**Origin of Psychology:**

Psychology, the study of the mind and behavior, has its origins in ancient Greek philosophy, but it became a distinct field of study in the late 1800s.

In the 17th century, French philosopher René Descartes introduced an important idea called **dualism**. Descartes believed that the mind and body are two separate entities that interact with each other. According to his theory:

* The **mind** is a non-physical substance that can think, reason, and have consciousness. It’s where our thoughts, beliefs, and emotions come from.
* The **body** is a physical substance that can move, experience sensations, and interact with the physical world.

Descartes argued that, while the mind and body are distinct, they communicate with each other. For example, if you decide (a mental process) to pick up a book, your body moves your hand to do so. This interaction shows that the mind and body work together, but they are fundamentally different kinds of things—one is physical, and the other is non-physical. This idea forms the basis of dualism, where the mental and physical realms are separate yet interconnected.

**Dualism:**

**Dualism** is the idea that the mind and body are two separate entities that interact with each other but function differently.

* **Physical Experience**: When you see and touch a dog, your body is involved in physical experiences like seeing with your eyes and feeling with your hands. These are tied to the physical world.
* **Mental Experience**: At the same time, you might think about what the dog is thinking or feeling. These thoughts happen in your mind and are not physical.

Similarly, when you feel sad:

* **Physical Experience**: You might have a headache or a stomachache, which are physical symptoms of sadness.
* **Mental Experience**: You might also think about why you are sad or what it means for your future. These thoughts are mental.

**Favoring Dualism:**

Imagine you're watching a sunset. You can see the colors with your eyes and feel the warmth on your skin—these are physical experiences. But the way the sunset makes you feel—peaceful, happy, or thoughtful—are mental experiences. Dualists argue that these feelings and thoughts aren't just physical processes; they're something more, something separate from your body. They believe that your mind, where these thoughts and emotions happen, is different from your physical brain. Just like you can think about things that don't exist (like a unicorn), your mind can imagine and create ideas that aren't tied to anything physical.

**Rejecting Dualism:**

Now think about when you’re tired and cranky because you didn’t sleep well. Your bad mood isn't just a random feeling—it's linked to what's happening in your body, like the lack of sleep affecting your brain. People who reject dualism believe that everything you feel or think is caused by physical things happening in your body. For example, when you’re happy, it’s because certain chemicals in your brain are making you feel that way. They argue that even though it feels like your mind and body are separate, everything your mind does (like thinking or feeling) is actually just your brain at work.

**Placebo Effect:**

The placebo effect is like when you take a pretend medicine, like a sugar pill, but you start feeling better anyway because you believe it will help you. Your brain thinks the "medicine" is real, so your body starts to feel better, even though the pill didn’t actually do anything. It shows how powerful our thoughts and beliefs can be in making us feel better.

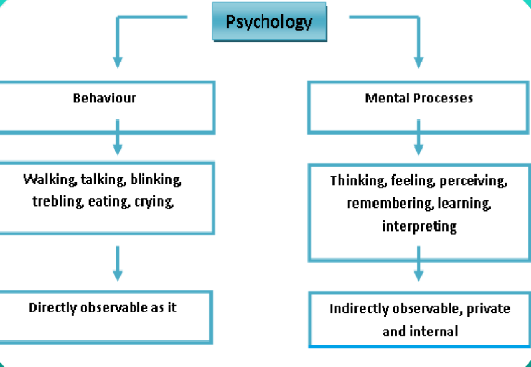
**Definition of Psychology:**

The word "**psychology**" comes from the Greek words "**psyche**" (mind or soul) and "**logos**" (study or science), meaning "the study of the mind."

Over time, psychology has been defined in various ways, such as the study of the soul, mind, consciousness, and behavior.

*Definition:* **“Psychology is the scientific study of mind and behavior.”**

**Defining Psychology:**

* **What is a Mental Process?**
  + A mental process includes thoughts, emotions, feelings, and motives. These are internal activities in the mind that others cannot directly see or observe.
* **What is Behavior?**
  + Behavior refers to all the actions and reactions of a person that can be seen and observed by others. This includes everything from talking and walking to other visible activities.

**What is Behavior?**

Behavior includes everything a person or animal does that can be observed in some way. This means it can be:

* **Observed**: Seen directly by others.
* **Recorded**: Documented for further analysis.
* **Studied**: Analyzed to understand patterns or reasons behind it.

**🡺 Overt Behavior**: Obviously manifested action, activities and behavior.

The word “**Overt**” is an adjective which refers to something which is clearly apparent.

Overt behavior can be defined as observable behavior or responses depicted in the forms of actions.

**Examples:**

1. **Verbal behavior:** This includes things like talking, writing, and signing.
2. **Nonverbal behavior**: This includes things like facial expressions, body language, and gestures
3. **Motor behavior:** This includes things like walking, running, and jumping.
4. **Social behavior:** This includes things like interacting with others, working together, and playing games.
5. **Problem-solving behavior:** This includes things like figuring out how to get something done, finding a solution to a problem, and making a decision.

**🡺 Covert Behavior:** The word “**Covert**” refers to something which is not openly acknowledged or displayed.

Covert behavior can be defined as an unobservable behavior which leads to certain actions.

**Examples:**

1. **Thoughts**: This includes things like beliefs, opinions, and ideas.
2. **Feelings**: This includes things like emotions, moods, and sensations.
3. **Images**: This includes things like mental images and daydreams.
4. **Memories**: This includes things like recollections of past events and experiences.
5. **Plans**: This includes things like goals, intentions, and strategies.
6. **Concerns**: This includes things like worries, fears, and doubts.
7. **Motivations**: This includes things like desires, drives, and impulses.

**🡺 Conscious Behavior:** Acts within the level of one’s awareness. Conscious behavior is behavior that is under our conscious control.

**Examples:**

1. **Voluntary actions:** These are behaviors that we choose to do, such as raising our hand in class or going for a walk.
2. **Decision-making:** This is the process of choosing between different options, such as what to eat for lunch or where to go on vacation.
3. **Problem-solving:** This is the process of finding a solution to a problem, such as how to get to the airport on time or how to fix a broken appliance.
4. **Self-regulation:** This is the ability to control our thoughts, feelings, and behaviors, such as when we resist the urge to eat that piece of cake or when we stay calm in a stressful situation.

**🡺 Unconscious Behavior:** A behavior that is not under our conscious awareness. It is often caused by subconscious thoughts, suppressed feelings, and memories.

**Examples:**

1. **Avoiding eye contact:** If we are feeling anxious, we may be more likely to fidget or avoid eye contact without awareness.
2. **Body language:** Our body language can often reveal our unconscious thoughts and feelings. For example, if you are feeling nervous, you might fidget or avoid eye contact.
3. **Dreams:** Dreams are often thought to be a way for our unconscious minds to communicate with us. For example, you might dream about a situation that you are struggling with in your waking life.
4. **Freudian slips**: These are mistakes in speech or action that are thought to be caused by unconscious thoughts or desires. For example, you might accidentally say "I hate you" to someone you love, or youmight accidentally spill coffee on your boss.
5. **Reactions to stress:** When we are stressed, our bodies release hormones that can cause us to behave in unconscious ways. For example, you might lash out at someone or eat unhealthy foods.

**🡺 Irrational Behavior:** A behavior that is not based on logical reasoning or that is not in the best interests of the individual. It is important to note that irrational behavior is not always negative. In some cases, it can be helpful to act impulsively or to follow our gut feelings.

**Examples**:

1. Someone who is afraid of flying might refuse to get on a plane, even if it means missing an important event.
2. Someone who is struggling with debt might continue to spend money they cannot afford, even though they know it is not in their best interests.
3. Someone who is feeling depressed might isolate themselves from friends and family, even though they know it is not healthy.

**🡺 Voluntary Behavior:** Voluntary behavior is defined as behavior that is under our conscious control. It is behavior that we choose to do.

**Examples:**

**1**. **Hobbies**: An activity that is done regularly for enjoyment, typically during one's leisure time. It is something that we choose to do because we enjoy it.

**2**. **Learning new things**: We can choose to learn new things by reading, taking classes, or traveling.

**3**. **Set goals and working towards them**: We can choose to set goals for ourselves and to work towards achieving them. This is a voluntary behavior because we are not forced to set goals or to work towards achieving them.

**🡺 Involuntary Behavior:** Involuntary behavior is behavior that is not under our conscious control. It is behavior that is caused by reflexes (involuntary actions), habits (learned behaviors), and instincts (innate).

Examples:

**1.** **Yawning**: Yawning is an involuntary response to boredom, tiredness, or stress.

**2.** **Sneezing**: Sneezing is an involuntary response to irritants in the nose.

**3**. **Heart rate:** Our heart rate increases involuntarily in response to exercise or excitement.

**4. Blinking:** We blink involuntarily to protect our eyes from dust and other particles.

