

## Exploration

# The Concept of Post-consciousness & Its Role in Human Behavior

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### Abstract

Post-consciousness is a state of consciousness overlapping consciousness and unconsciousness. This concept of consciousness is developed to explain what is not explained by the other concepts of consciousness, the reaction of a person after committing a mistake. The Study reported here is a cross sectional study involved 112 participants from 25 countries with higher educational levels. We tested them for reliability (Two way mixed effect) and used Pearson correlation coefficient which was significant at 0.01 ( $R = 0.00$ ). The majority (67%) said that when they committed a mistake or did something wrong, their behaviors changed and became more careful. The majority (85.7%) said that their minds were responsible for these changes. There were not significant differences between age or gender and other variables.

**Keywords:** Post-consciousness, human behavior, reaction, mistake.

### Introduction

Consciousness as explained in psychology, is the fineness or the state of being aware of any external object or something within the oneself, such as thoughts, feelings, memories, or sensations. It has also been defined as: the awareness, the ability to experience or to feel, wakefulness, having a sense of selfhood, and the executive – control system of the mind (1). Consciousness is something that cannot be touched or felt, it controls our feelings, ourselves and our sensation in the way that it thinks it is suitable for each situation and the human cannot control his consciousness by doing what he wants to do, he has to obey it (2).

When someone do something wrong, his consciousness informs him and he may blame himself, but to avoid this conflicting, the brain will create an imaginary picture of needing to do the wrong thing but it will never occur again to overcome the conflicts inside the brain (3,4). There is a balance between consciousness and unconsciousness, but the stronger one is consciousness which control our feelings and what we do. When one of them become stronger, the other

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become weaker and vice versa. When the unconsciousness controls the feelings and thoughts of a person, he will be insensible and may be psychotic (5,6).

Post-consciousness is a state of consciousness that convince the person to do something that he intend to and it overlap his/her consciousness and unconsciousness that can lead to a psychological problem if not controlled (7). This state of consciousness is newly developed to explain what is not explained by other concepts of consciousness.

## Methodology

The study is a cross sectional study, conducted as an interview survey for a month during October, 2019 as face to face or video call interviews. It involved 112 participants from 25 countries. I did not exclude anyone. They were students, employees or from higher educational level because they have more awareness about the topic and can be helpful and to reduce the biases resulted from misunderstanding by illiterate people. My sampling procedure was convenient sampling. I tested them for reliability (Two way mixed effect) in a pilot study of 30 participants by asking them the questions and after one week, I asked them again, the answers were exactly the same, we used Pearson correlation coefficient and it is significant at 0.01 ( $R = 0.00$ ).

All the participants were well informed about the aim of the study and what we were testing for before they gave their consent. Ethical approval was obtained too. The data was analyzed by Statistical Package for Social Science Program (SPSS) version 25.0 and I used T – test in testing the significant between variables.

## Results

The ages ranged (18 – 65) years old, with mean of 36.4 and the standard deviation is 13.2. 57.1% of them were male (64) and 42.9% were females (48). The countries of the participants were distributed as classified in (Table 1).

<b>Table1: Countries distribution for participants</b>				
	Frequency	Percent	Valid Percent	Cumulative Percent
Algeria	3	2.7	2.7	2.7
Brazil	3	2.7	2.7	5.4
Canada	3	2.7	2.7	8.0
Egypt	4	3.6	3.6	11.6

France	2	1.8	1.8	13.4
Germany	1	.9	.9	14.3
Iran	6	5.4	5.4	19.6
Iraq	42	37.5	37.5	57.1
Italy	2	1.8	1.8	58.9
Jordan	4	3.6	3.6	62.5
Kenya	2	1.8	1.8	64.3
Lebanon	2	1.8	1.8	66.1
Morocco	1	.9	.9	67.0
Oman	3	2.7	2.7	69.6
Pakistan	1	.9	.9	70.5
Peru	2	1.8	1.8	72.3
Rwanda	3	2.7	2.7	75.0
Saudi Arabia	5	4.5	4.5	79.5
Sudan	2	1.8	1.8	81.3
Switzerland	6	5.4	5.4	86.6
Syria	2	1.8	1.8	88.4
Tunis	1	.9	.9	89.3
UK	5	4.5	4.5	93.8
USA	4	3.6	3.6	97.3
Yemen	3	2.7	2.7	100.0
Total	112	100.0	100.0	

Table 2 classifies the percentages of answers for the three questions that was conducted in the questionnaire.

<b>Table2: The percentages of answers.</b>				
	Frequency	Percent	Valid Percent	Cumulative percent
<b>Q1: When you fall in a conflict between doing a mistake or stop it, does your mind tell you to do it in the that time because you need it, but you will not do it again?</b>				
Yes	101	90.2%	90.2%	90.2%
No	11	9.8%	9.8%	100%
<b>Q2: When you do a mistake or something wrong (you think or believe it is a mistake), do your behaviors, actions and disposals change or become more careful?</b>				
Yes	75	67%	67%	67%
No	37	33%	33%	100%
<b>Q3: Why do your behaviors and actions change during or after doing a mistake?</b>				
* Because of fears or worries	16	14.3%	14.3%	14.3%
* Your Mind tell you to do that (even if there is no source of fear)	96	85.7%	85.7%	100%
<b>Q4: Does your mind warn you before and/or during doing the mistakes?</b>				
Yes	93	83.03%	83.03%	83.03%
No	19	16.97%	16.97%	100%
<b>Q5: Do you follow these warnings?</b>				
Always	93	83.03%	83.03%	83.03%
Often	12	10.7%	10.7%	93.75%
Never	7	6.27%	6.27%	100%
<b>Q6: Did these warnings save you or become real for at least once, previously?</b>				
Yes	26	23.3%	23.3%	23.3%
No	57	50.8%	50.8%	74.1%
Maybe	29	25.9%	25.9%	100%
<b>Q7: Do you feel comfortable after following these warnings?</b>				

Yes	58	48.2%	48.2%	48.2%
No	54	51.8%	51.8%	100%

The first three questions are strongly related to the topic of mistakes' commission and the other questions are to make the idea clear to the respondents. There are not significant differences between age or gender and other variables.

## Discussion

When one tries to do something wrong, he will be in a conflict between his consciousness that encourages him to go ahead and his unconsciousness that prevent him from doing it. This conflict will be solved by the post-consciousness that gives the excuse to do the wrong things because one needs it and it will be never done again. We as humans, have many situations and behaviors that cannot be explained by other level of consciousness because all our actions and reactions are controlled by the four levels of awareness in our consciousness. One of these reactions are the changing of our behaviors and disposals when we intend to do a mistake or it has just done.

The explanation of this changings in our reactions as a result for our actions which are the mistakes are controlled as we tried to approve in this study by the fourth level of consciousness which is the post-consciousness. For example, when you want to stole something, you will have tachycardia, face's changes and you will be very careful and warned. These changes in physiology and psychology are done by post-consciousness that tries to make the process as easy as possible so you cannot feel sorry or worry about anything. The post-consciousness tell you to do these reactions or (in an accurate description) tell your body to show these reactions to overlap the worries and fears that can occur or to convince you that you cannot be discovered or caught. So it tries to protect you, and in the same time, it tries to make you as comfortable as could. The age and gender do not affect in this process, so it occurs to everyone at any age regardless the gender.

## Conclusion

The role of post-consciousness in controlling the reactions that accompany one's mistakes is very clear and important. In this study, We approved this role by asking three questions in a cross sectional study to 112 participants from different age groups and genders. We as humans, have many situations and behaviors that cannot be explained by other level of consciousness because all our actions and reactions are controlled by the four levels of awareness in our consciousness. One of these reactions are the changing of our behaviors and disposals when we intend to do a mistake or it has just done. What is responsible for this reactions is the post-consciousness in human mind.

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