



Chapter 1 - Introduction to Psychology

Introduction to Psychology (York University)

Chapter 1: Introduction to Psychology

Textbook Notes:

How Psychology Developed?

- Psychology is the study of “you”
- Psychology provides a mean of building knowledge that is accurate and dependable
- Psychology comes from 2 Greek words
 1. Psyche = soul
 2. Logos = study of a subject
- The idea of philosophy concerning the nature of mind and behaviour other disciplines, the study of experimental physiology and medicine continued to develop

A. Psychologists

1. Robert Whyte (1714 - 1766)
2. Franz Gall (1758 – 1828)
3. Paul Broca (1824 – 1880)
4. Johannes Muller (1801 – 1858)
5. Wilhelm Wundt

A New Science is Born

Wilhelm Wundt

- ✓ Formed a campaign to make psychology an independent discipline
- ✓ In 1879 Wundt succeeded in establishing the first formal laboratory in psychology
- ✓ In 1881, Wundt established his first journal devoted to research on psychology
- ✓ His campaign is so successful that today he is known as the founder of psychology
- ✓ His conceptions on psychology dominated for 2 decades

William James

- ✓ Made a theory of emotion
- ✓ Landmark book: Principles of Psychology

Sigmund Freud (1856 – 1939)

- ✓ Treated people troubled by psychological problems such as irrational fears, obsessions, and anxieties

Structuralism Vs. Functionalism

Structuralism:

- To analyze consciousness into its basic elements and investigate how the elements are related

William James argued that structuralists missed the real nature of consciousness experience

Functionalism:

- Based on the belief that psychology should investigate the function or purpose or consciousness rather than its structure
- Investigated mental testing's, patterns of developments in children, effectiveness of education, behavioural differences between sexes

William James wanted to understand the flow of consciousness

Behaviorism

Behaviourism:

- Based on the premise that scientific psychology should study only observable behaviour
- ***Psychologist had abandoned the study of consciousness altogether and focused on behaviours that they could observe directly***
- Behaviour refers to any overt (observable) response or activity by an organism
- Psychologist could study anything people do or say
 - Shopping, playing chess, eating, complimenting a friend... but could not study scientifically the thoughts and feelings

Freud Introduces Unconsciousness Again

- Unconsciousness: contains thoughts, memories, and desires

Psychoanalytic Theory:

- Explains personality, motivation, and mental disorders by focusing on unconscious determinants of behaviour
- By 1920s psychoanalytic theory was known around the world

The Humanists Revolt

- A theory recital orientation that emphasizes the unique qualities of humans, especially their freedom and their potential for personal growth
- Humanistic vs. psychoanalytic vs. behavioural
 - Humanists take an optimistic view of humans nature
 - They say humans are fundamentally different from other animals
 - They take an optimistic view of animals

Overview

Perspective	Contributions	Subject Matter	Basic Premise
Behavioural (1913 – present)	John B. Watson Ivan Pavlov B.F. Skinner	Effects of environment on the overt behaviour of humans and animals	Only observable events
Psychoanalytic (1900 – present)	Sigmund Freud Carl Jung Alfred Adler	Unconscious determinants of behaviour	Unconscious motives and experiences in early childhood govern personality and mental disorders
Humanistic (1950s – present)	Carl Rogers Abraham Maslow	Unique aspects of human experience	Humans are free, rational beings with the potential

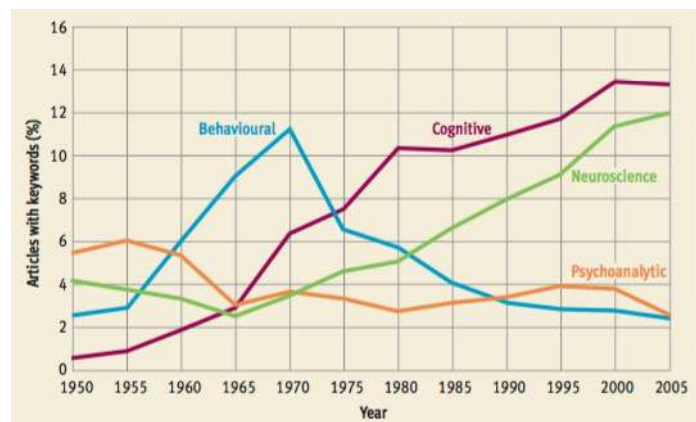
present)			for personal growth, they are fundamentally different from animals
Cognitive (1950s – present)	Jean Piaget Noam Chomsky Herbert Simon	Thoughts; mental processes	Human behaviour cannot be fully understood without examining how people store/process information
Behavioural Neuroscience (1950's – present)	James Olds Rogers Sperry David Hubel Torsten Wiesel	Physiological, genetic, and neural bases of behaviour in humans and animals	An organism's functioning can be explained in terms of the brain structures and bio-chemical processes that underline behaviour
Evolutionary ((1980's – present)	David Buss Martin Daly Margo Wilson Leda Cosmides John Tooby	Evolutionary bases of behaviour in humans and animals	Behaviour patterns have evolved to solve adaptive problems

Psychology in Canada

- First experimental laboratory was done by James Mark Baldwin at University of Toronto in 1891

Psychology Comes of Age as a Profession

- Clinical Psychology: a branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders



Cognitive and Neuroscience in Psychology

- Cognition: refers to the mental processes involved in acquiring knowledge

A Focus on Culture and Diversity

- New interest in culture appears mainly attributable to 2 recent **trends**:
 - Advances in communication, travel, and international trade have shrunk the world and increased global independence, bring more North Americans and Europeans in contact with non-Western cultures
 - Ethnic makeup of Western world has become an increasingly diverse multicultural mosaic
- Canada is becoming more diverse

Evolutionary Psychology

- Examines behavioural processes in terms of their adaptive value for members of a species over the course of many generations
- Emerged in the middle to late 1980s
- Topics included mating preferences, jealousy, aggression, sexual behaviour, decision making, and development

Positive Psychology Movement

- Uses theory and research to better understand the positive, creative, and fulfilling aspects of human existence
- **3 areas of interest**
 - *Positive subjective experiences*
 - Positive emotions such as happiness, love, gratitude, contentment, and hope
 - *Positive individual traits*
 - Personal strengths and virtues such as courage, integrity, and kindness
 - *Positive institutions and communities*
 - How societies can foster civil discourse, strong families, healthy work environments

Psychology Today: Vigorous and Diversified

- **Psychology is the science that studies behaviour and the physiological and cognitive processes that underline it, and it is the profession that applies the accumulated knowledge of this science to practical problems**

Research Areas in Psychology

1. Development psychology
2. Social psychology
3. Experimental psychology
4. Behavioral neuroscience/biological psychology
5. Cognitive psychology
6. Personality
7. Psychometrics
8. Educational psychology
9. Healthy psychology

Professional Studies

1. Clinical psychology
2. Counselling psychology
3. Educational and school psychology
4. Industrial and organizational psychology

Seven Key Terms

1. Psychology is Empirical
 - a. Empiricism is the premise that knowledge should be acquired through observations
2. Psychology is Theoretically Diverse

- a. A theory is a system of interrelated ideas used to explain a set of observations
- 3. Psychology Evolves in a Sociohistorical Context
- 4. Behaviour is Determined by Multiple Causes
- 5. Behaviour is Shaped by Cultural Heritage
 - a. Culture refers to the widely shared customs, beliefs, values, norms, institutions, and other products of a community that are transmitted socially across generations
- 6. Heredity and Environment Jointly Influence Behaviour
- 7. Peoples Experience of the World is Highly Subjective