



## The Psychology of Power

Joseph Arre  
Class of 2008, University of Baguio  
B.S in Nursing

In some people, the feeling of having no power can actually be quite unbearable. Most of us feel miserable and hopeless if we do not have a certain type of power. That is why most people do what they do today. Some work hard in order to earn money in order to increase their status in this world while others try to exercise everyday in order to have a strong physique. In essence, everyone wants more power and it often seems to look like we are hungry for it. However, we need to look like we are democratic or civilized in order to never look foolish or power hungry to others. Niccolo Machiavelli once wrote that any man who tries to get power all the time is bound to be ruined by people who are not in good favors.

Power exists in both in the physical and mental realm. There is such a thing as political power while there is also something based on current or electricity. In the mental realm, power is based on influence according to the behavior of others. Power is often seen by others are unjust or unrighteous. The reason for this is actually deeply rooted in our instinct. Over a thousand years, power has been applied through slave and master relationship. Kings and emperors ruled their subjects according to divine right and power. Their enslavement led to the death of thousands of their subjects. This fear of enslavement is the reason why most people fear the concept of power.

However, power can also be used in a positive manner. It can be used in order to motivate and enlighten others rather than enslaving them. People are often attracted to power and due to their attraction they will often be motivated in order to gain it. By seeing the positive side of power, human beings will be motivated in order to improve their lives.

In order to gain power, we only need to know which type of power to look out for. There is something called false power, wherein we feel like we are more powerful than others because we are stronger or because we have a certain weapon which we can use in order to enslave others. Wealth is also known as a type of false or fake power since it can be taken and it is not permanent. There is also a type of power known as real power. This form of strength comes both in the strength of the body and the mind. As we have learned before, knowledge is power and the one who is the most knowledgeable is the one with power. This means that people who are smart are often the ones with the most power.

### Questions:

- 1) What did Niccolo Machiavelli mentioned about power?
- 2) Power Exists where?
- 3) How can it be used in a positive power?
- 4) What are false and real power?
- 5) Why do people think that power is unjust?