PSYCH 101

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# WEEK 1

## INTRODUCATION OF PSYCHOLOGY

### What Is Psychology

* Five Core courses:
  + Behavioral neuroscience
  + Developmental psychology
  + Cognitive psychology
  + Clinical psychology
  + Social psychology

### What Psychology Isn’t

* Psychology is not psychoanalysis
* Psychology is not merely common sense
* Psychology is not about the torture of animals

### Psychology Is Hard To Define

* Psychology is about people and what makes them up
* Thoughts
* Emotions, motivations
* Behavior

## THE THREE BEGINNINGS OF PSYCHOLOGY

### First Psychologist?

* Freud
  + The psychiatric tradition
  + Contribute to the beginnings of psychology
  + Started psychoanalysis
  + First major work in 1898
* Sir Francis Galton
  + Testing tradition
  + Intelligence testing
  + Cousin of Darwin
  + Narrowest of the three traditions
  + Started in 1870s
* Wilhelm Wundt
  + Academic approach (laboratory Psychology)
  + First psychology laboratory
  + Scientific approach
  + Thoughts could be divided into mental atoms
  + Three reactions to Wundt
    - William James
      * Student of Wundt ,contemporary of Freud
      * Brought psychology to North America
* John B. Watson
  + One of the early proponents of behaviorism
* Gestalt psychologists in Europe

## THE PSYCHIATRIC TRADITION

### Major Theorists

* Freud
  + Complex theory about psyche
  + Two motives that drive people: Sex and Aggression
  + Unconscious
  + Oedipus Complex
* Carl Jung
  + More important in literature
* Carl Adler
  + People want to be powerful (self-esteem)
* Ego Psychologists
  + Erik Erickson
    - Model of Social Development
* Karen Horney ,Henry Stack Sullivan
  + Importance of relationships in developing self-concept

### Major Assumptions

* Unconscious, cannot rely on people say or do to indicate what problems they are experiencing
* Understand each individual person comprehensively
  + Study one person at a time and know all details
  + Most research done though therapy over years
* Clinical approach
  + Study people who are sick

## THE TESTING TRADITION

### Major Theorists

* Sir Francis Galton
  + Wanted to figure out what makes someone a genius
  + Elitism
  + Connected with Darwin’s theory
  + Assumed smartest were also most physically capable
  + Intelligent mathematician
* Spearman
  + Factor analysis
    - Way of figuring out what goes together
* Cattel, Eysenek
  + The Trait Tradition
  + Two major components to personality
    - Introversion vs Extroversion
    - Neuroticism
* Binet
  + First to actually perform intelligence test

### Major Assumptions

* Psychology is primarily a product of biology
  + Emphasis on nature over nurture
* Only a few ways people differs
* People’s traits can be understood through simple tests

## THE ACADEMIC TRADITION

### Major Theorists

* Wilhelm Wundt
  + Psychological atomism
  + Introspect
  + Got thousands of psychological atoms which didn’t make any sense
* William James
  + Pragmatism
    - Should study what people really care about, meaningful to people
* Important to North America psychology
* What does it matter?
* Watson, Skinner
  + Behaviorism which dominated for about 40 years in North American psychology
  + Thought cannot be observed
  + Studied by observe people behavior
* Kurt Lewin
  + Gestalt Psychology
  + Whole does not equal to the sum of the parts

### Major Assumptions

* Psychology is best understood when the causes are understood
* Why is more important than how and when
* People’s thoughts and actions can be understood
* By observing people
* Systematic study produces the fullest understanding
* set up labs and experiments

## Three New Beginnings in Psychology

### The Psychiatric Tradition

* Humanistic Approach – The Third Wave
* Carl Rogers
* Very different from psychiatric tradition
* Reflected back to the individual
* Belief that people are basically good
* They need to get in touch with good inner part of who they are

### The Trait Tradition

* The Big Five Model of Personality (OCEAN)
* Openness = intelligence
* Open to new experiences, more flexible in thinking, more education
* Conscientiousness
* Stick to goals
* Introversion VS Extroversion
* Agreeableness
* Neuroticism

### TheAcademic Tradition

* The Cognitive Revolution
* In the 60s and 70s there was changes from Behaviorism to Cognitive Psychology
* Study of thought is important
* Albert Bandura
* Observational Learning

## Basic Philosophy of Science

### The Philosophy of SCience

* Our ideas can often be wrong
* Only draw conclusions when we have shown the idea is wrong
* Accept an idea when we can’t prove it wrong, it can be prove wrong by other
* Skepticism
* May prove them wrong later
* Many things influence these ideas
* What is accepted is often what is popular
* It can be shaped by political forces and social influences

## Ways of DOing Research

### Tension between Discovery and Explanation

* Psychology is in the middle of discovery and explanation
* Psychiatric tradition mostly case studies

### ONe of Freuds famous case studies: Anna O.

* Developed illness after a couple years after caring her sick father
* Blind though no physically wrong with her
* Paralysis of hand
* Freud believed she was having fantasies about her father

### Naturalistic Observation

* Jane Goodall’s research with chimps

### Survey Research

* Goal is whole population from surveying a sample portion of that population
* Problem of representativeness
* Establishes generality
* Set up correlations
* Correlation doesn’t mean causation

### Experiments

* Usually establishing causation

## Research Methods – Surveys & Establishing Representativeness

### Representative group of people

* Random Sampling
* Take a small subset of a large group people
* Unbiased questions
* Anchoring Effects/ Framing Effects

## Correlation is not Causation: How do you establish causation?

* Time order
* Know which comes first
* Longitudinal research
* Elimination of all other possible causes
* Random Assignment
* Randomly assign people to various conditions
* Independent variable – what we think is the cause
* Dependent variable
* Valid
* Reliable – same outcome every time