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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

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