor, 2011).

Basically, your subconscious mind usually fills with your memories, skills and things you've done and went through since your childhood. The way these thoughts are stored and portrayed are automatic. Freud (Sigmund Freud, 1969) argues about how subconscious mind is commonly assumed as an unconscious mind and he quoted that

“ If someone talks of sub consciousness, I cannot tell whether he means the term topographically – to indicate something lying in the mind beneath consciousness – or qualitatively – to indicate another consciousness, a subterranean one, as it were. He is probably not clear about any of it. The only trustworthy antithesis is between conscious and unconscious.”

Subconscious mind can learn negative thoughts and has the authority to your conscious choices. Subconscious mind also has another name for it which is pre-conscious. This pre-conscious mind holds our thoughts that can be brought to the conscious mind. For example, we do not even realise that we are blinking our eyes and breathing right before we actually think about it. This is one of the subconscious thoughts. We are doing things without realising as it has become a habit in our daily lives. Our fears, false beliefs and other people's opinions are automatically stored in our subconscious minds. This is how it actually influences our own opinions and decisions making. Subconscious mind and conscious mind are not two minds, they are actually one mind with two different parts. Decisions making take place in the conscious mind whereas the examples of subconscious mind like that was mentioned previously are the digestion process and blood circulation that functions automatically. This is what we called the autonomic nervous system which is divided into two; sympathetic nervous system- controls the body function and parasympathetic nervous system- control vegetative function. (refer Diagram 1.1). Subconscious mind is also counted as a powerful part of mind. Our subconscious mind stored what we consciously believe in our lives but it cannot determine whether the thoughts are actually positive or negative thoughts. Our subconscious mind follows any orders of the conscious mind as whatever it is. It will follow the orders in order to achieve goals. Subconscious is indeed a powerful mind as it will execute once it obtains an idea. The subconscious mind is like the operating system of a computer and the brain is the computer. As so, there could be malfunctions so to achieve it, the powerful subconscious mind can be programmed. When we do something repetitively it becomes a habit and stored in our mind but unfortunately, bad habits can also be stored. The conscious choices will be influenced by the subconscious mind if it has learned the negative thoughts. Impressions are made in the brain cells when thoughts are transmitted and this is pointed out by psychologists and psychiatrists. The subconscious mind can be said as the auto-pilot. When we are facing a new situation, our pre-conscious mind is obligated for the feelings that are automatically generated. For example, if we were asked to give a speech in front of a big crowd, our subconscious mind would produce all the anxiety feelings that would make

us feel scared when facing the crowd. Also, our actions and thoughts are influenced by the subconscious mind. Sigmund Freud was probably the first person to start bringing up this subconscious matter. He was a neurologist born in Austrian and now are known as the father of psychoanalysis. Psychoanalysis is defined as a set of psychological and psychotherapeutic theories. Most of our memories are not stored in our conscious mind but instead in our subconscious mind. The memory would only enter the conscious mind if it is recall by us specifically. This memory may take some time to be retrieved as it is stored together with other memories but it is clearly in the brain. As for instance, our childhood memories like maybe we witnessed an incident where someone fell down while playing roller blade and ever since that, we are afraid to even try roller blading. This is exactly how it influences our behaviour. It will become a long-lasting memory and deep-rooted in our brain. Furthermore, this would then lead us to having phobias as what Freud had described which is completely subconscious.

The conscious mind sees the world with the eyes whereas the subconscious mind does not have any contact with the outside world. The subconscious mind basically does not know the difference between real and imagination. It responds to reality and imagination in the same approach as it actually depends on sensory input such as in a bad dream, our body responds the same as in we are facing the bad situation in real life. This is what we called the “flight or fight” mechanism that the blood stream accepted the pumped adrenalin and our body would sweat and heart beat increases as a response from our bodies. An example of subconscious mind is driving. When we learn to drive at first, it is hard for our conscious mind to do so many things in one time but when we are used to driving, these actions are stored in our subconscious minds therefore when we are driving the next time, we can automatic do many things at once while driving like for instance, having a conversation while driving which we cannot do so at first. Thus, driving does not depend upon the conscious effort anymore. It is fully our subconscious mind in control. The subconscious mind is so powerful that it can do many things at a time without us thinking. It is said that our subconscious minds interact with the cells of our bodies and vice versa. Our brains function 24 hours per day and the energy in the subconscious mind is limitless.

The management of our subconscious minds are uncomplicated as in no conscious effort is needed to use this part of mind. Another fact to distinguish the conscious and subconscious mind is the memory space. To get a good result while working with subconscious mind is to only focus at one thing at a time (Sandy MacGregor, 2011). For conscious it is limited when in fact subconscious has essentially immeasurable memory. Therefore, we actually have enough memory for our life experiences.

Human Behaviours

There is a relation between the subconscious mind and the human behaviour. Basically, the human behaviour is how us as humans act and display our emotions but not directly towards other people as that is described as social behaviour. The one that we are talking about right now is the human behaviour and it is not specifically directed to anyone. It is how we act based on our lifetime experiences and childhood. Also, the way we grow up and how the factors around us influence the way we talk, act, and walk or display our emotions is basically defined as human behaviour. Different people, different behaviours and this are a norm. Children’s behaviours are usually shaped by their parents and siblings as they usually spend most of their times being around these people since they were born. That is why we can conclude that certain traits and genetics have an impact on human behaviours. In this study, we want to see

the link between the subconscious mind and human behaviour, how exactly it influences our pre-conscious mind as it is right now. Most of our daily actions are done by our conscious mind but the subconscious mind also depends on it. Our subconscious mind can be said that it controls the reflex action like for instance, before you realise that you are getting disturbed by something happening around you, your body actually reacts to the situation first (Geraskov, Emil Asenov, 1994). Then only you realise the whole situation after your body reacted. This is when the conscious mind is not aware of the incident and the subconscious mind role takes place. This is how the subconscious mind and human behaviours is linked. Analytically, it is said that conscious mind is logical whereas the subconscious mind is illogical. When mentioning subconscious mind, the first person that would always come to mind would usually be Sigmund Freud. In Freud's theory (Freud, 2005) it is said that he believed that the behaviour and personality has this constant interaction that conducts at three different levels of awareness which are the conscious, the unconscious and the preconscious which is also known as subconscious.

The conscious is everything in our awareness and the part of our mental that we can process and think rationally (Freud, 2005; Freud, 1991). The part that combine our memory is not always in the conscious state but can be brought into awareness is known as subconscious. This part served as ordinary memory. While on the other hand, unconscious mind is a part of mind which stores our feelings, thoughts, urges, instinctual desires and psychic actions that are not currently in our focal awareness (Weiten, Wayne. 1998). These contents are usually undesirable. According to him, our behaviours are influenced by the unconscious even though we are not actually aware of these impacts. We might think that our past thoughts and memories from childhood are deleted but they are actually directed from the realm of the unconscious. Freud proposed a topographical model of the mind (Laplanche and Pontalis, 1991) using an iceberg as a metaphor to explain the three levels of mind and two leading aspects of human behaviour.

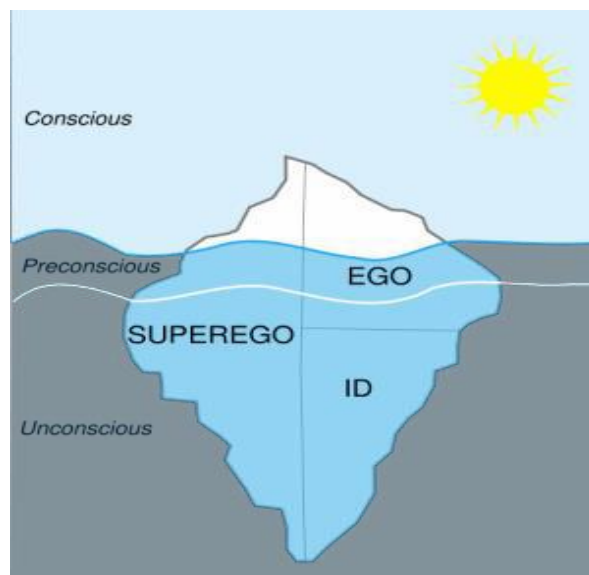


Diagram 1 (Cherry, 2014)

It is said that information such as the name of your best friend during childhood time and telephone numbers are buried inside our subconscious mind. The water in the model represents everything that is not currently in our focal awareness or have not even experienced yet which is the unconscious and preconscious. The capital part of the iceberg represents the conscious mind, the one that is still visible inside the water represents the subconscious and the huge part beneath the waterline is the unconscious mind. Each of them has different acts and functions. It is obviously stated in the iceberg model the ratio of conscious to unconscious mind (refer Diagram 1 above). The conscious mind is the just the tip of the whole iceberg and beneath it has a very huge iceberg that represents the unconscious also the preconscious. A vertical and hierarchical architecture of human consciousness are proposed by Freud and he believed that convincing psychic episodes take place in the unconscious mind which is exactly below the surface of the water in the model. Cryptic messages always arise from a conflict between the unconscious and conscious and it is said that the expert in interpreting these messages is a psychoanalyst.

Furthermore, he believed that among these three levels of mind, the unconscious part of mind including the preconscious is more vital compared to conscious mind as it has a great influence over human behaviours and personalities. This is because he said that these things are hidden from our conscious mind. It is also said (Wollheim, 1983) that there is a conflict between the contents of the unconscious mind and aftermath with repression. As can be seen in the iceberg model, it is then divided into three more parts which are ego, superego and ID (instincts and drive). This is based on Freud's psychoanalytic theory of personality which will combine to create human behaviours (Freud, 1923). ID is the only fundamental that is present from the day we born and this part is absolutely unconscious. ID is basically the main aspect of personality and it is driven by pleasure principle that aims for immediate fulfilment of our needs and desires. (Freud, 1923) The anxiety and stressed feeling would occur if these wants and desires are not fulfilled on the spot as for instance, for babies, they would cry whenever they are uncomfortable or hungry as a sign for the parents to satisfy their needs immediately. By instantly satisfying these desires is however not even possible and realistic as this would then lead to us taking things we want from people's hand to meet the demands of the id. This behaviour would then be said to be socially unacceptable. The id cannot differentiate between the good and evil and it is completely independent. Next part is ego, the component that is authoritative for handling with reality. This ego is developed from id as it would be expressed in a manner that can be accepted by the social in real world. This function in the three levels of mind; conscious, unconscious and subconscious. The impulses of the id will go through a process of delayed fulfilment and the behaviour would be eventually allowed by the ego but in the appropriate place and time. Ego is operated based on the reality principle. Ego would try to find an object in reality to match the mental image created by the id. The ego controls the direction of access to motility. To conclude, the ego presents the reason and cautiousness whereas the id is for wild passion. Lastly, the superego aspect. It holds our moral standards that we got from both of our parents and the people around us. Guidance is provided by the superego for us to make judgments. Superego begins to develop around the age of five (Freud, 1923) and is divided into two parts; the ego ideal and the conscience. Ego ideal has the standards for good behaviours. These behaviours are the ones which is socially acceptable whereas the conscience contains the things that are viewed negatively by the society and especially parents. These are said as bad behaviours that would lead to bad impacts and feelings of guilt. Superego acts as the last step to make our behaviours civilize and accept by the society. It abolishes those unacceptable desires of the id and the bad things the ego encounter to act to make it realistic.

To conclude, the superego is present in conscious, unconscious and preconscious. The key to a healthy personality is to find the balance between the interaction of the id, superego and ego.

Conclusion

This research is carried out as the author wants to know how the human behaviours are influenced by the subconscious mind. The subconscious mind creates mainly the negative habits without we realise and this is the problem statement that triggers the author to carry out the study regarding this topic. The author had described in details the definitions and the history of these two main aspects. This research is then divided into three more parts, on how the subconscious mind affects the learning behaviour, decision making and achieving goals. For other future work, this study could be carried out in other different states for comparisons and more details comparisons. Furthermore, this is because different places have different environment, culture, and society. This could give us different results and more reasons to study about this particular topic as the study that is suggested by the author is in Klang Valley area.

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