

# Public Perception on Dreams



Gowri.K, Sreeya B

**Abstract**— *The dream is the succession of images emotions of our mind It is involuntary action. The present investigation took at convictions states of mind towards and impacts of dreams, in a bigger, basically It was additionally discovered, that dreams essentially were imparted to an accomplice, and generally with the reason for excitement. A dream is a progression of pictures, thoughts, feelings, and vibes that normally happen automatically in the brain amid specific phases of sleep. The substance and motivation behind dreams are not completely comprehended, The logical investigation of dreams is called oneirology. The objective of the study is to understand the public opinion about dream, to identify whether is difference in expectation of type of dream and gender, to analyze the association of emotional tone and age To interpret relationship in dreams are meaningful and educational qualification. this is done by descriptive research by convenience sampling method the sampling size is 1860.the independent variables is age, gender and educational qualification and the statistics are chi square, correlation, and independent sample t test. The study concludes that public require more knowledge regarding dreams. They have not thought or concentrated on dreams.*

**Keywords:** *Dream, Discovery, Activity, Capacity, Impact.*

## I. INTRODUCTION

A dream is a progression of pictures, thoughts, feelings, and vibes that normally happen automatically in the brain amid specific phases of sleep. The substance and motivation behind dreams are not completely comprehended, in spite of the fact that they have been a point of logical, philosophical and religious enthusiasm all through written history. Dream elucidation is the endeavor at illustration significance from dreams and hunting down a basic message. The logical investigation of dreams is called oneirology. Dreams for the most part happen in the quick eye development (REM) phase of rest—when mind movement is high and looks like that of being alert. REM rest is uncovered by constant developments of the eyes amid rest. Now and again, dreams may happen amid different phases of rest. Be that as it may, these fantasies have a tendency to be significantly less clear or memorable. The length of a fantasy can fluctuate; they may keep going for

a couple of moments, or around 20– 30 minutes. People will probably recall the fantasy in the event that they are stirred amid the REM stage. The normal individual has three to five dreams for every night, and some may have up to seven; be that as it may, most dreams are promptly or rapidly forgotten. Dreams tend to last longer as the night advances. Amid an entire eight-hour night rest, most dreams happen in the average two hours of REM.

## II. OBJECTIVES

- To understand about the dreams
- To identify whether there is difference between the expectation of type of dream and the gender
- To know whether there is association between emotional tone of the dream and age of the respondent
- To interpret the relationship between dreams are meaningful and educational qualification

## III. LITERATURE REVIEW

The author reveals that the dream theory debated and supported the proposal of that his appeal a preliminary platform (Mazer 2018) . The researcher explains that the dream is succession of sleep that functions the brain (Drew Johnson 2018) The author reveals that the dreams are the source and interest of human thought A dream is a progression of pictures, thoughts, feelings, and vibes that normally happen automatically in the brain amid specific phases of sleep. The substance and motivation behind dreams are not completely comprehended, in spite of the fact that they have been a point of logical, philosophical and religious enthusiasm all through written history (Portugal 2018). The researcher found that the attitude toward the dreams and the relation intimacy jalal dream 2018(Jalal 2018). The author explains that the simulation of the perceptual world(Bell 2018)The researcher reveals that the there are supporting theories relating to dream (Schultz 2018). The researcher says that the whole life have been extremely interested in phycology(Pourciau 2018) . The author says that the dream and dreaming are an important they reviewed more dreams, read dream writing all the more regularly, hypothesized all the more much of the time about their dreams, lastly shared dreams more frequently than men. It was additionally discovered, that dreams essentially were imparted to an accomplice, and generally with the reason for excitement part of lives (Callahan 2017). The author says that the dream are frightening enough that is the theory. The normal individual has three to five dreams for every night, and some may have up to seven;be that as it may, most dreams are promptly or rapidly forgotten.

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Dreams tend to last longer as the night advances. Amid an entire eight-hour night rest, most dreams happen in the average two hours of REM. (Yu 2016) The researcher explains that the nightmares are interesting his motive was to explain to dream (Rhys Morus and Morus 2015).

IV. METHODOLOGY

For the purpose of the study descriptive research is used. Convenience sampling method is used to collect samples. The sample size is 1860. The independent variables are age, gender, educational qualification. The dependent variables are emotional tone of dream, kind of dream, meaningful, intense to dream, believe stereotype, and distressing. The survey is conducted in Chennai through questionnaire method. The paper use both primary and secondary information. The primary information is collected from the public. The statistic used are chi square, independent sample t test and correlation.

V. ANALYSIS AND DISCUSSION & RESULTS

**Null hypothesis:** There is no significant difference between the expectation of type of dream and the gender.

**Alternate hypothesis:** There is significant difference between the expectation of type of dream and the gender.

Table 1: Expectation of Type of Dream and Gender

Gender	N	Mean	Std. Deviation	Std. Error Mean
Male	1106	1.91	.633	.019
Female	754	2.15	.765	.028

Source: Primary data

Table 2: Independent sample t test - Expectation of Type of Dream and Gender

Value	df	p-value
.000	1858	.000

Source: Primary data

Using Independent sample t test, it was found that p value is lesser than 0.05, which shows that null hypothesis is rejected. Therefore, there is significant difference between the expectation of type of dream and the gender. Dream expectations vary between male and female.

**Null hypothesis:** There is no significant relationship between dreams are meaningful and educational qualification

**Alternate hypothesis:** There is significant relationship between dreams are meaningful and educational qualification

Table 3: Correlation – Dreams are meaningful and Educational Qualification

Variable 1	Variable 2	p-value	Correlation coefficient
Educational qualification	Dreams are meaningful	0.008	0.769*

Source: Primary data

Correlation analysis is used to test the relationship dreams are meaningful and educational qualification. Since  $p < 0.05$ , null hypothesis is rejected. There is significant relationship between dreams are meaningful and educational qualification.

**Null hypothesis:** There is no significant association between the emotional tone of the dream and age of the respondents.

**Alternate hypothesis:** There is significant association between the emotional tone of the dream and age of the respondents.

Table 4: Crosstabulation - Emotional tone of your dream and Age

Emotional Tone of Dream	Age					Total
	less than 25	26-35	36-45	46-60	above 60	
Very negative	8	2	5	1	0	16
Negative	19	18	163	39	4	243
Neutral	159	77	347	39	4	626
Positive	162	305	284	45	2	798
Very positive	88	30	19	37	3	177
Total	436	432	818	161	13	1860

Table 5: Chi Square test: Emotional tone of your dream and Age

	Value	df	p-value
Pearson Chi-Square	398.869	16	.000

Source: Primary data

Using Chi square test, it was found that p value is less than 0.05, which shows that null hypothesis is rejected. Therefore, there is significant association between the emotional tone of the dream and age of the respondents. It shows emotional tone of dream is dependent on the age.

Table 6: Frequency: Level of agreeability towards dream

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I don't bother about dream	10	68	315	550	918
I want to know more about dream	141	32	752	719	216
Dreams are distressing	56	278	377	771	378
I believe stereotype	164	39	585	775	297



Most of them agreed that they don't bother about dream. Almost 90% of them are keen to know about the dreams. Dreams are disturbing most of them. Some of them still relate the dream with the stereotypes.

## VI. CONCLUSION

A dream is a progression of pictures, thoughts, feelings, and vibes that normally happen automatically in the brain amid specific phases of sleep. The substance and motivation behind dreams are not completely comprehended, in spite of the fact that they have been a point of logical, philosophical and religious enthusiasm all through written history. Dream elucidation is the endeavor at illustration significance from dreams and hunting down a basic message. The logical investigation of dreams is called oneirology. The paper conclude that people have different aspects of thinking about dream their emotional tone of their dream differ from one to another.

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