

# INTRODUCTION TO PSYCHOLOGY

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*Psychology*

# ***Learning Outcomes***

2

- ***Review of previous session***
- ***Psychology's Key Issues***
  - *Nature Vs. Nurture*
  - *Conscious Vs. Unconscious causes of Behavior*
  - *Observable Behavior Vs. Internal Mental Processes*
  - *Free will Vs. Determinism*
  - *Individual Differences Vs. Universal Principles*

# ***Nature Vs. Nurture***

3

- ***Nature***

*How much of people's behavior is due to their genetically determined nature (heredity)?*

- ***Nurture***

*How much of people's behavior is due to the influences of the physical and social environment in which a child is raised?*

# Conscious Vs. Unconscious causes of Behavior

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- **Conscious cause of behavior**

*How much of our behavior is produced by forces of which we are fully aware?*

- **Unconscious cause of behavior**

*How much of our behavior is due to unconscious activity—mental processes that are not accessible to the conscious mind?*

***For example,***

*Psychologists adopting **psychodynamic perspective** argue that psychological disorders are brought about by unconscious factors, whereas psychologists employing the **cognitive perspective** suggest that psychological disorders largely are the result of faulty thinking processes.*

# ***Observable behavior Vs. Internal Mental Processes***

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- ***Observable Behavior***

*Concentration solely on behavior that can be seen by outside observers, or*

- ***Internal mental processes***

*Focus on unseen thinking processes?*

- ***For example***

***Behavioral perspective,** contend that the only authentic source of information for psychologists is behavior that can be observed directly.*

***Cognitive perspective,** argue that what goes on inside a person's mind is critical to understanding behavior, and so we must concern ourselves with mental processes.*

# ***Free will Vs. Determinism***

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- ***Free will***

*The idea that behavior is caused primarily by choices that are made freely by the individual.*

- ***Determinism***

*The idea that people's behavior is produced primarily by factors outside of their willful control.*

- ***For example***

***Biological perspective, psychodynamics perspective, behavioral perspective** contends the idea of determinism while **cognitive and humanistic perspective** advocates the concept of free will.*

# ***Individual Differences Vs. Universal Principles***

7

- ***Individual differences***

*How much of our behavior is a consequence of our unique and special qualities?*

- ***Universal principles***

*How much our behavior reflects the culture and society in which we live?*

- ***For example***

***The neuroscience perspective** tend to look for universal principles of behavior, such as how the nervous system operates or the way certain hormones works.*

***The humanistic perspective** focus more on the uniqueness of every individual. They consider every person's behavior a reflection of distinct and special individual qualities.*





Issue	Neuroscience	Psychodynamic	Behavioral	Cognitive	Humanistic
Nature (heredity) vs. nurture (environment)	Nature (heredity)	Nature (heredity)	Nurture (environment)	Both	Nurture (environment)
Conscious vs. unconscious causes of behavior	Unconscious	Unconscious	Conscious	Both	Conscious
Observable behavior vs. internal mental processes	Internal emphasis	Internal emphasis	Observable emphasis	Internal emphasis	Internal emphasis
Free will vs. determinism	Determinism	Determinism	Determinism	Free will	Free will
Individual differences vs. universal principles	Universal emphasis	Universal emphasis	Both	Individual emphasis	Individual emphasis

**FIGURE 1** Key issues in psychology and the positions taken by psychologists subscribing to the five major perspectives of psychology



***THANK YOU  
HAPPY LEARNING STUDENTS!***