

[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

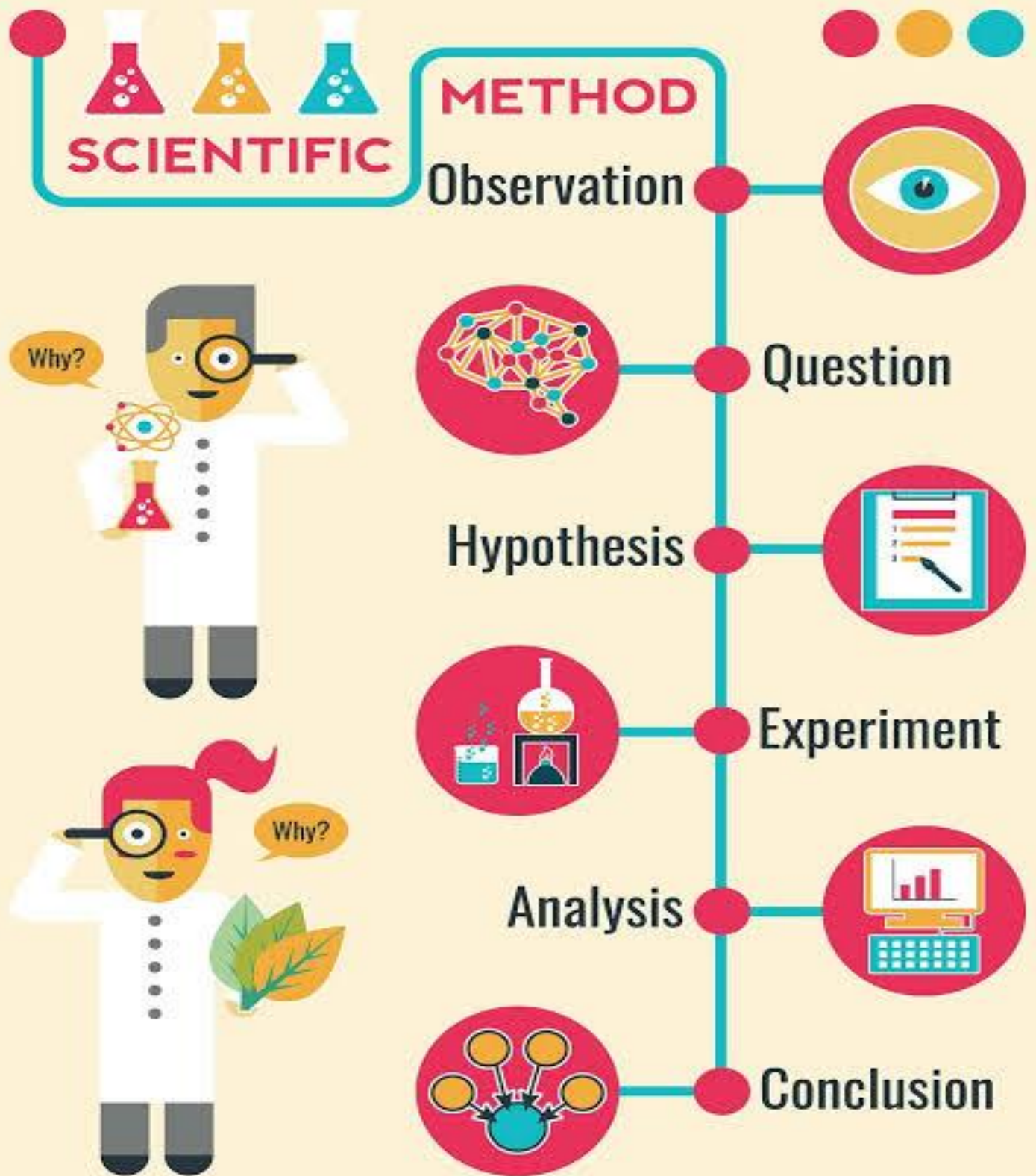
- ❑ Psychologists observe, describe, explain, predict and sometimes even control behavior and mental processes to better understand the human psyche.
- ❑ Psychology is anchored by both scientific research and theory.
- ❑ Research is the testing of ideas (hypotheses and theories) through various research 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.**

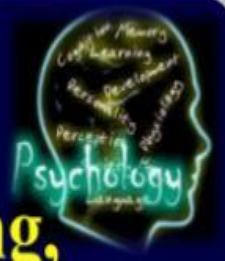
Behavior:

- *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.,

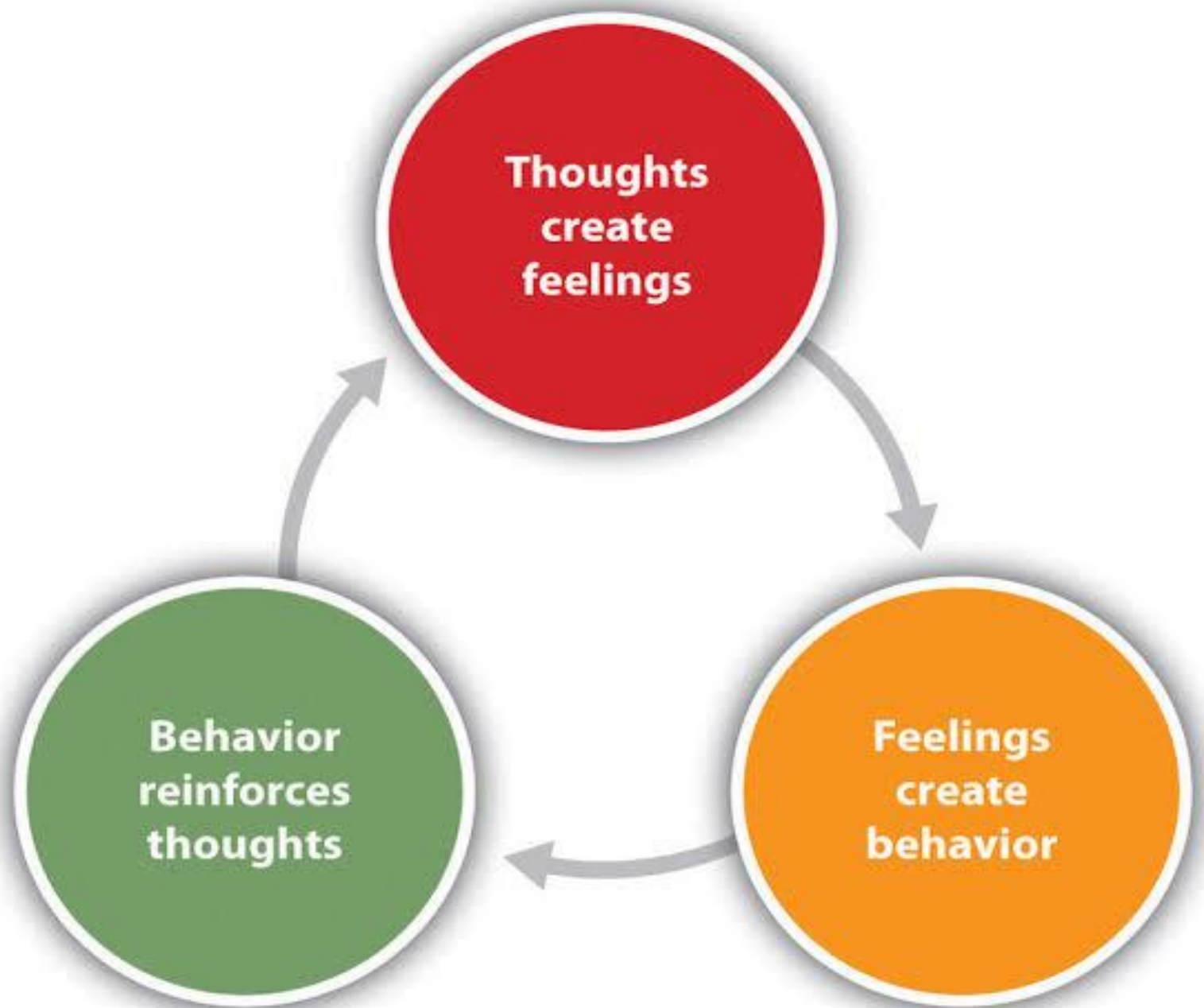
And Affective activities like **feeling happy, sad,**
angry etc.,

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.

Automatic Cycle of Behavior





THOUGHTS

I'm useless, I'm a failure

BEHAVIOUR

Withdraw,
isolate

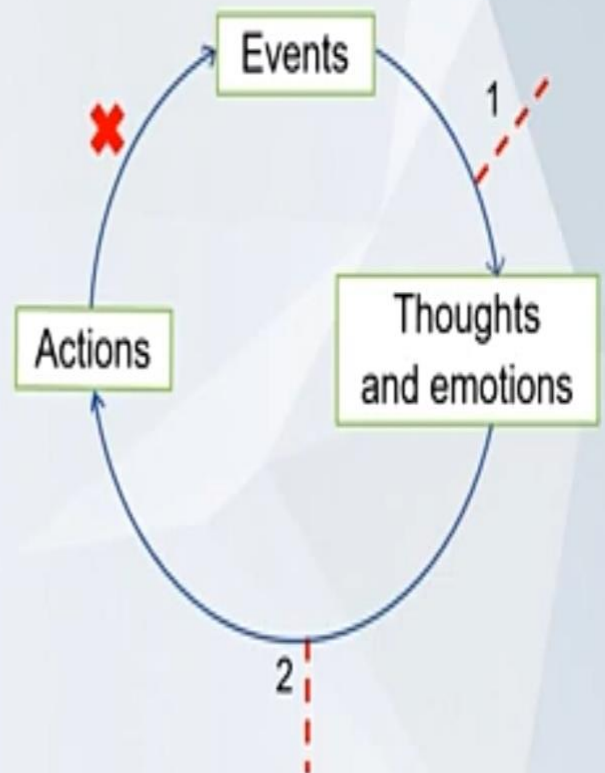
FEELINGS

Low, upset



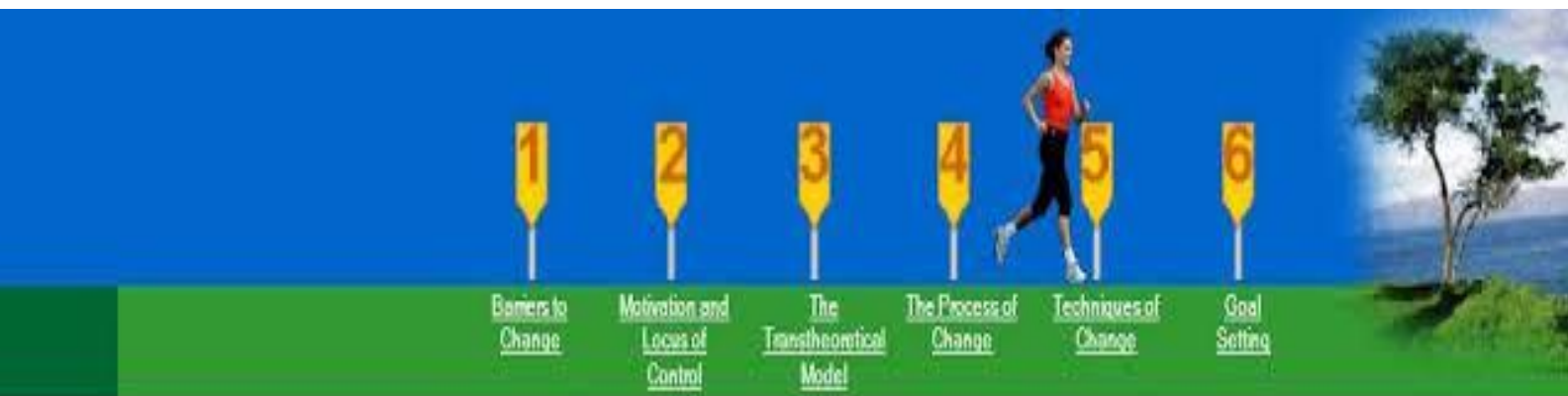
Automatic Cycle of Behavior

- The cycle can be broken at two places:
 1. Events to thoughts and emotions link
 2. Thoughts and emotions to actions link
- Actions to events link cannot be broken—it is automatic



Behaviour Modification

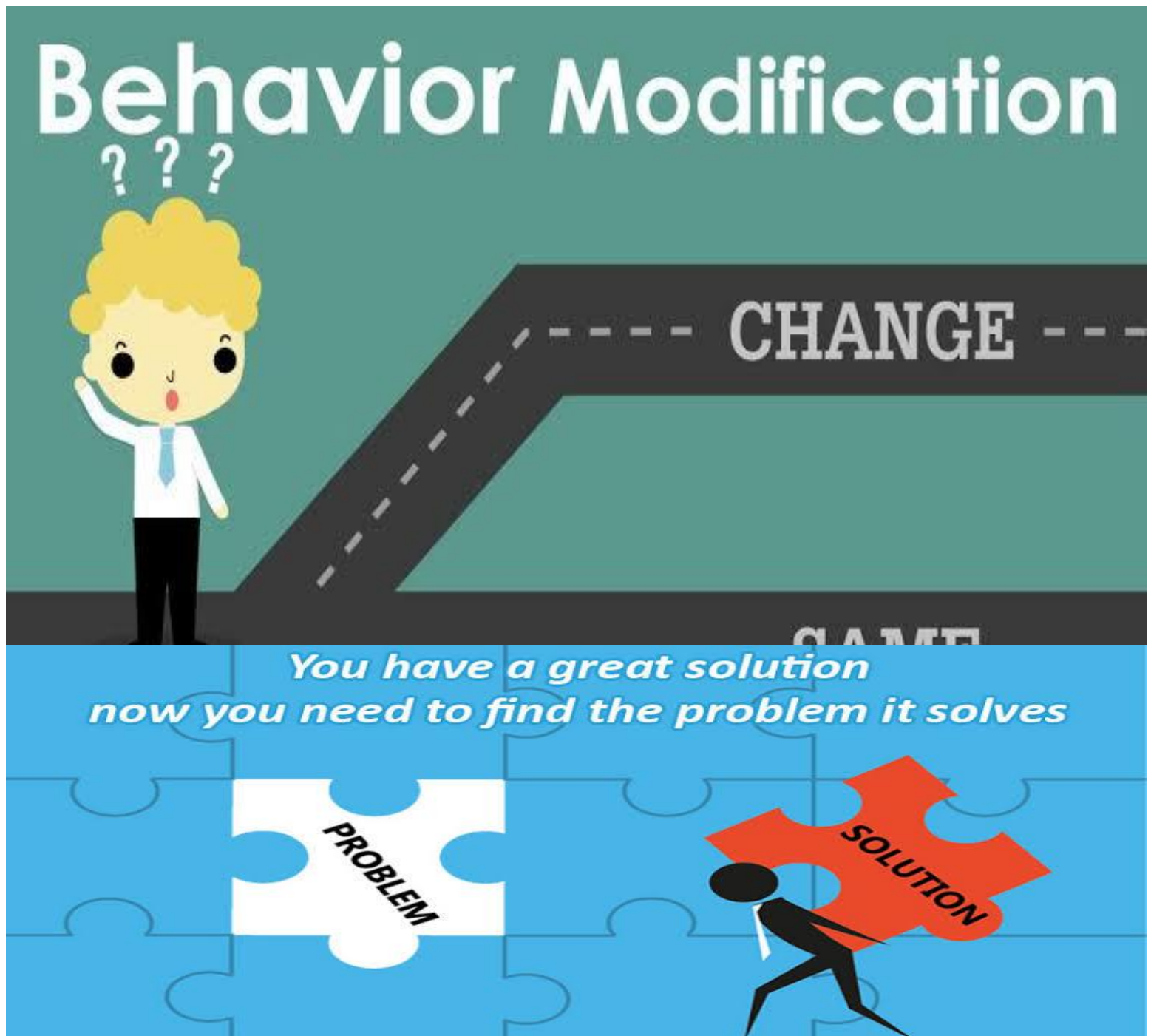




Steps for Successful Behavior Modification

- ▶ Acknowledge that there is a problem
- ▶ Identify the behavior to change (increase physical activity, stop overeating, quit smoking)
- ▶ List advantages and disadvantages of changing the specified behavior
- ▶ Decide positively that you will change
- ▶ Identify your stage of change
- ▶ Set a realistic goal (SMART goal), completion date, and sign a behavioral contract

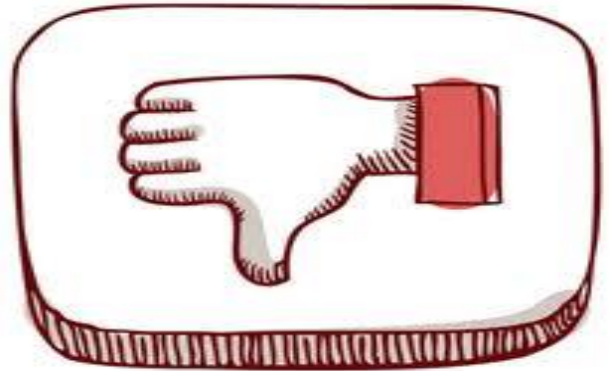
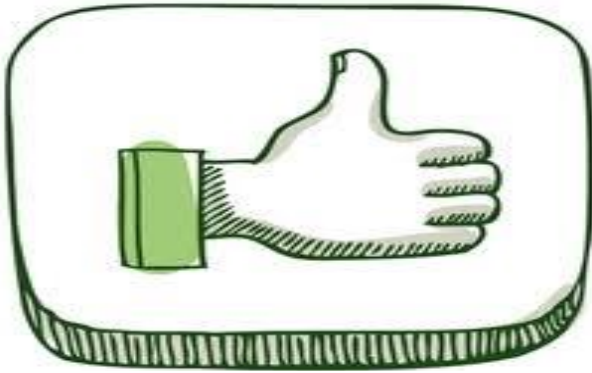
1. Acknowledge that there is a problem



2. Identify the Behavior to change



3. *Advantages* and *Disadvantages*

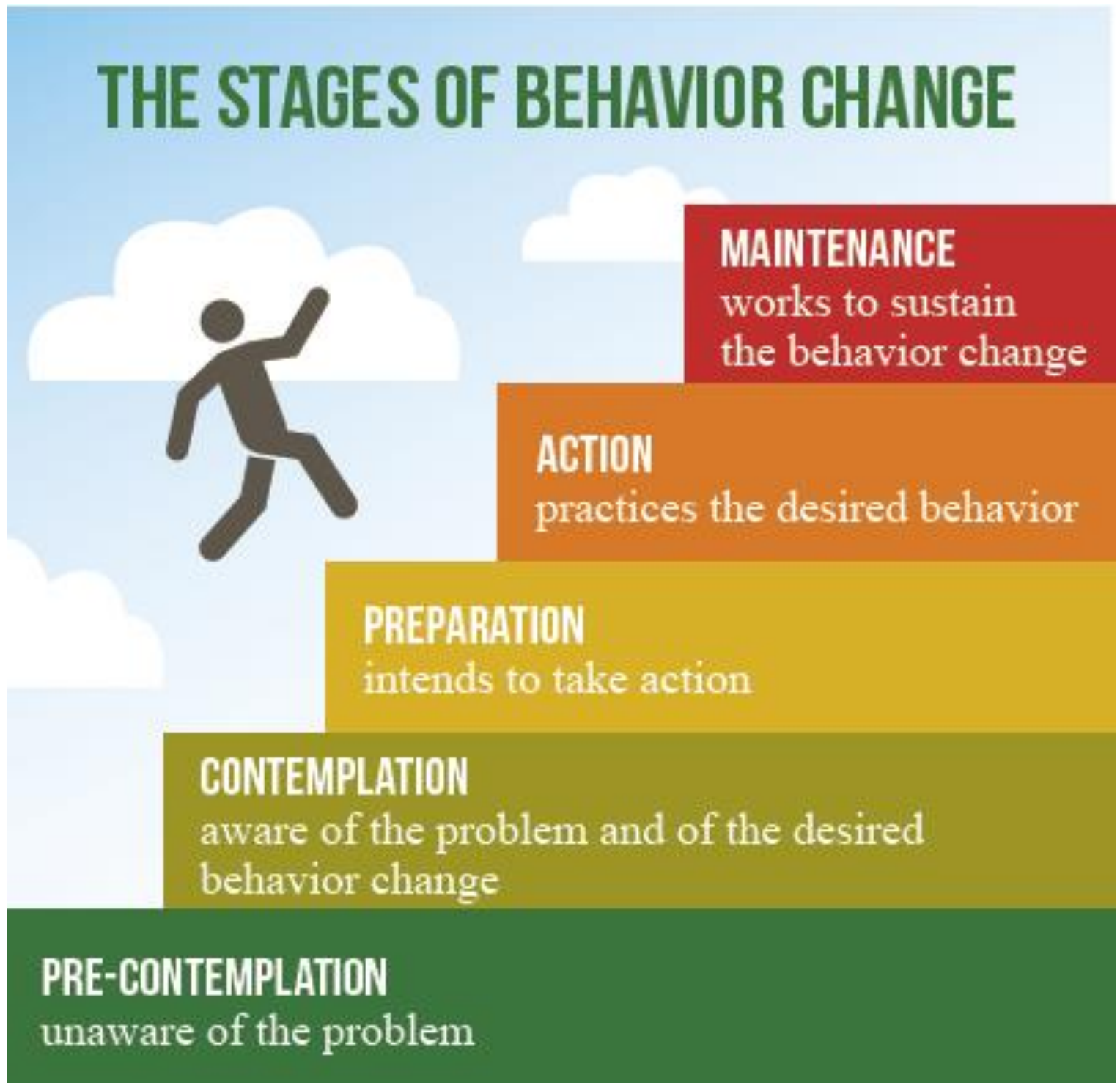


4. Decide Positively..



**I CAN
AND I
WILL**

5. *Identify your stage of change*



Set a realistic goal



S

Specific

Clearly State your Goal

M

Measurable

Ensure you can Measure Success

A

Attainable

Set Goals you know you can Achieve

R


Relevant


Set Goals Relevant to your Career or Education

T

Time-Based


Set a Deadline for Completion

 *Reduce weight
upto 6_8 kgs in 3
months*


 *Reach an annual
income of by the
end of 2024.*


✿ *Study 10 hours per day to get a good rank*


✿ *Reduce my anger by this year end by doing meditation everyday for an hour*

 *To meet my best
friends weekly once to
maintain healthy
relationships*

 *Earn more money
in 3 years.*

 Become popular
by this Year end by
doing adventures.

 Identify a
behaviour that
trouble me and
prepare an action
plan to modify it in
21 days.

 Do service as a
volunteer at blood
campaigns once in
every month.

☘ To take 2-3 new steps a week for 2 months to improve the quality of my relationships at work

"Whether I'm at the office, at home, or on the road, I always have a stack of books I'm looking forward to reading"

Bill Gates



SMART GOAL EXAMPLE



Specific?

"from my book list" is good specificity
"Read" is ok but "finish" for example would be a better word (easier to say with certainty if it's been done or not)

Measureable?

50 books

To read 50 books from
my book list
this year

Timed?
this year

Relevant?

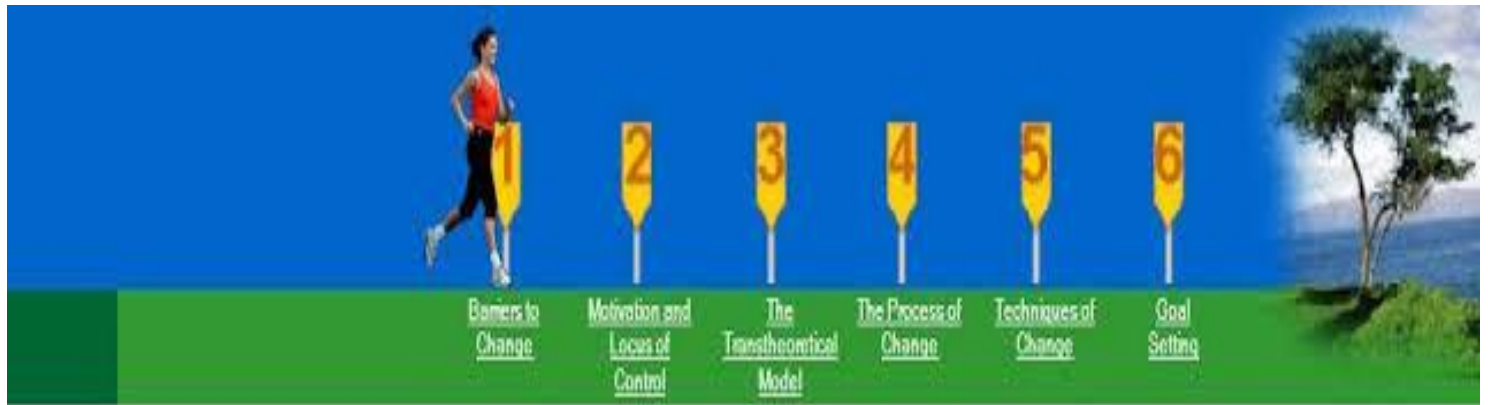
Depends. Is the timing good? What else is going on? Is this attached to a larger dream? Is the quality of the books good?

Attainable?

This would depend on multiple factors. The reading speed of the goal setter, available time. Is it both challenging and possible considering all?

To be debt free by 2026

- ***Specific*** - debt-free. More detail may be helpful in this case. i.e. to pay off my mortgage, loan, and 3 credit cards. Details make it real.
- ***Measurable*** - free of debt is measurable
- ***Attainable (and challenging)*** - Hard to know without unique knowledge of goal-setter
- ***Relevant*** - Almost certainly. Perhaps there is the question of ideal timing, and comparison to other priorities and relevant goals
- ***Timed*** - by 2026

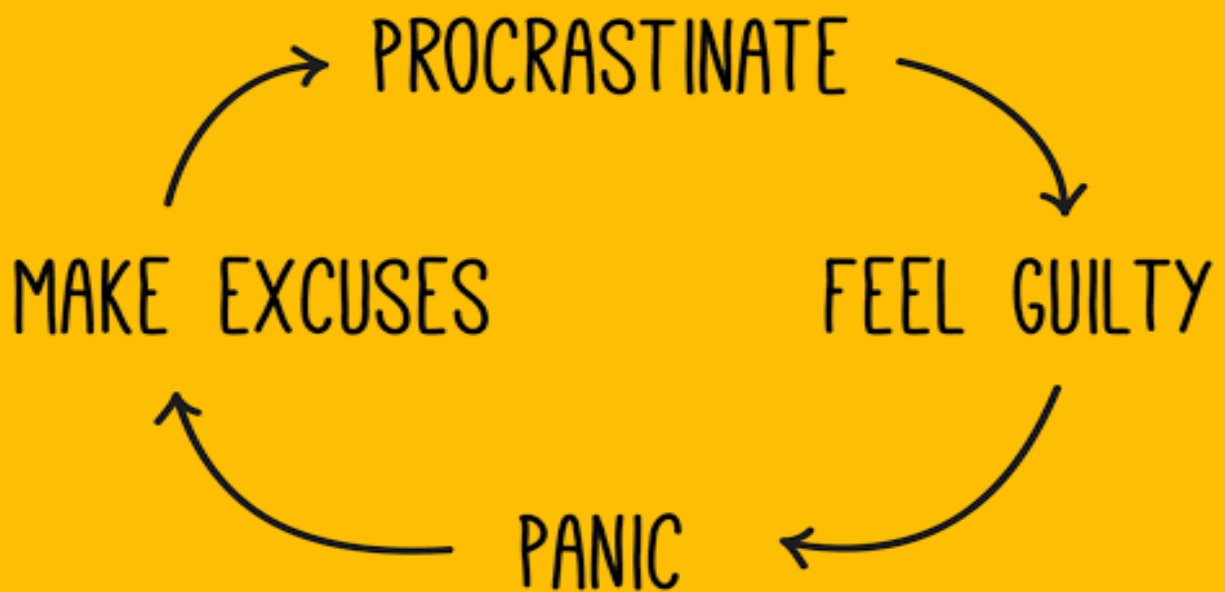


Barriers to Change

- ▶ Procrastination
- ▶ Preconditioned cultural beliefs
- ▶ Gratification
- ▶ Risk complacency
- ▶ Complexity
- ▶ Indifference and helplessness
- ▶ Rationalization
- ▶ Illusions of invincibility



THE PROCRASTINATION CYCLE



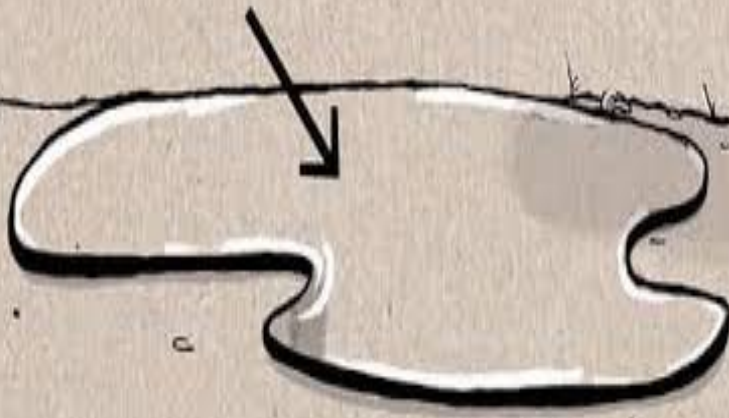


ME



INSTANT
GRATIFICATION

TO DO'S
→



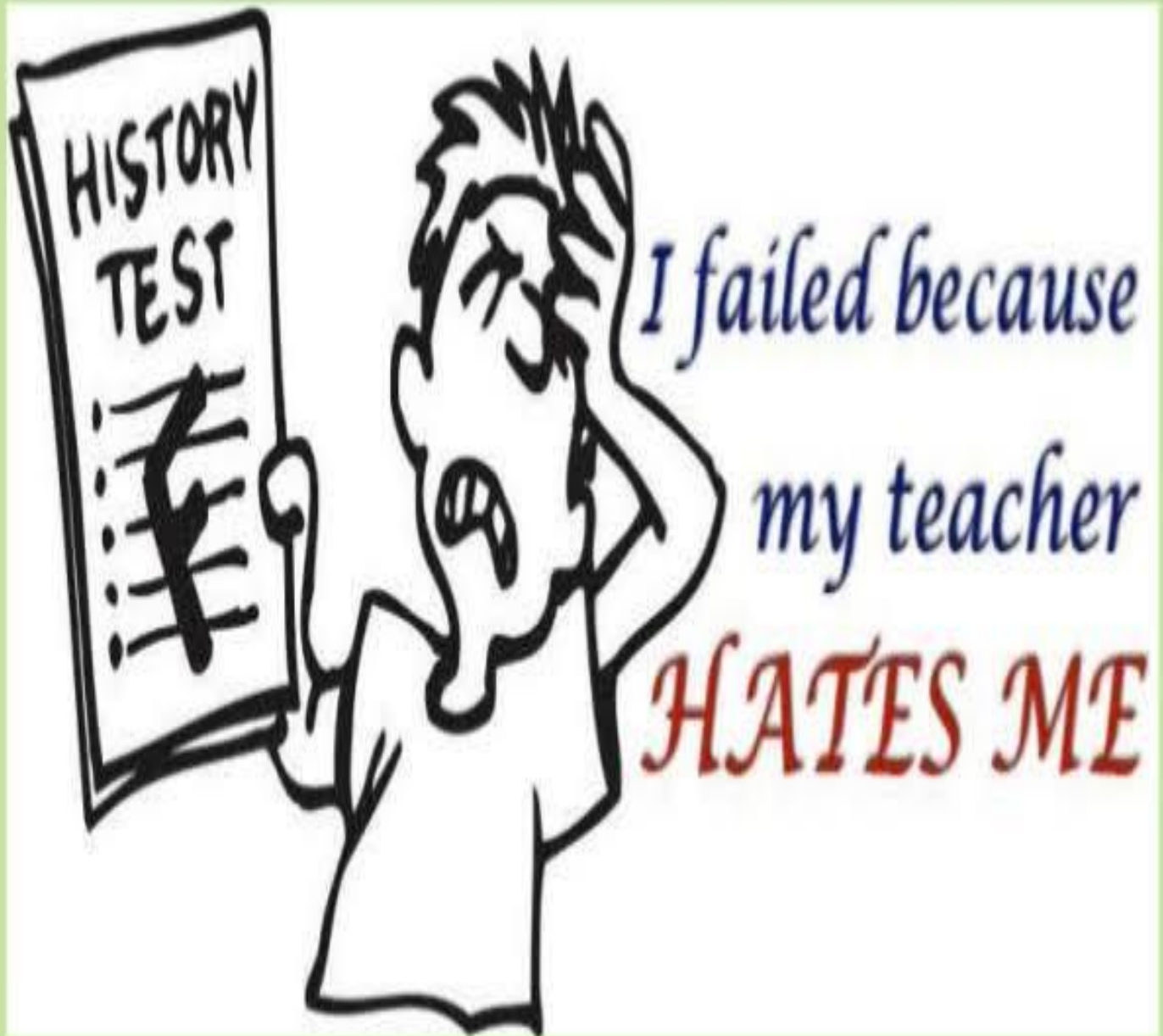
@ragdoodles







RATIONALIZATION



CONFIDENCE LEVEL



— INVINCIBLE

— STRONG

— STEADY

— BUILDING

— FAIR



7 Types of Goals to Think About When Goal Setting

(WITH EXAMPLES)

1. PERSONAL DEVELOPMENT

Books to read, character traits to work on within oneself, ways to give back to the world.



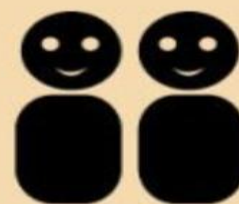
2. FAMILY GOALS

Eat more meals together, get the spring cleaning done, communicate with each other every day, take a family vacation



3. FINANCIAL GOALS

Save money, save for a particular item or event, learn to budget, pay off debt, find a new job.



5. PHYSICAL GOALS

A new exercise routine, healthier eating, join a gym, meditate daily, improve sleep

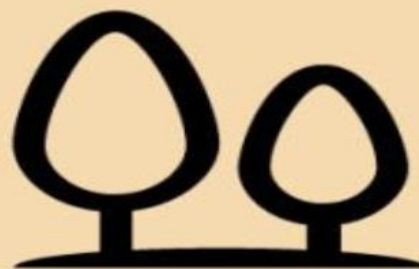


4. SOCIAL GOALS

See friends more, throw a party, try a new social activity or sport, engage your blog readers in meaningful dialogue

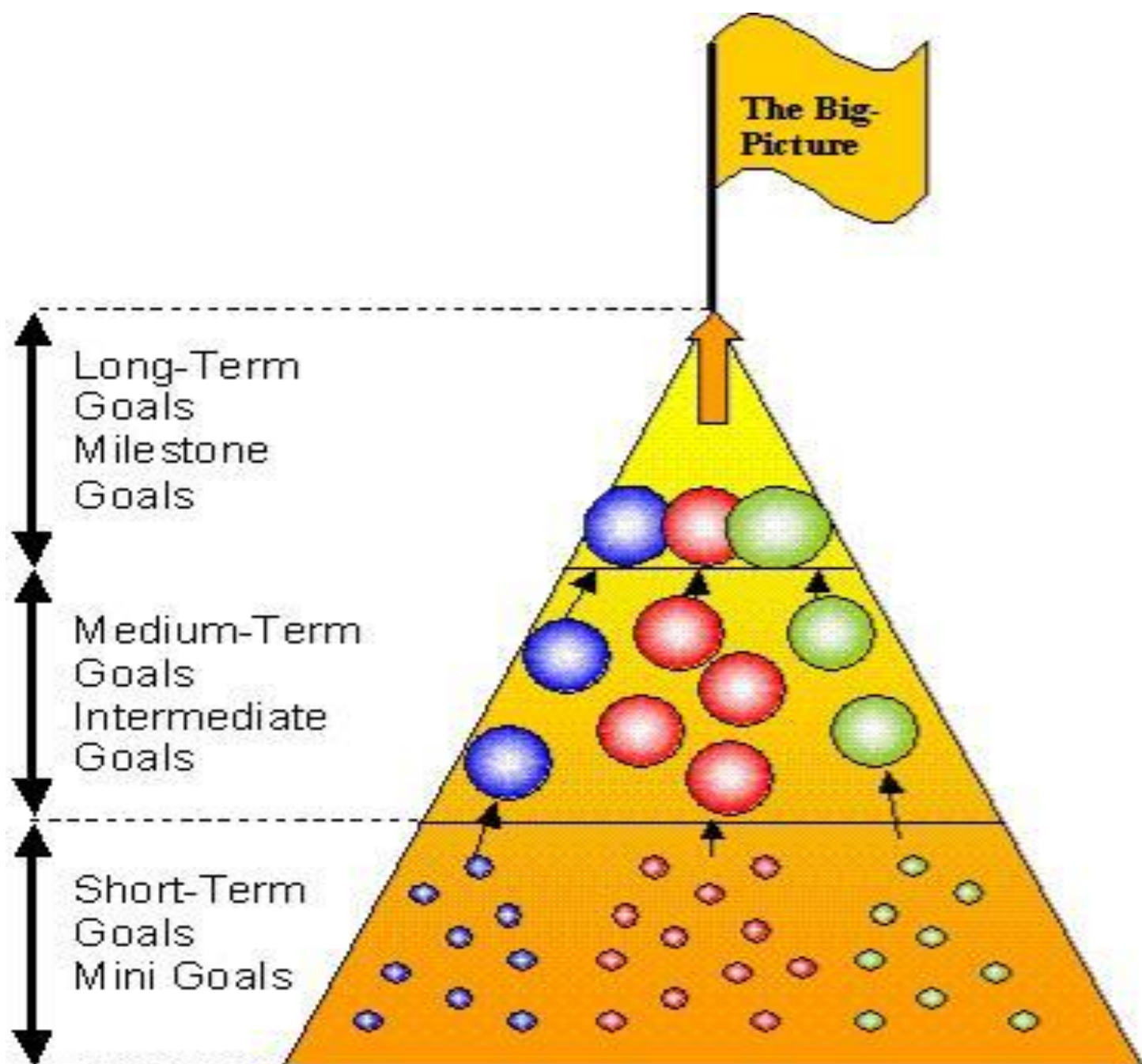
6. CAREER GOALS

Try a new type of business marketing, start a business, change careers, work toward a promotion at your job



Join a house of worship in your denomination, read spiritual books, meditate, pray, connect with nature

7. SPIRITUAL GOALS





Thank
you!