

[illegible]

Etymological definition

- It is derived from Greek words; *psyche* and *logos*.
- *Psyche*-mind, we get *psych / iatry*, *psych / osis*, *psycho / linguistic*, *psycho / metric*,
- *Logos*-study, we get *socio / logy*, *zoo / logy*, *bio / logy*, *anthropo / logy* or *axio / logy*
- When we combine two originally separate words, we get *the study of mind or mental processes*.
- During Greek times psychology was part of philosophy so they studied mind as they studied philosophy.



What is Psychology?

- The term psychology comes from the Greek roots *psyche* meaning soul or mind and *logos* meaning word or study



The main four stages of psychology are:

- ❖ Philosophical stage- *Study of Soul/Mind*
- ❖ Structural stage - *Science of mental life, Consciousness*
- ❖ Behaviorist stage - *Science as the observable behaviour*
- ❖ Modern stage(Till date) - *Today it is considered as the Science of Behaviour and Mental process.*

What is Psychology?

- The scientific study of behavior and mental processes
 - *since it is a science, all research in psychology is based on the scientific method*
- Originated from the fields of biology and philosophy



Psychology as a Science



Psychology

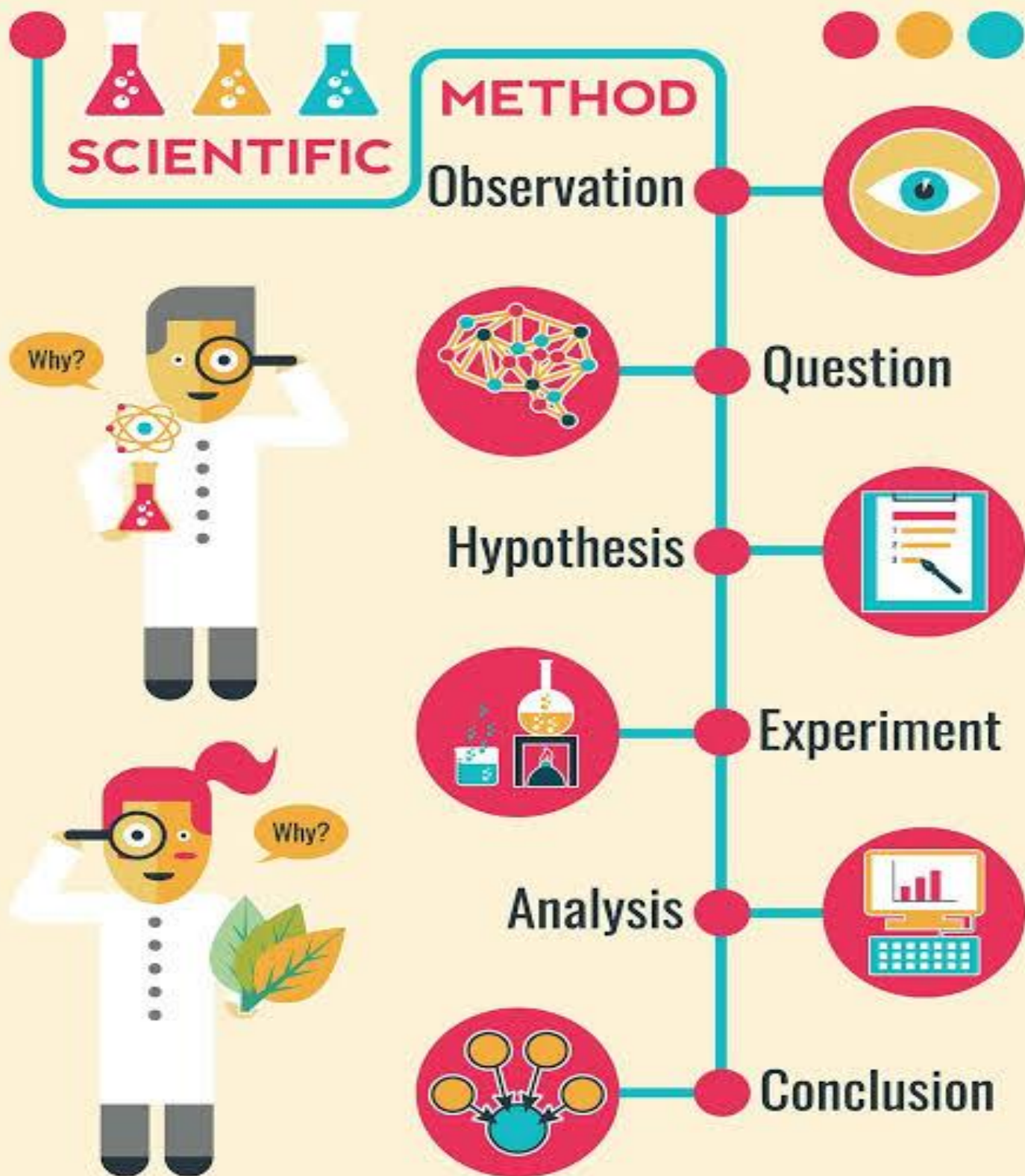
- ❑ Psychologists observe, describe, explain, predict and sometimes even control behavior and mental processes to better understand the human psyche.
- ❑ Psychology is anchored by both scientific research and theory.
- ❑ Research is the testing of ideas (hypotheses and theories) through various research methods.
- ❑ Theory is a statement or set of statements that attempt to explain why things are the way they are and happen the way they do.

Psychology Roots

➤ The Goals of Psychology

- Observe Behavior
- Describe Behavior
- Explain Behavior
- Predict Behavior
- Control Behavior





SO...WHAT IS PSYCHOLOGY AGAIN?

To encompass psychology's concern with observable behavior AND with inner thoughts and feelings, today we define psychology as **the science of behavior and mental processes.**

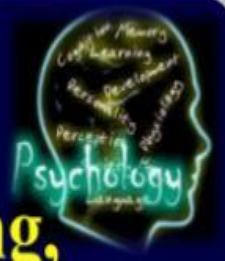
Behavior:

- *Overt can be directly observed
- *Covert cannot be directly observed

Mental Processes:

Internal experiences such as sensations, dreams, thoughts, and feelings.





The term behaviour includes all the
Motor or conative activities like **walking,**
swimming, dancing etc.,

Cognitive activities like **thinking, reasoning,**
imagining etc.,

And Affective activities like **feeling happy, sad,**
angry etc.,

Which includes overt and covert behaviour and
inner experiences and mental process.

It is **not limited** to the study of **human behaviour.**
The behaviour of **animals, insects, birds** and even
plants.