### INTRODUCTION TO PSYCHOLOGY

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# Learning Outcomes

- 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

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#### 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

# 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

#### 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

# 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.

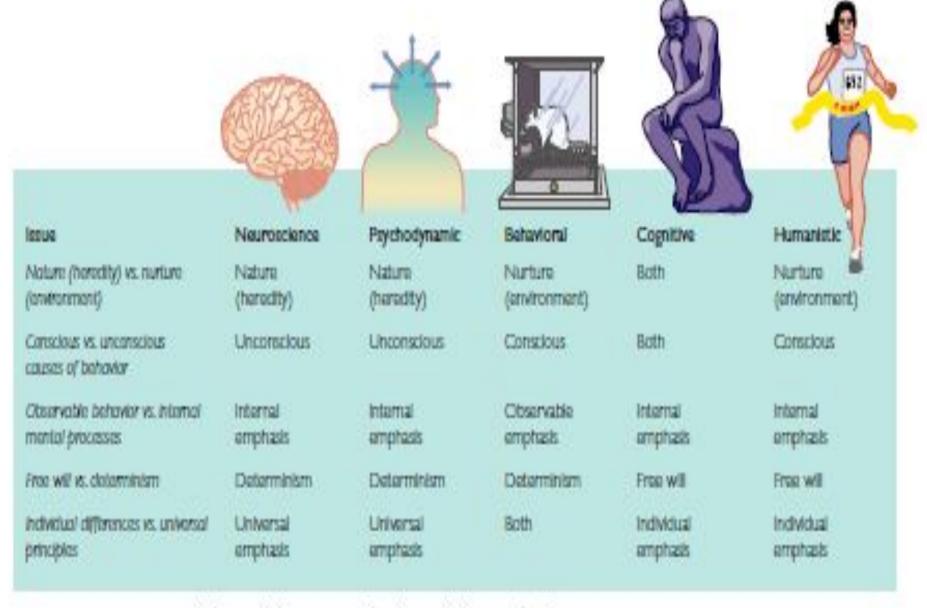


FIGURE 1 Key issues in psychology and the positions taken by psychologists subscribing to the five major perspectives of psychology

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# THANK YOU HAPPY LEARNING STUDENTS!