

# **TOPIC**

- **What is Psychology**
- **Psychological Disorder**
- **Positive Psychology**

**Presented By**

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# **MODULE – I**

## **WHAT IS PSYCHOLOGY**

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## **Module –I**

### **What is Psychology?**

There are many false notions about psychology and psychologists. One of these is the belief that psychologists can read your mind or estimate your character at glance. Another misconception is that they are authorities on such things as spiritualism, mental telepathy and fortune–telling. If we see the subject psychology in such a way, then there must be some psycho-quacks. But it is not like this. It is a science and the properly trained psychologists is a scientist or at least a practitioner who uses scientific methods and information resulting from scientific investigation.

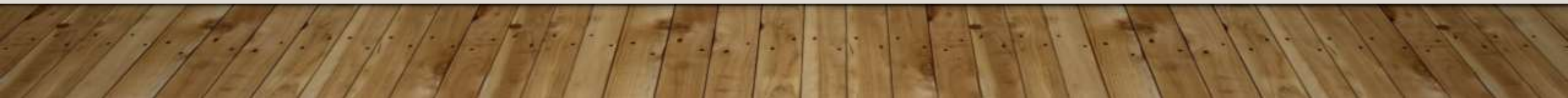
Psychological observations are focused upon living organisms; psychology is a bio-logical science. It is, in fact, one of several biological sciences, each distinguished from others through its concern with some special aspect of living things. The distinguishing feature of psychology is that it observes and attempts to understand the behaviour of organisms. It is concerned primarily with their responses to the world around them.



Man is not only a biological organism but also a social one. His behaviour is modified by and in turn modifies the behaviour of others. Psychology is therefore a social as well as a biological science. It must take account of the fact that human babies are dependent upon others for survival and that, during this dependence their ways of behaving, including their language are imposed upon them, wholly or in part, by their elders. In a word, we can say man learns from the learned. As a result, they come to act less like little animals and more like human beings. Psychology must also consider collective behaviour as when human beings are in groups of various kinds.

Since, the behaviour of human beings is grounded both in biology and in social interaction, psychology is often referred to as a bio-social science. The appropriateness of this designation becomes increasingly apparent as psychologist penetrate the intricacies of human behaviour.

The word psychology was actually derived from two Greek words, *psyche*(soul) and *logos*(discourse). Psychology, or “mental psychology”, was thus literally study of the soul. The term “soul” did not at first have religious implications such as it has today. For some it was an inner flame, for some a form of motion, and for others a function of bodily processes.





About 400 years ago mental philosophers began to translate psyche as mind and psychology was then defined as 'a study of the mind'. This definition continued in use until the present century. It was eventually replaced by the definition of psychology as 'the science of behaviour'.

The emergence of psychology as a science occurred less than a century ago this event was stimulated by certain achievements of physicist and physiologists. Physicists discovered the relation between aspects of the environment(stimuli) and elementary experiences, or sensations. Sound sensations, for example, were found to depend upon the frequency of sound waves.

At the same time, physiologists were discovering the structure of sense organs and brain which, when stimulated, give rise not only to sensations but also to various reflexes and other aspects of behaviour.

These success, especially with respect to sensation, something very close to the interests of mental philosophers, suggested that psychology might itself become an experimental science.



Although it is difficult to say exactly when scientific psychology began, three German scientists are usually credited with having an important part in its birth.

1. E.H. Weber(physiologists)- Measure and quantify certain aspects of sensory experience.
2. Physists Fechner (1860)- Elements of psychophysics weber's procedures for measuring the relation between external stimuli and sensory experience but also developed a more precise formulation of experimental findings.
3. Physiologist / philosopher Wilhelm Wundt, he founded a laboratory of psychology, is considered by many to be the "father of scientific psychology".1897 university of Leipzig.

17<sup>th</sup> century – Age of enlightenment

18<sup>th</sup> century- Age of reason

19<sup>th</sup> century- Age of progress

20<sup>th</sup> century – Age of Anxiety

First mental hospital- Baghdad in A.D. 792 Avicenna (AD- 980-1037) made reference to hysteria, epilepsy, manic depression, melancholia

## **MODULE – II**

# **PSYCHOLOGICAL DISORDERS**

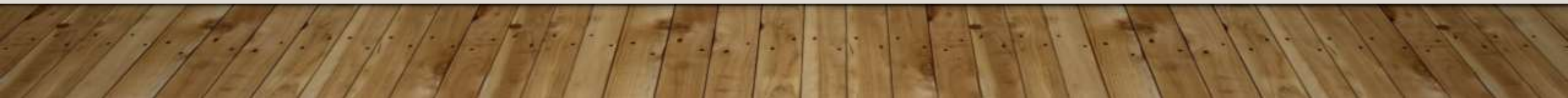
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## **Causes of Abnormal Behaviour: -**

Abnormal literally means ‘away from the normal’, it implies deviation from some clearly defined norm. In the case of physical illness, the norm is the structural and functional integrity of the body, and the boundary lines between normality and pathology can usually be clearly delineated by medical science. On a psychological level, however, we have no “ideal model” or even “normal model” of man to use as a base of comparison. Thus we suffer considerable confusion and disagreement as to just what is or what is not normal a confusion aggravated by the rapid change and upset of old, established norms.

A number of social scientists have argued the view that conformity to social norms approximates normality (while deviation from such norms constitutes abnormality.). Today we are discussion about mental health. Mental health was the absence of psychopathology and synonymous with normal. Normality is based on an active, joyous, energetic engagement with the world. Such a naturalistic model of health is congruent with the increasing attention to “flow”, a concept recently elaborated and empirically studied by psychologist, Mihly Csikszentimihalyi and his students.





It involves focused attention and psychic absorption, which is characteristic of meditation, but unlike meditation, with “flow” the clutch is engaged and skilled behaviour takes place. With “flow” the participant feels alive and in the world. In the “flow” experience the emotions are not just contained and channelled, they are energized and aligned with consciousness of the task at hand. Action, cognition, and feeling re -merged into one.

Csikszentmihalyi’s concept of “flow” is distinct from Freud’s libido. “Flow” occurs when a task is challenging and requires both skill and concentration, when there are clear goals and immediate involvement, when time seems to stop and our sense of self vanishes, and when we find ourselves both deeply involved and in control.

The term abnormal behaviour is used in a variety of ways to refer to a person’s inner personality make up of outer behaviour or both; to mean specific behaviours like phobias, or more pervasive patterns like schizophrenia; to mean chronic, long-lasting abnormalities or those – such as drug intoxication – in which symptoms are acute and temporary.



**Abnormal Psychology:** has long referred to as that part of the field of psychology concerned with the understanding, treatment and prevention of abnormal behaviour.

**Clinical Psychology:** the professional field broadly concerned with the assessment, treatment and study of abnormal behaviour.

**Experimental Psychopathology:** a somewhat more specialized field concerned primarily with research.

**Counselling Psychology:** which overlaps with clinical psychology, is concerned primarily with supportive help to essentially normal individuals who have problems related to educational, occupational and marital decisions and adjustment.

**Psychiatry:** is the branch of medicine that specialized in the understanding, diagnosis, treatment, and prevention of mental disorders thus it closely related to clinical psychology.



## **MODULE – III**

# **POSITIVE PSYCHOLOGY**

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Positive psychology is an **umbrella term** describing scientific study of what makes life most worth living. Research findings from positive psychology are intended to provide a more complete and balanced scientific understanding of the human experience.

The new field of positive psychology calls for as much focus on strength as on weakness, as much interest in building the best things in life as in repairing the worst, and as much concern with making the lives of normal people fulfilling as with healing pathology. [Pathology is a branch of medical science that is focused on the study and diagnosis of disease. On the other hand, **prognosis**- The physician should neither exaggerate nor minimize the gravity of a patient's condition. He should assure himself that the patient, his relatives or his responsible friends have such knowledge of the patient's condition as will serve the best interests of the patient and the family].





Positive psychology does not replace business as usual psychology, which often focuses on people's problems and how to remedy them. Rather it intends to complement and extend a problem-focused psychology.

The attention of positive psychologists is increasingly turning to deliberate interventions that promote the well-being of individuals and groups, and again, these should be regarded as supplements to existing therapies.

For decades, scientific psychology has neglected the study of what can go right with people and often has had little more to say about the good life than do pop psychologists, inspirational speakers and arm chair gurus. More subtly, the underlying assumptions of psychology have shifted to embrace a disease model of human nature.



Human beings are seen as flawed and fragile, victims of cruel environments or causalities of bad-genetics, and if not in denial, then at best in recovery. This world view has even crept into the common culture, and some people have become self-identified victims, trying to survive but not to flourish.

Positive psychology proposes that it is time to correct this imbalance.

- i. Positive psychology studies what goes right in life from birth to death.
- ii. It is concerned with optimal experience-people being their best and doing their best.
- iii. Everyone's life has peaks and valleys and positive psychology does not deny the low points.
- iv. Its signature premise is more nuanced: what is good about life is as genuine as what is bad and therefore deserves equal attention from psychologists.
- v. Positive psychology assumes that life entails more than avoiding or undoing problems and that explanations of the good life must do more than reverse accounts of distress and dysfunction.



## **History of Positive Psychology: -**

**The most** basic assumption that positive psychology urges is that human goodness and excellence are as authentic as disease and disorder. Positive psychologists argue that these topics are neither secondary nor derivative. There are many good examples of psychological research past and present, that illustrate the fundamental premise of positive psychology, although only recently has there been explicit emphasis on their common concerns.

Accordingly, positive psychology has a very long past but only a very short history. The long past of positive psychology stretches at least to the Athenian philosophers in the west and to Confucius and Lao-Tsu in the east. In the writings for these great thinkers can be found the same questions posed by contemporary positive psychologists.

- i. What is the good life?
- ii. Is virtue its own reward?
- iii. What does it mean to be happy?
- iv. Is it possible to pursue happiness directly, or as fulfilment a by-product of other pursuits?
- v. What roles are played by other people and society as whole?



# THANK YOU

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