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WHY DO PEOPLE SEE DREAMS?

All people have dreams. This is a normal biological phenomenon. There is a science that studies dreams – oneirology. This discipline combines the features of neuroscience, psychology, and even literature, but the main question does not give an answer – why people see dreams? Many scientists studied dreams. It is believed that dreams are primarily a reflection of human desires in his real life.

Catching up on the study of the child's mind, the scientists pointed out, that children have dreams in which they see the fulfillment of their desires or terrible nightmares. Freud's studies [1] led him to the conclusion that all mental problems are reduced to sexual innuendo. Dreams, of course, Freud saw in the same direction. At the same time, he formulated two hypotheses that are connected with our theme.

First, Freud speculated that dreams are the way in which the mind acts out the repressed, forgotten or simply inaccessible desires. So, he believed that in dreams we see what we want to do or get in our everyday life.

Secondly, Freud proposed to consider dream images not in their literal sense, but in the form of metaphors, analogies, signs and symbols. That is, the dream of a boat floating on the water is not the dream about a boat, water or a journey, but about something that these images suggest symbolically. The task of interpretation just boils down to in order to pave the path from the literal to the symbolic and to understand what particular repressed desire hidden behind the vague and uncertain images of dreams (Freud's interpretation of dreams about the boat is obvious, so we will not focus our attention on it).

In dreams Jung [2] looked for the manifestation of the universal psychic instincts. During his life, Jung analyzed at least 80,000 dreams and built a new, more holistic approach to the interpretation of dreams. Unfortunately, for some reason he did not draw up their findings in a separate monograph, so to get an idea of his method, you need to turn over many other of his works, which are often found practical examples of dream analysis with extensive explanations of what and why.

The principal difference between Jung's approach is very careful with regard to their content. If Freud immediately leads the patient off to free association, leaving the original story and the dream images without special attention, Jung, on the

contrary, recalls that it should not be far to depart from the original image, because the whole value lies precisely in their symbolic meaning.

The most difficult part in Jung's dream interpretation is that the researcher requires deep and wide knowledge of mythology and "symbolic philosophy". Jung believed that without this it would be impossible to distinguish the subjects of dreams generated by everyday life context from those that emerged from the depths of the collective unconscious, and as such are much more important.

In fact, Jung's theory says that every person can be traced in his soul a reflection of all major mythological stories known to mankind, because the myths are not an empty tale, they are a symbolic image of deep psychological processes that take place in every person. That is why, throughout the world and in many different cultures, these stories are repeated over and over again.

Our opinion about it is that a dream is some reaction to a stressful situation or a detailed reflection of what our brain had previously seen or heard.

LITERATURE

1. Фрейд З. Сон и сновидения. – М.: Олимп; ООО «Издательство АСТ-ЛТД», 1997. – 544 с.
2. Карл Густав Юнг. Воспоминания, сновидения, размышления. – Мн.: ООО "Харвест", 2003 – 150 с.

Why do we dream? Ancient civilizations saw dreams as portals for receiving wisdom from the gods. In Western psychology, Sigmund Freud famously theorized that dreams were the "royal road to the unconscious". Modern theories suggest it's not as complicated as that... Unfortunately, there are also arguments against this theory of dreaming. For a start, most people only remember a very small number of their dreams. So if our dreams contain important answers - shouldn't we remember them better? We May Dream to Cope With Trauma. Though some people may not remember their dreams, it's likely that everyone dreams. But why do we dream? The theories about it are more than curious. Dreaming can be seen as a cognitive simulation through which the dreamer's experiences become a reality. Nevertheless, dreams are involved in building our cognitive abilities, and they are vital in manifesting the functions of our unconscious mind. Conclusion. We seem to use the strange images and ideas that come up during sleep to make sense of our everyday life. But why do we dream? It's fascinating how we can manage to turn random nerve impulses into something intelligible, and even understand how we should feel about them. Undoubtedly, dreams play a significant role in our thinking processes. What are Dreams? Different Types. Why Do We Dream? Factors that Influence Dreams. Common Contents and Interpretations. We tend to know the people we meet in our sleep at least 48% of the time. In the rest of the instances, we see strangers or symbolic, cultural figures like teachers, florists, etc. Ironically, even though dreaming can help us build long-term memories, it's very rare that we remember much of what we see. Sadly, about 95% of these visions are lost within minutes of waking up. There's an active debate in the scientific community about the purpose of dreaming.