

The Story of Psychology

09/13/21

Psych: The science of behavior + mental processes

↳ Psykhē - mind, spirit, soul

↳ Logia - study of

* a very young science w/ very old roots

- Epistemology: the theory of knowledge

↳ how do we acquire knowledge?

↳ how do we assess the value of knowledge?

* Rationalism

- knowledge can only be obtained through reason.

- relates to nature.

- pre determined by genes and biology.

* Empiricism

- knowledge can only be obtained through experience.

- relates to nurture.

- who we are through experiences.

* How much of us is nature and/or nurture?

- metaphysics: the theory of the nature of reality

- mind + body debate: the question of how psychological experience is related to the physical world

↳ how can you have a mind, emotions, thoughts etc. that can't be physically touched?

↳ is the mind completely separate from the body?

- 2 sides to the same coin?

* Dualism

- mind and matter are different

* Monism

- mind and matter are the same substances

* How can something psychological also be biological?

- Psychologia: First psych term used (Wolff, 1732)

- Psychology: Birth of psych (Wundt, 1879)

↳ Wilhelm Wundt (1832-1920)

- looked at the structure of our conscious ~~thought~~ experiences

- looked at the elements of consciousness.

- Structuralism

↳ Edward Titchener (1867-1927)

↳ analyzes the elements of mental experiences

- Analytic Introspection

↳ reporting the elements of conscious experiences

↳ "introspection": internal inspection

ex. presented w/ an apple → "this is red, round, solid, a fruit etc. can't

* T. was W's student

* Wundt: "Studying psych ~~can't~~ only be through science"

Titchener: "Studying psych only through experiments"

- Functionalism

↳ William James (1842-1910)

↳ focuses on the utility and purpose of behavior that's been modified over years.

ex. why has consciousness evolved?

what're the functions of consciousness?

* James: The Principles of Psychology (1890)

↳ influenced applied psych

↳ must read to become a psychologist

- Structuralism vs. Functionalism

↳ studying something's structure vs. its function

- Behaviorism

↳ John Watson (1878-1958)

↳ an approach to understanding the behavior of humans (and other animals)

↳ should be an objective science that studies behavior w/out reference.

↳ opposed to using introspection (it's an unreasonable scientific approach).

↳ ignores mental processes when looking at behaviors.

- Psychoanalysis

↳ Freud (1856 - 1939)

- published his first book before struc. and func.

- very sexist and on coke 24/7

↳ Therapeutic technique used in treating disorders

- Freud's theory of personality that attributes thoughts and actions to unconscious motives + conflicts.

↳ a lot of what he said was wrong

- Humanistic Psych

↳ the "third force" in psych

↳ promoting growth vs. curing illness

↳ Carl Rogers (1902 - 1987)

↳ very applied

↳ free will, improving the life of ppl + communities

↳ positive psych

- Martin Seligman (1942 -)

- Cognitive Psych

↳ we started to use a computer as a metaphor for the mind.

↳ information processing approach: the mind is a system that processes info (rather than passively receiving stimuli)

- Cognitive Psych and Neuroscience

↳ thinking of something then looking at the brain

↳ connections between mental and physical state

* Psychology is a white male dominant field

↳ a lot of bias

↳ ignores other perspectives

Hidden Values in the Science of Psychology Concepts

- 1940s: Fascism raged in Europe ⇒ study of prejudice

- 1950s: time of look-alike fashion \Rightarrow study of conformity
- 1960s: interest in aggression increased with riots and rising crime rates
- 1970s: Feminism helped stimulate a wave of research on gender and sexism
- 1990s: heightened interest in how people respond to cultural diversity.

* values influence the types of people attracted to various disciplines

- values influence perception (observation): natural tendency to pre-judge reality based on one's expectations

↳ dalmation example

↳ rabbit/duck example

* there are different ways to see things

- values influence choices of research subjects
- values influence concepts (ex. wts a "good life")
- values influence choice of words

* Beware of naturalistic fallacy

- ↳ the tendency to believe that what is natural is good; to define "good" in terms of what's observable
- "is" implies "ought"

* To be a Researcher (in 2019)

↳ research funding is grant-based

↳ grants are assigned based on research, plans and expected results

- Issue because of researcher bias

↳ "publish" or "perish": the new scholars dangerous motto

↳ the neglect of fundamental research for the benefit of applied research.