

INTRODUCTION TO PSYCHOLOGY

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Psychology

Learning Outcomes

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- *Definition of Psychology*
- *Psychology then...History of Psychology*
 - ✓ *Structuralism.....Introspection*
 - ✓ *Functionalism*
 - ✓ *Gestalt Psychology*
- *Psychology Now...Modern Perspectives*
 - ✓ *Biological Perspective*
 - ✓ *Psychodynamic Perspective*
 - ✓ *Cognitive Perspective*
 - ✓ *Behavioral Perspective*
 - ✓ *Humanistic Perspective*

PSYCHOLOGY

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- “The scientific study of behavior and mental processes”

It not only encompasses that what people do but also their thoughts, emotions, perceptions, reasoning processes, memories.

- **Behavior** is overt, manifest, obvious, and easy to study
- The **mental processes** that help carryout these behaviors are covert, underlying, hidden, and not easy to study.

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Psychology has four primary goals:

- *Describe*

- *Explain*

- *Predict*

- *Control*

THE HISTORY OF KNOWLEDGE

Ancient Greece 600 B.C.–A.D. 100

Physics

Economics

Arts
and
Humanities

Psychology

Geography

Western Philosophy

Roman Period
A.D. 100–A.D. 500

Preservation of
Greek Learning
in Eastern Countries

Fall of Rome

Middle Ages
476–1453

Religion
and the
Crusades

International Trade

Renaissance
1453–1690

Physics

Metaphysics

Natural Sciences

Philosophy

Arts
and
Humanities

Chemistry

Physics

Biology

Logic

Morals

Epistemology

Documentation and Proof

Induction

Deduction

The Enlightenment
1700–1800

Social Sciences

Political Philosophy
|
Political Science

Economics

Sociology

Anthropology

Geography

Psychology

History

Roots of Psychology

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- We can trace psychology's roots back to the ancient **Greeks (430 BC)**, who considered the mind to be a suitable topic for scholarly examination.
- In 17th-century British philosopher **John Locke (1637)** believed that children were born into the world with minds like “blank slates” (*tabula rasa* in Latin)
 - **Their experiences determined what kind of adults they would become.**
- **Plato** and the 17th-century French philosopher **René Descartes** argued that some knowledge was inborn in humans.

History of Psychology

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STRUCTURALISM

- ***William Wundt is considered as the father of Psychology, first laboratory at University of Leipzig at Germany in 1879.***
 - William Wundt's approach focuses on studying structure of mind and uncovering the fundamental mental components i.e. nonphysical elements:
consciousness, thinking, emotions and other kinds of mental states and activities.
 - Physical consciousness into three parts
 - ✓ Physical sensation (What we see)
 - ✓ Feelings (Liking or disliking bananas)
 - ✓ Images (memories of other bananas)

Introspection

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- *Students of William, **Edward Titchener (1867-1927)** advocated structuralism and practiced it at Cornell university New York.*

“A procedure used to study the structure of the mind in which subjects were asked to describe in detail about their own thoughts and mental activities what they are experiencing when they are exposed to a stimulus.”

- *Participants were typically exposed to auditory tone, auditory illusions and visual stimuli under very controlled and systematically varied environment.*

Functionalism

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- **William James** concentrated on what the mind does—the functions of mental activity—and the role of behavior in allowing people to adapt to their environments.
- It concentrated on what the mind does and how behavior functions.
- What role behavior plays in allowing people to adapt to their environments.
- A functionalist might examine the function of the emotion of fear in preparing us to deal with emergency situations.

Focused on knowing how the mind allows people to function in the real world—how people work, play, and adapt to their surroundings, a viewpoint he called functionalism.

Gestalt Psychology

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Max Wertheimer, Wolfgang Kohler and Kurt Koffka advocated this thought.

Gestalt means “unified form”, an “organized whole”

- *An approach to psychology that focuses on the organization of perception and thinking in a “whole” sense rather than on the individual elements of thinking, perception.*





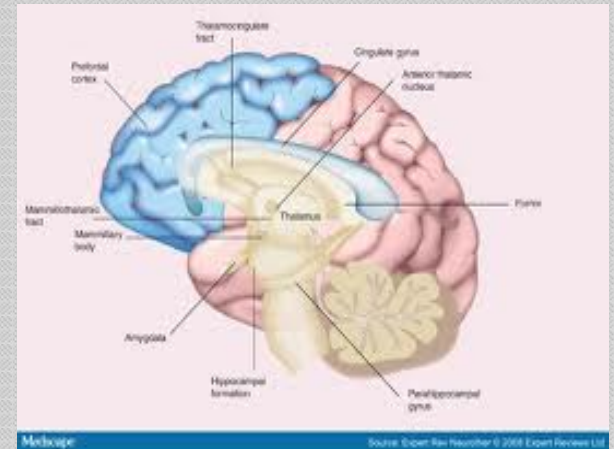
Modern Perspectives of Psychology

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● **NEUROSCIENCE/BIOLOGICAL PERSPECTIVE**

The approach that views behavior from the perspective of the brain, the nervous system, and other biological functions. It includes the study of heredity etc.

E.g. Schizophrenia, sleep, depression, blood pressure



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● **PSYCHODYNAMICS PERSPECTIVE**

- ✓ Viennese physician **Sigmund Freud** in 1900s.
- ✓ *The approach based on the view that behavior is motivated by unconscious inner forces over which the individual has little control.*
- ✓ **Psychoanalysis**
e.g. dreams, slip of tongue



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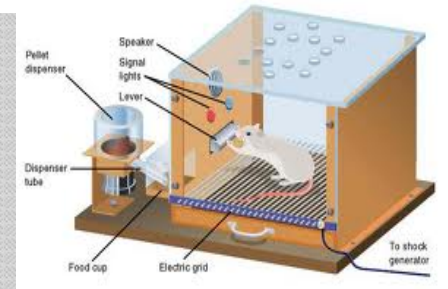
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● **BEHAVIORAL PERSPECTIVE**

✓ *John B. Watson, B. F. Skinner*

✓ *The approach that suggests that observable, measurable behavior should be the focus of study.*

e.g. For example, a child who cries and is rewarded by getting his mother's attention will cry again in the future.



● **COGNITIVE PERSPECTIVE**

✓ *The approach that focuses on how people think, understand, and know about the world (1960s).*

✓ *Information processing(memory, intelligence, thought process, problem solving)*

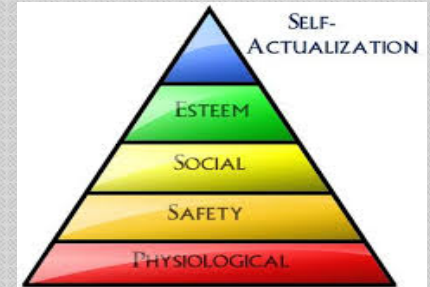


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- **HUMANISTIC PERSPECTIVE**

- ✓ *Carl Rogers, Abraham Maslow.*



- ✓ *The approach that suggests that all individuals naturally strive to grow, develop, and be in control of their lives and behavior.*
- *The emphasis of the humanistic perspective is on free will, the ability to freely make decisions about one's own behavior and life.*

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