



IHS – L2

Introduction to Human Sciences

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Lecture Schedules

Date	Lectures	Topics Covered
1 st and 5 th April	L1-L2	Introduction to Psychology
8 th and 18 th April	L3 –L4	Cognitive Perspective
19 th April	L5	Social Perspective
22 nd April	L6	Social Perspective and My research
End Semester Exam		

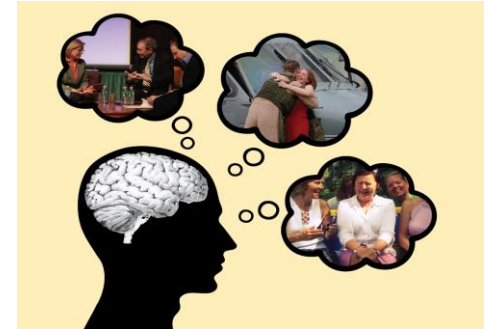
Overview



What and Why of Psychology
(roots of psychology, goals and levels of analysis, great debates, and how learning Psychology may impact our lives)



Individual Perspectives
(Cognitive, Neuroscience, and Evolutionary perspectives in understanding individual behavior)



Social and Cultural Perspectives
(What and how of social perspectives and will learn the power of situation than individual)

Let's look at your result!

Goals of Psychology

Goals of Psychology

DESCRIPTION

EXPLANATION

PREDICTION

CONTROL

FLU

Symptoms: Fever, cough, nasal congestion, sneezing, fatigue, headache
Timing : Nov – April

Caused by virus
Transmission
Mechanism

During Nov – April
Symptoms

Flu Shots
Precautions &
Care

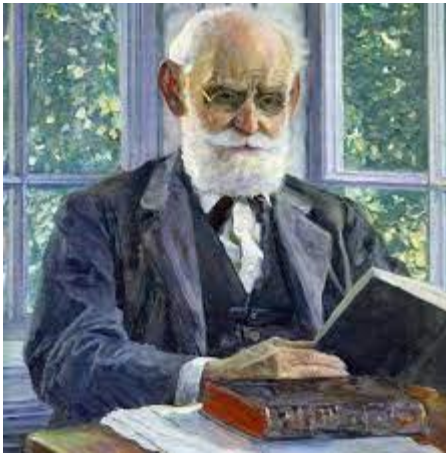
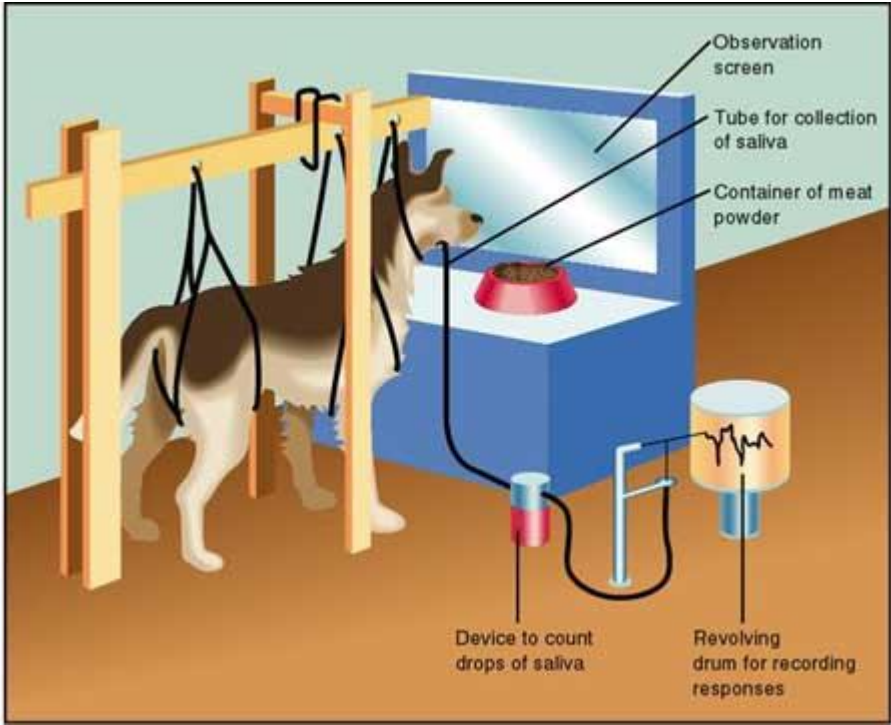
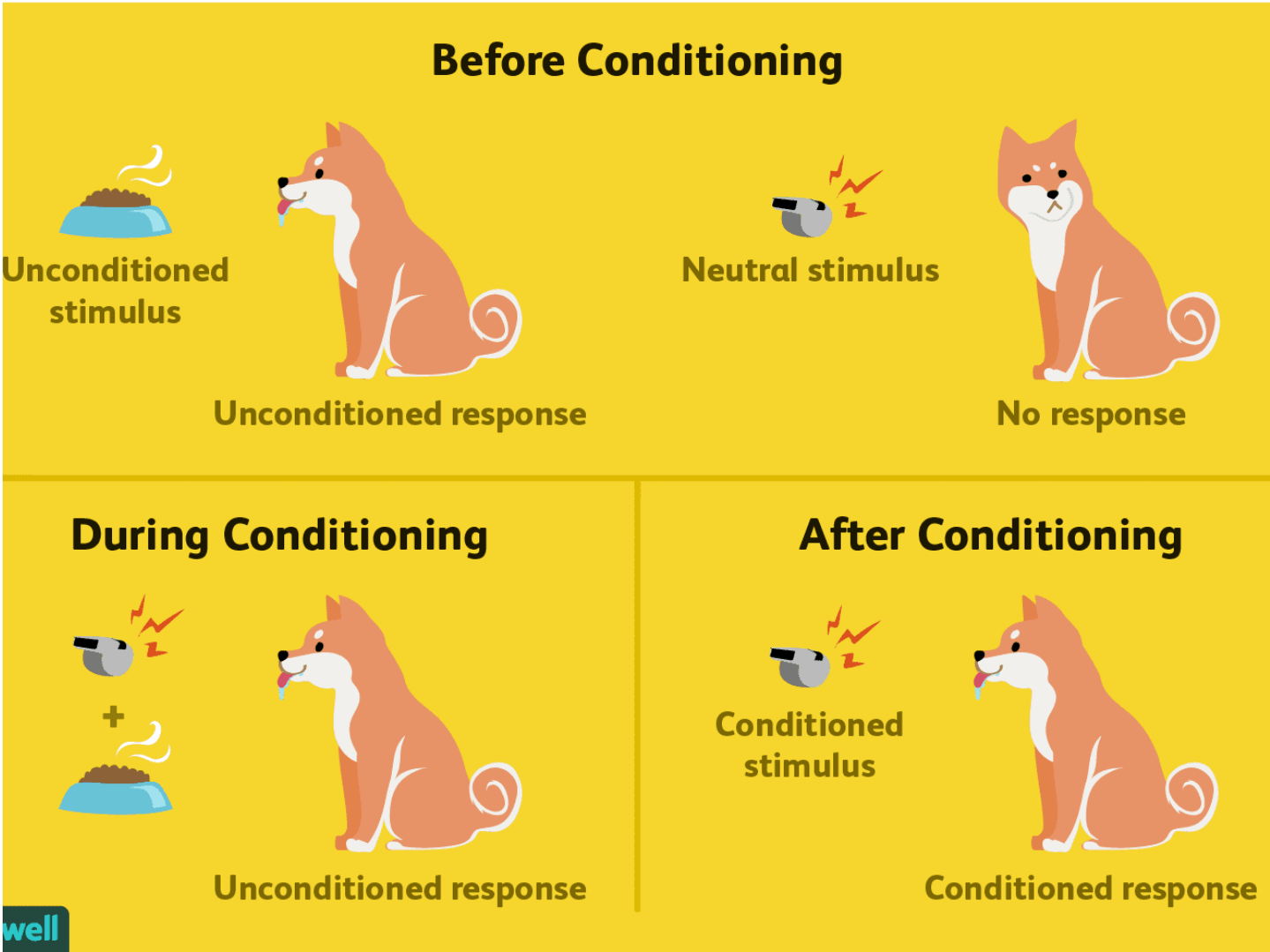
Major Depressive disorder

Symptoms : Pervasive & persistent low mood, low self-esteem, anhedonia

Biological, cognitive/
psychological,
learning/ behavioural,
social, interpersonal

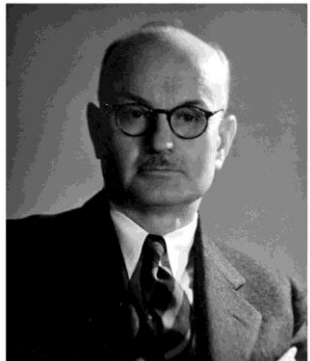
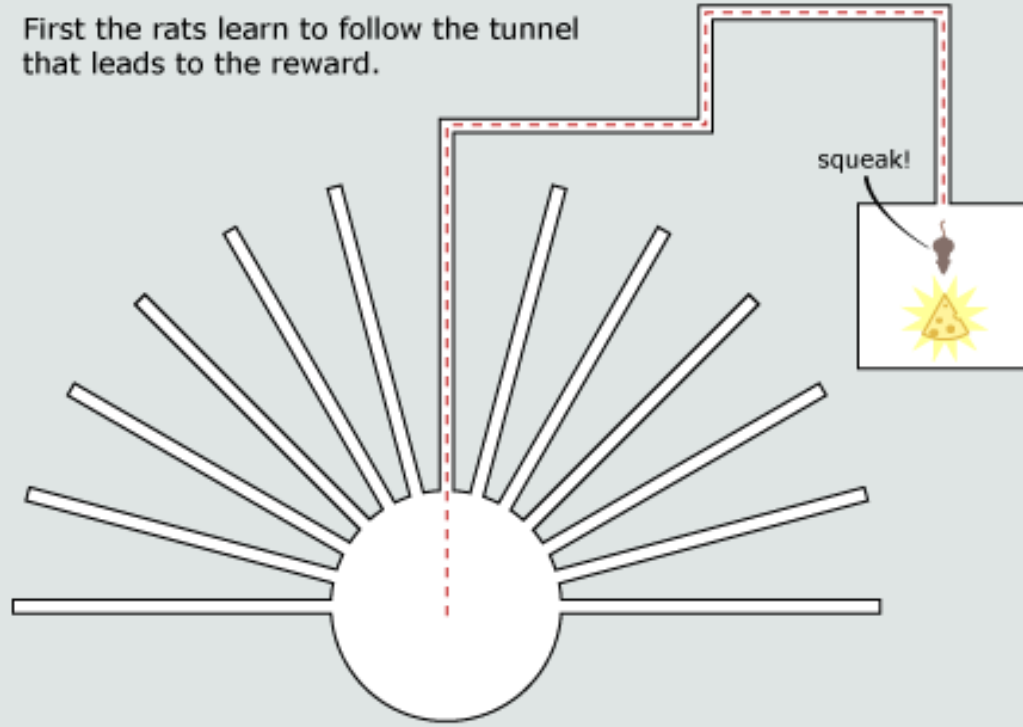
Biological ,
cognitive, and/or
behavioural history
assessment

Psychotherapy
Anti-depressant



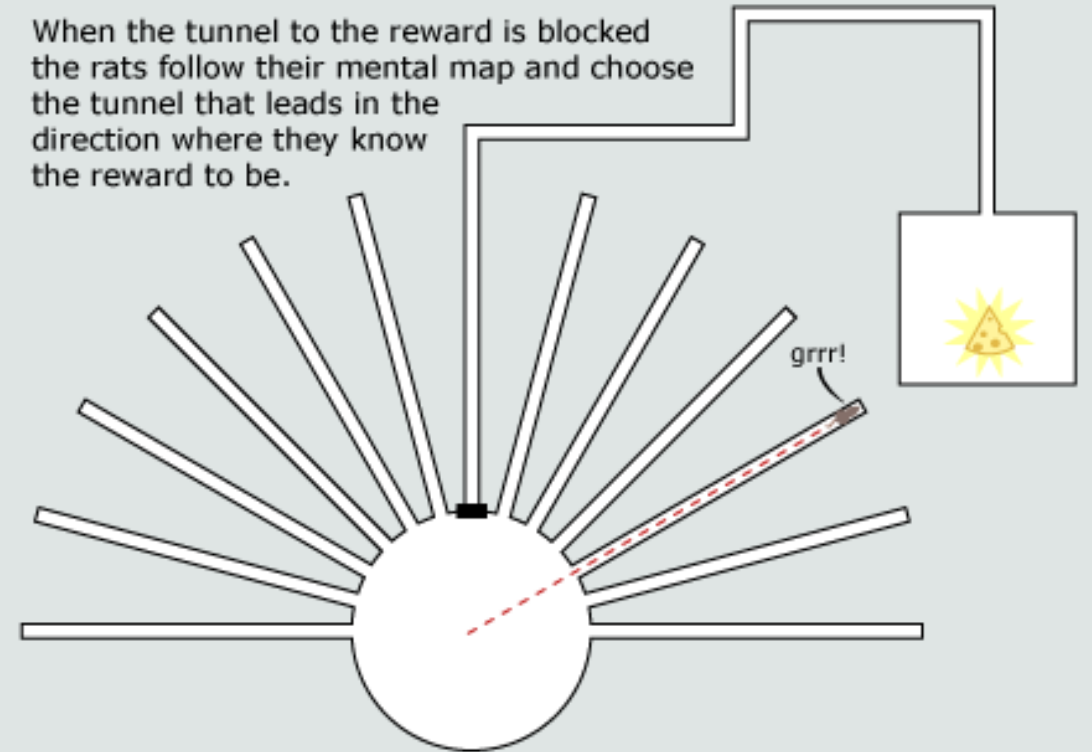
Ivan Pavlov, Russian Physiologist

First the rats learn to follow the tunnel that leads to the reward.



Edward Tolman, American Psychologist, University of California, Berkeley

When the tunnel to the reward is blocked the rats follow their mental map and choose the tunnel that leads in the direction where they know the reward to be.



Goals of Psychology

DESCRIPTION

EXPLANATION

PREDICTION

CONTROL

Video – game addiction

Time consumed interfering with obligations, job/work, repetitive engagement in response to stress, repeated failed attempt to reduce behaviour

Biological, cognitive/psychological, learning/behavioural, social, interpersonal

Biological , cognitive, and/or behavioural history assessment

Counseling, Psychotherapy

Studying Habits

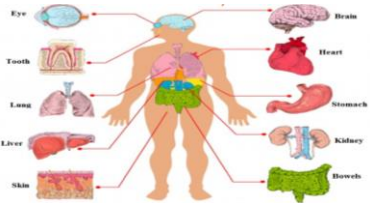
Using particular habits
Improves learning and memory

Cognitive , emotional, biological

Using particular study-habits will improve learning and memory

Using effective – and no ineffective study habits

What are the various levels of psychological analysis?



Biological

How biology is associated with Psychology?

FOCUS- Genes, biochemistry, brain system, neurological and physiological

STUDY -

- How does social media impact brain development?
- Genetic influence on social behaviour
- Neural responses to online peer influence and norm violation
- Are there differences in neurotransmitters when people engage in social ostracism?



Mental/Cognitive/Behaviour/ Individual

How an individual thinks, perceives, attends, and engages in behaviour ?

FOCUS - Perception and Cognition, behaviour, individual differences

STUDY -

- How does online and offline social behaviour influence self and others perception?
- How does online and offline social engagement influences mentalizing (predicting people's motivation, response, feedbacks etc.) ?
- How stereotyping influences perception and action of others ?
- How and why do different people respond to online/offline/ and /or both engagements?



Social level

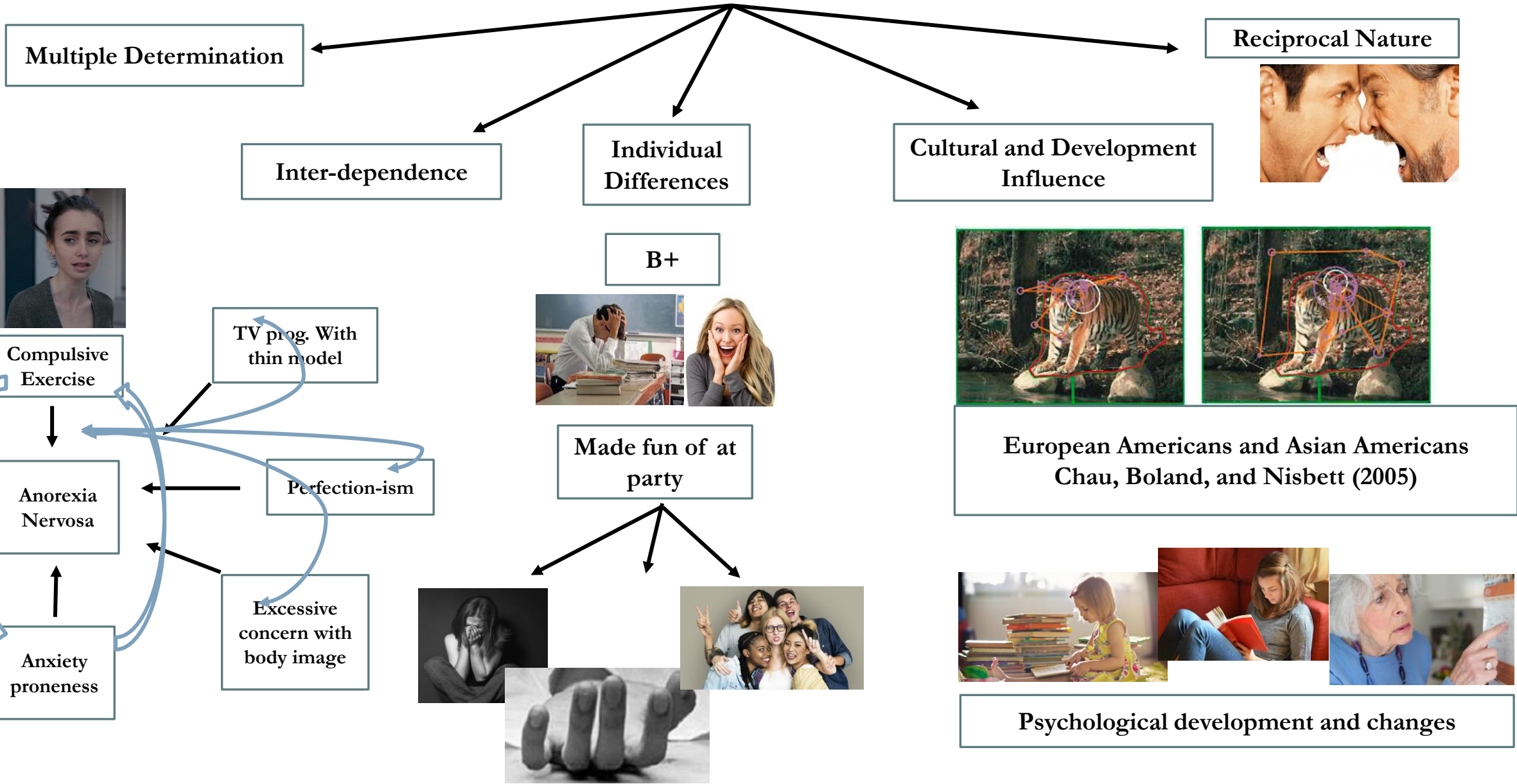
How an individual thinks, perceives, attends, and engages in behaviour ?

FOCUS – society and culture shape one's mind

STUDY –

- How do people differ in their online and offline behaviour?
- Do offline and online social engagement differ in normative influence or norm of reciprocity?
- How social media perpetuate stereotyping?
- Comparison b/w online and offline social engagement on social ostracism

Why Psychology is different than other Sciences?



Why we can't trust our Common Sense?

test of popular psychology knowledge

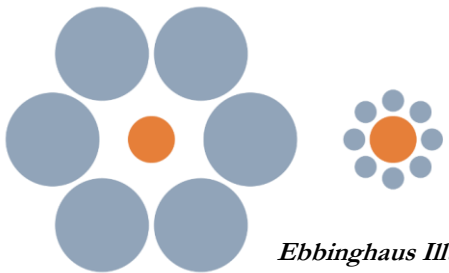
1. Most people use only about 10 percent of their brain capacity. **True / False**
2. Newborn babies are virtually blind and deaf. **True / False**
3. Hypnosis enhances the accuracy of our memories. **True / False**
4. All people with dyslexia see words backward (like *tac* instead of *cat*). **True / False**
5. In general, it's better to express anger than to hold it in. **True / False**
6. The lie-detector (polygraph) test is 90 to 95 percent accurate at detecting falsehoods. **True / False**
7. People tend to be romantically attracted to individuals who are opposite to them in personality and attitudes. **True / False**
8. The more people present at an emergency, the more likely it is that at least one of them will help. **True / False**
9. People with schizophrenia have more than one personality. **True / False**
10. All effective psychotherapies require clients to get to the root of their problems in childhood. **True / False**

Lilienfeld et al., 2012

- **Birds of a feather flock together**
- **Absence makes the heart grow fonder**
- **Better safe than sorry**



- **Opposite attracts**
- **Out of sight, out of mind.**
- **Nothing ventured, nothing gained.**

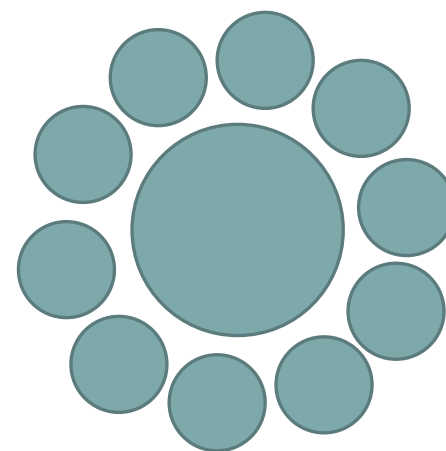
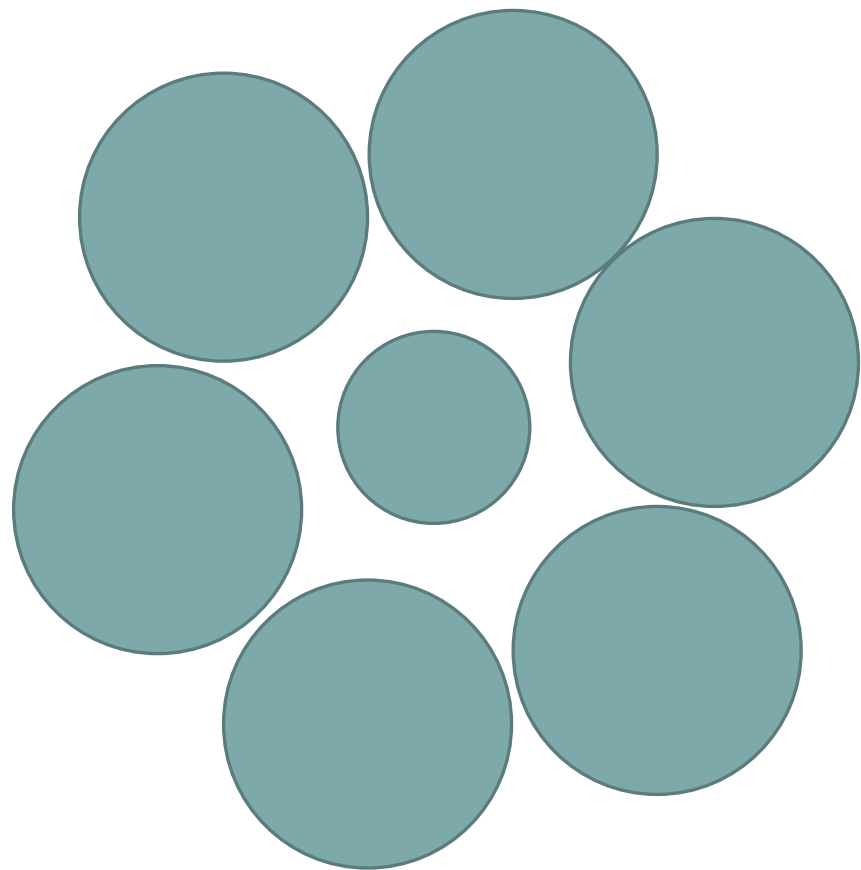


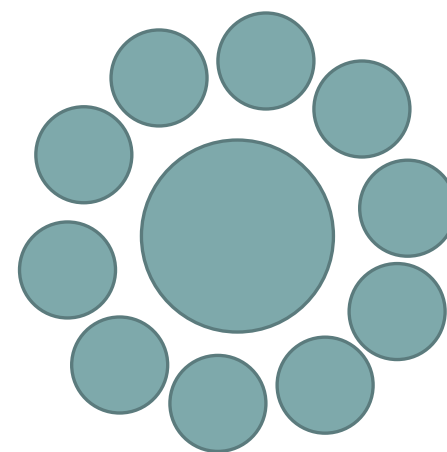
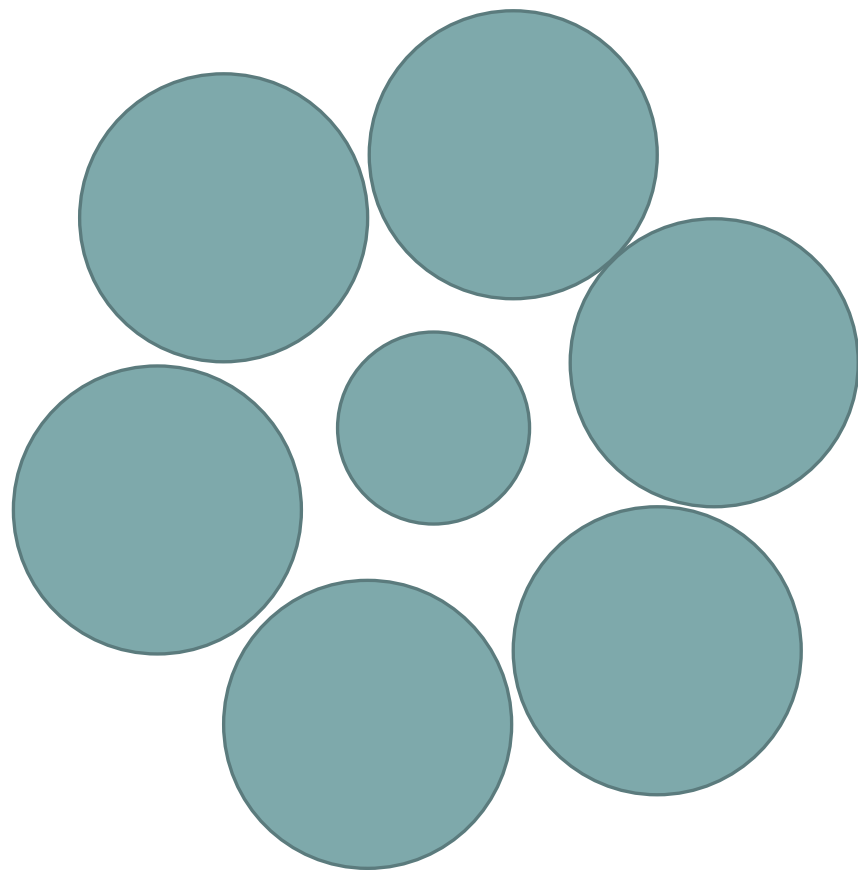
Ebbinghaus Illusion

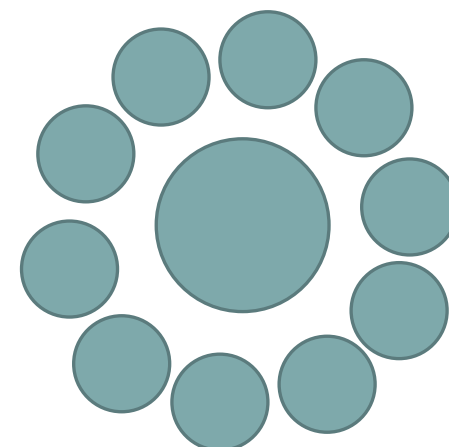
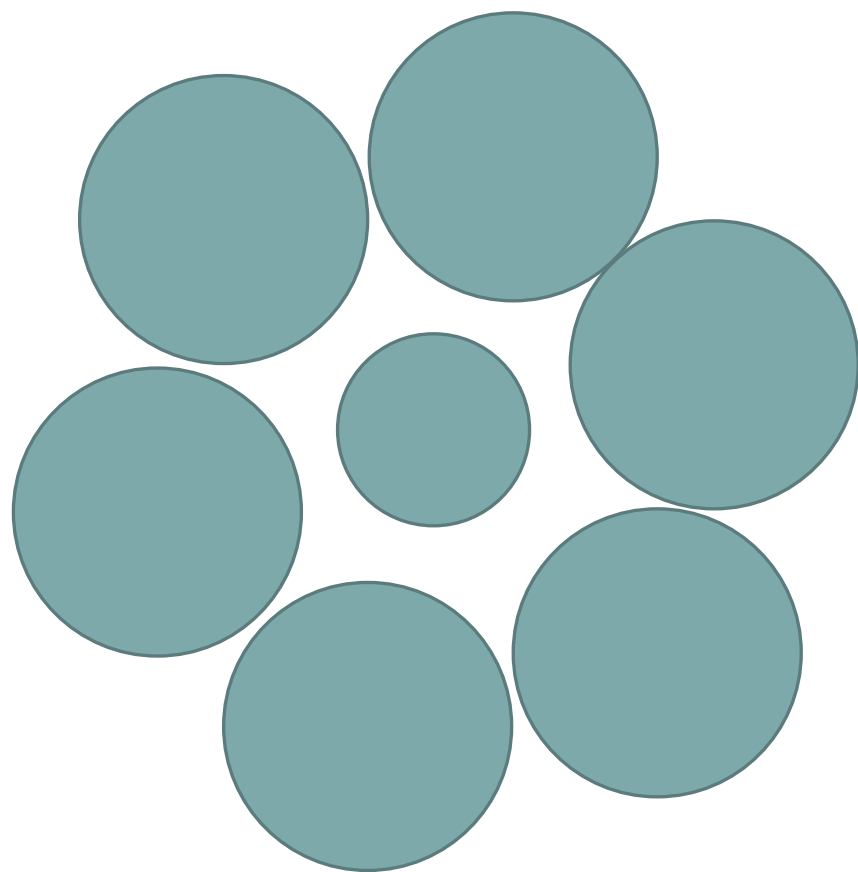
- **Would the illusion remain same if we change the spatial proximity?**
- **Vary the surrounding elements?**
- **When will illusion go away?**

Scan and TEST!

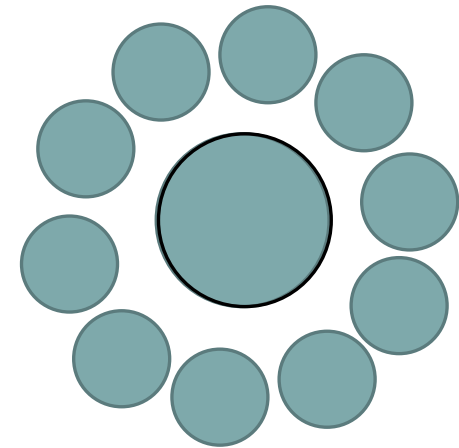
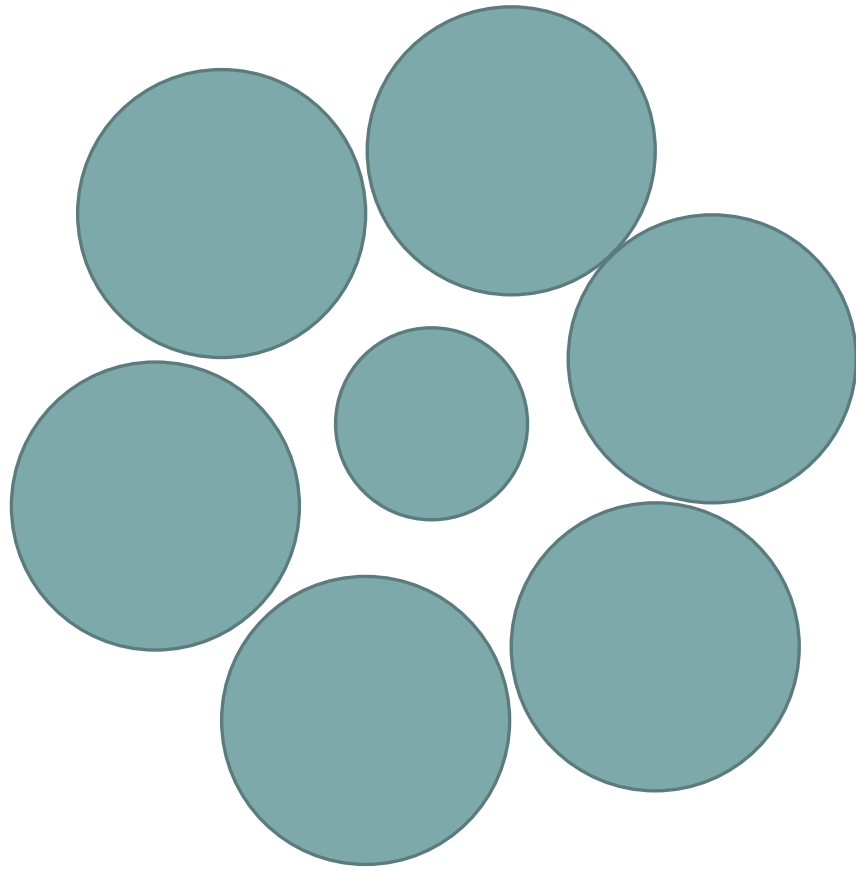




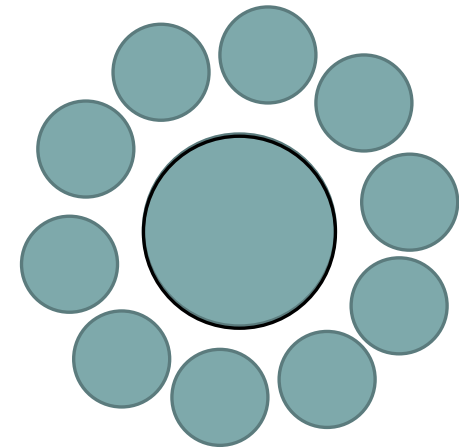
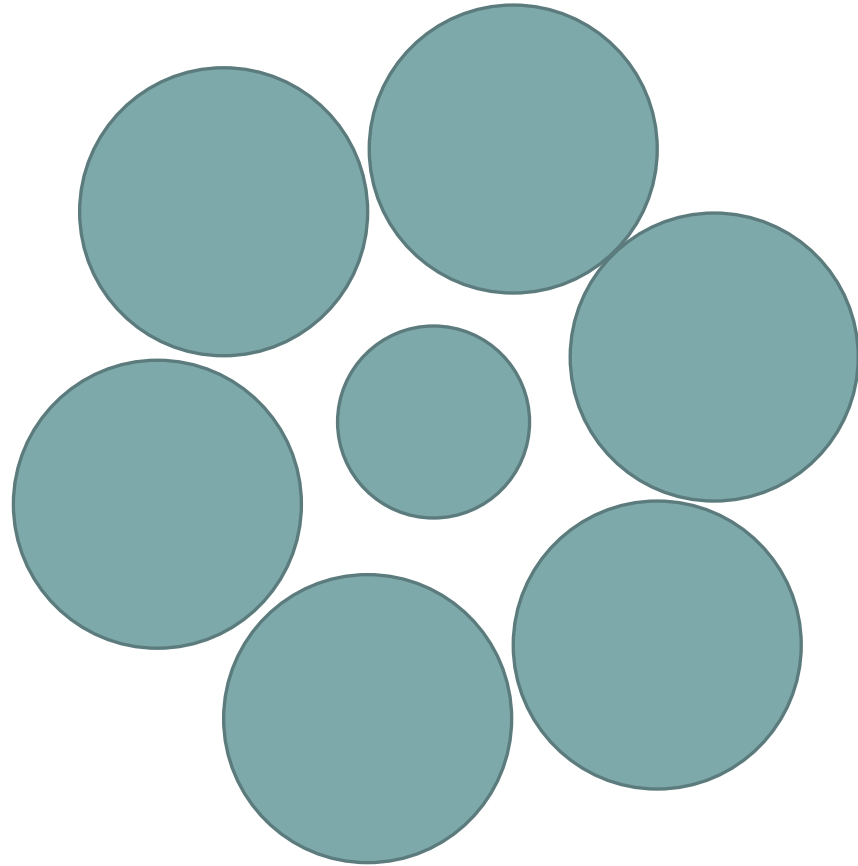




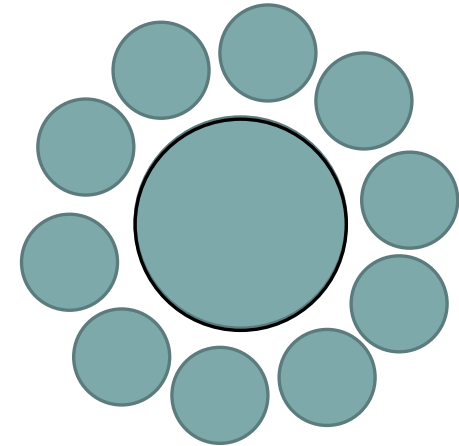
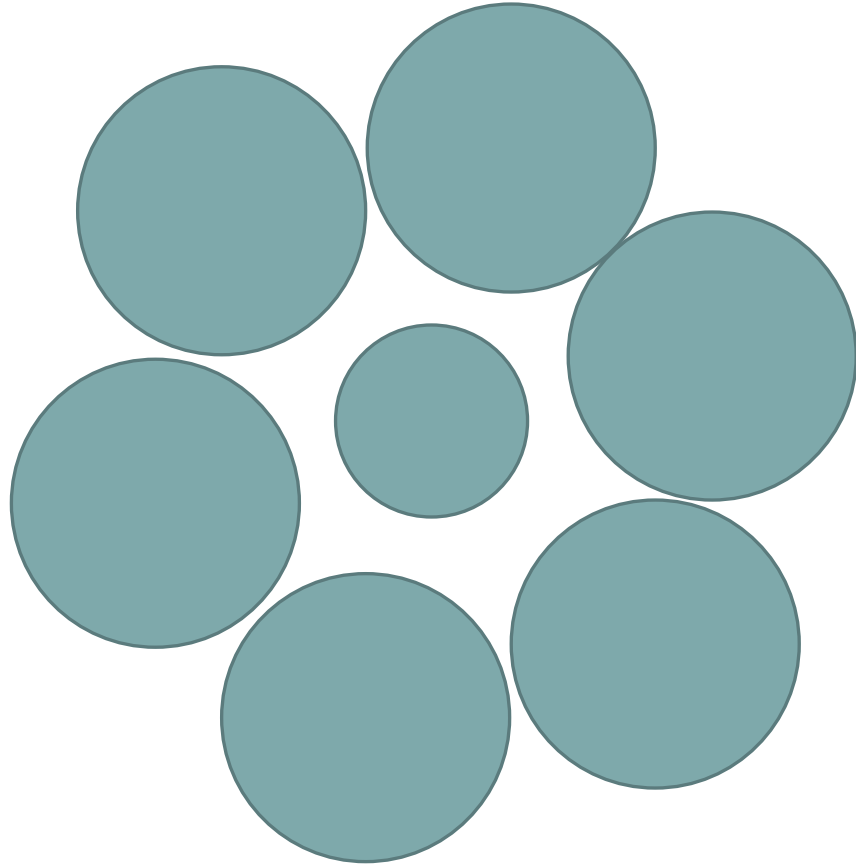
Central Circle, Same or Different? – Context-Sensitive

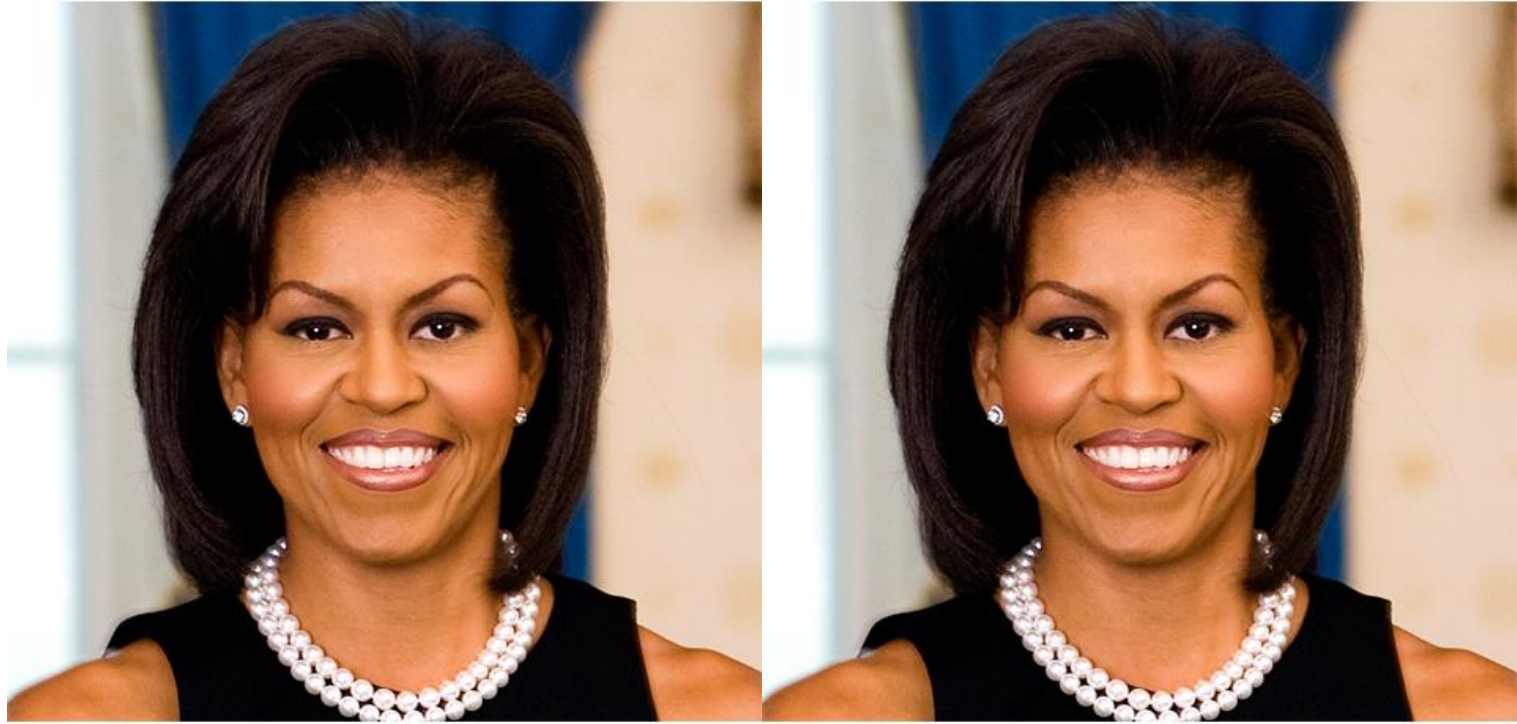


Central Circle, Same or Different? – Context-Sensitive



Central Circle, Same or Different? – Context-Sensitive



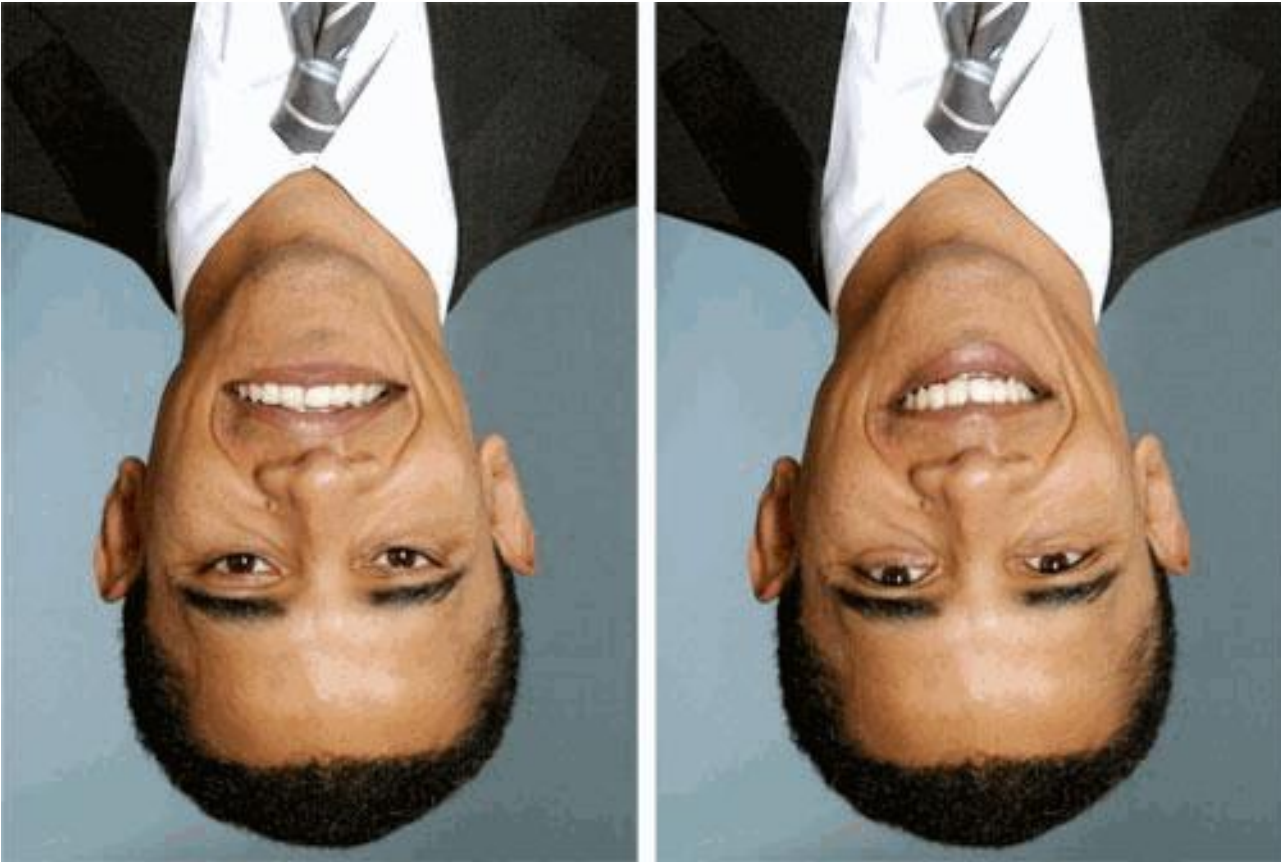




Thatcher Effect! Demonstrated by Paul Thomson, York University (1980)

Common Sense and Naïve Realism

Which of the two Images – Left or Right, is Real



Naïve Realism

The belief that we see the world precisely as it is .

“believing is seeing” rather and the other is also true that our beliefs shape our perceptions of the world (Gilovich, 1991).

Common Sense and Naïve Realism

Common sense isn't always wrong – for instance most people believe that happy employees make more productive business than unhappy employees and research shows that they're right (Kluger & Tikochinsky, 2001). But to think scientifically, we must learn when and when not to trust our common sense. This will certainly help us to become a more informed consumers of popular psychology and make better real-world decisions.

Pop-Psychology Myths– some people are right and some are left-brain people, men are from Mars and women are from Venus, inkblot Rorschach's test reveals personality, handwriting reveals personality, most people experience mid-life crisis, low self esteem creates psychological problem, men are better driver than women...

Psychology as a Science



**Facilitated Communication – Douglas Biklen, Syracuse Uni., US
Autistic Individual Could Express Their Thought and Feelings**

What is Autism ?

AUTISM EARLY SIGNS IN INFANTS



1 Unusual visual fixations

Unusually strong and persistent examination of objects



2 Abnormal repetitive behaviors

Spending unusually long periods of time repeating an action, such as looking at their hands or rolling an object



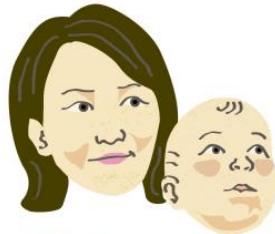
3 Lack of age-appropriate sound development

Delayed development of vowel sounds, such as "ma ma, da da, ta ta"



4 Delayed intentional communication

Neutral facial tones and decreased efforts to gesture and gain parent attention



5 Decreased interest in interaction

Greater interest in objects than people and difficult to sustain face-to-face interactions

The symptoms range from mild social impairments to severe social impairments and so as learning, communication, and behavior.

- Not just isolated words, like Water or Mommy, but complete sentences like *Mommy, I want you to know that I love you even though I can't speak.*
- They could request to change their medication course after reading a medical article. Started writing poetry, and reporting sexual abuse incidences against parents.
- FC allowed and enabled *autistic individuals to not just write or type single isolated words but eloquent sentences, sometimes at age of 14.*



Figure 2.1 Putting Facilitated Communication to the Test.



Extraordinary claim – is the evidence as strong as the claim?

V
S

Activity 2 – Attention

You're requested to watch a video and then answer the questions in google form

https://docs.google.com/forms/d/e/1FAIpQLScZcxjqrJM5lcx8iDSeMdamHw0HyCdMeCDPkw9d6IiF02y4xQ/viewform?usp=sf_link