

# Psychology

Introduction to Psychology

Chapter no.1

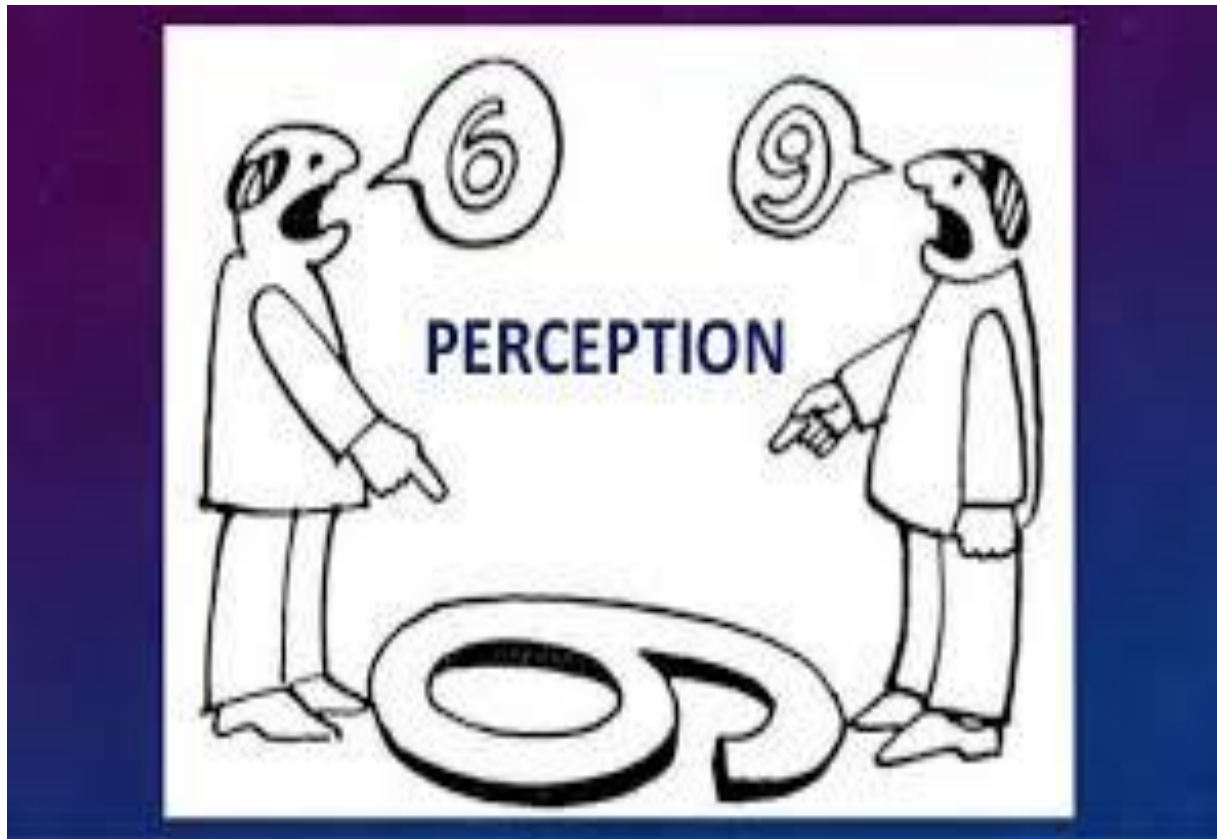
# Definitions of Psychology

- ▶ Psychology is the scientific study of mind (mental processes) and behavior. The word “psychology” comes from the Greek words “psyche,” meaning soul mind (like actions, responses, behavior) and “logos,” meaning explanation , study of something....
- ▶ Thus we can conclude that psychology is the study of soul.
- ▶ There are various definitions for psychology given by the variety of authors which are:

# Definitions of Psychology

- “Study of mind”.(William James)
- Description and explanation of state of consciousness.(William James)
- Study of consciousness.(Wilhelm Wundt)
  - Consciousness means perception of something.
  - Perception means the way in which something is interpreted or understood.
  - For example:
    - For example, it is common for teenagers and adults to perceive situations in very different ways. A teenager may think learning algebra is boring and pointless, while an adult with more experience may understand that strong math skills are very important in a variety of fields.

- Second Example of perception:



# Explanation of Psychology

The field is scientific in that psychologists approach their studies in an orderly and systematic way in order to obtain objective evidence.

Psychologists do work in forensic fields and they do provide counseling and therapy for people in distress.

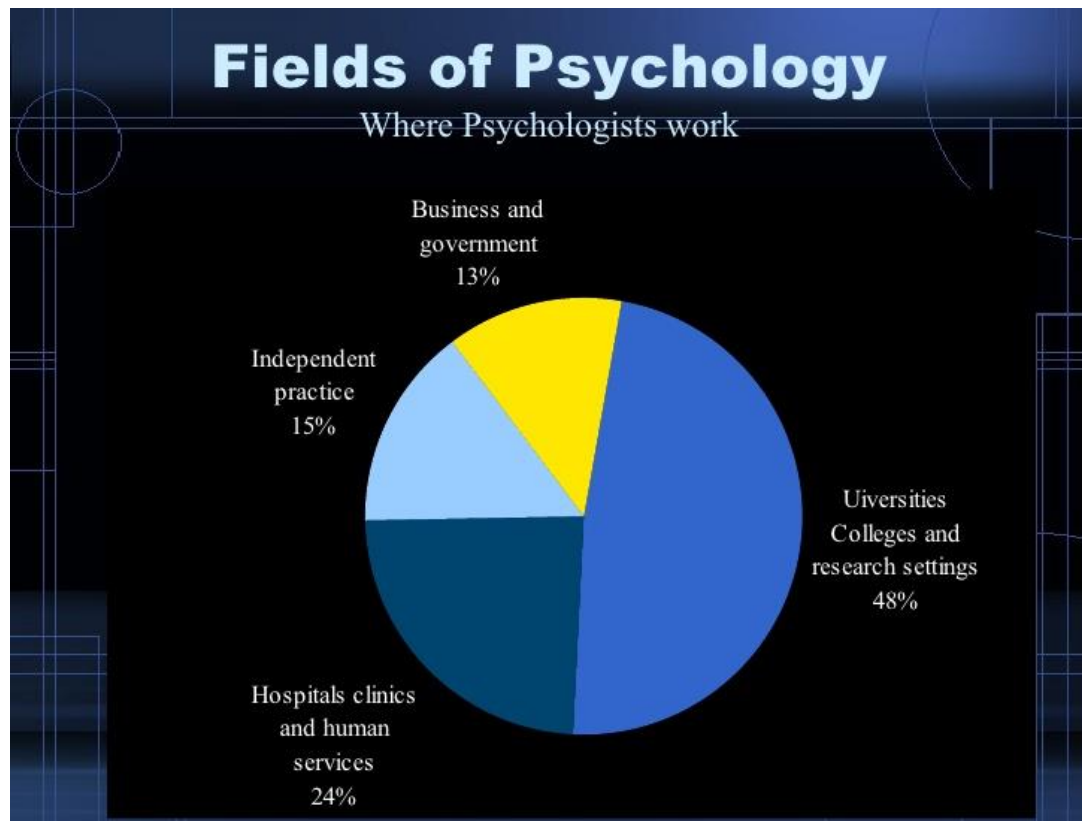
But there are hundreds of thousands of psychologists in the world, and many of them do other type of work.

Many psychologists work in research laboratories, hospitals and other fields settings where they study the behavior of humans and animals.

# Explanation of Psychology

Psychologists also work in schools and businesses, and they use a variety of methods including observations, questionnaires, interviews and laboratory studies to help them understand behavior.

# Fields of Psychology



# Nature of Psychology

- ▶ The nature of psychology means psychology is the scientific study and practical application of observable behavior and mental processes of organisms. Psychology differs from other social sciences such as: Sociology, History, or Economics, because psychology specifically deals with the study of an individual.
- ▶ Psychology as a Science:
  - Psyche (mind) + logos (explanation)  
Actions study of something  
Responses  
behavior



# Scope of Psychology

- ▶ Psychology today covers enormous range of scope or fields.
- ▶ They can be broadly classified into two groups:
  - Basic Psychology
  - Applied Psychology

# Scope of Psychology

## 1. Basic Psychology

It is aimed at contributing to knowledge of behavior. College, universities, laboratories and departments are the main employment settings of the basic psychology.

➤ Basic psychology has the following subfields:

1. Developmental psychology
2. Social psychology
3. Physiological psychology
4. Abnormal psychology
5. Experimental psychology
6. Psychometrics
7. Cognitive psychology
8. Personality psychology

# Basic psychology subfields

## 1. Developmental psychology

It studies the human development, physical, emotional, social, and personality development across the life span. And developmental psychology also focused on the child development.

## 2. Social psychology

It deals with interpersonal behavior and the role of social forces in governing behavior. It also focuses on attitude formation, attitude change , leadership, attraction, aggression, intimate relationships and behavior in groups.

# Basic psychology subfields

## 3. Physiological Psychology

It examines the influence of genetic factors on behavior. And it also deals with the brain, nervous system.

## 4. Abnormal psychology

It is also known as psychopathology. It studies the causes, classification, diagnosis and the treatment of individuals with psychological disorders.

# Basic psychology subfields

## 5. Experimental psychology

Experimental psychologists restrict themselves chiefly to laboratory research on basic psychological processes, including perception, learning memory, thinking, motivation and emotions.

## 6. Psychometrics

It is concerned with the measurements of behavior through the development of psychological tests. Psychometrics is involved with the design of tests to assess personality, intelligence.

# Basic psychology subfields

## 7. Cognitive psychology

Focuses on higher mental processes such as memory, thinking, reasoning, information processing, language, problem solving, decision making.

## 8. Personality psychology

It describes and explains the individual consistency in behavior which represents their personality.

# Scope of Psychology

## 2. Applied Psychology

Applied psychology uses the various fields of basic psychology to improve the quality of life of the human being in various fields like school, industry, hospital and community.

➤ Applied psychology has the following subfields:

1. Clinical psychology
2. Counseling psychology
3. Organizational psychology
4. Educational psychology
5. Health psychology
6. Environmental psychology
7. Psychology of woman

# Applied psychology subfields:

## 1. Clinical psychology

It deals with the evaluation, diagnosis and treatment of individual psychological disorders. Principal activities include interviewing the client, psychological testing, and providing group or individual psychotherapy.

## 2. Counseling Psychology

It usually works with a somewhat different clients, providing assistance to people struggling with everyday problem of moderate severity. Thus they often engage in family, marital and career counseling.



# Applied psychology subfields:

## 3. Organizational Psychology

It tries to study and solve the different organizational problems exist in the school, hospitals, university, military, companies etc.

## 4. Educational Psychology

Educational psychology is mainly devoted to an understanding of the different aspects of the teaching-learning process. It is concerned with the application of the principles, techniques and methods of psychology to the teaching-learning process.

# Applied psychology subfields:

## 5. Health Psychology

Health psychology is the field that studies the role of the psychological factors in the promotion of health and the prevention of illness. It describes the interaction of biological, psychological and social factors. This model is known as Biopsychosocial model.

## 6. Environmental Psychology

Environmental psychologists work in school, industrial and governmental settings. They design work environment and study the effects of crowding, noise and air pollution on behavior.

# Applied psychology subfields:

## 7. Women Psychology

It discusses the psychological factors relating to women's behavior and development. It tries to explain various issues like discrimination against women, structural differences between men and women.

# Goals of Psychology

- ▶ The primary goals of psychology are as follows:-
  - Describe behavior
  - Understand and explain behavior
  - Predict behavior
  - Control behavior

# Branches of Psychology

➤ The branches of psychology are as follows:-

1. Clinical Psychology
2. Cognitive Psychology
3. Developmental Psychology
4. Forensic Psychology
5. Health Psychology
6. Occupational Psychology
7. Social Psychology

# Approaches to Psychology

➤ The approaches to psychology are as follows:-

1. Neuro biological
2. Behavioral
3. Psychoanalytical
4. Cognitive
5. Sociocultural

# Approaches to Psychology

## 1. Neuro biological

Physical reasons for behavior ( body movement, gestures, postures, eye movements, facial impression).

## 2. Behavioral

We adapt our behavior based on rewards/ punishments. We learn through experience. Behavior can be change. B.F. Skinner was a behavioralist.

# Approaches to Psychology

## **3. Psychoanalytical**

We all have suppressed desires. We unconsciously do things to alleviate these desires.

## **4. Cognitive**

Studies how we process information through perception, attention, language, memory and thinking. Past experiences make the difference between one person's perception and another's.



# Approaches to psychology

## 5. Sociocultural

The society has impact on behavior. Economics, race, ethnic group, climate, religion, language, traditions, cultures, gender, locations and politics etc.

# Varieties of Psychologists

Several types of psychologists exists. These include:-

## **Cognitive psychologists**

Study the ways humans perceive and understand the world around them.

## **Physiological psychologists**

Study the role of brain functions in behavior.

## **Developmental psychologists**

Study how individuals grow and change throughout their lives.

# Varieties of Psychologists

## **Social psychologists**

Study how people influence and are influenced by others.

## **School psychologists**

Test and evaluate students, analyze learning problems and counsel teachers and parents.

## **Organizational psychologists**

Work on a wide variety of issues in work setting.

# Varieties of Psychologists

## **Forensic psychologists**

Work on behavioral issues in the legal, judicial and correctional systems.

## **Health psychologists**

Focus on ways to improve health by altering behavior.

## **Sports psychologists**

Study how psychological factors influence performance in sports, physical activity and exercise.

# Schools of thought

- Several schools of thought have helped to shape the field of psychology into what it is today. These include:
  1. The Structuralism
  2. The Functionalism
  3. Gestalt psychology
  4. The Psychoanalytic school of thought
  5. The Behaviorist school of thought
  6. The Humanistic school of psychology
  7. The cognitive school of psychology