



# INTRODUCTION TO PSYCHOLOGY (WEEK I)

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# LEARNING OUTCOMES

Understanding the meaning of Psychology

Psychology as a science

Scope of psychology

Goals of Psychology

Key debates in Psychology

Branches of Psychology

# VIDEO

- <https://www.youtube.com/watch?v=vo4pMVb0R6M>

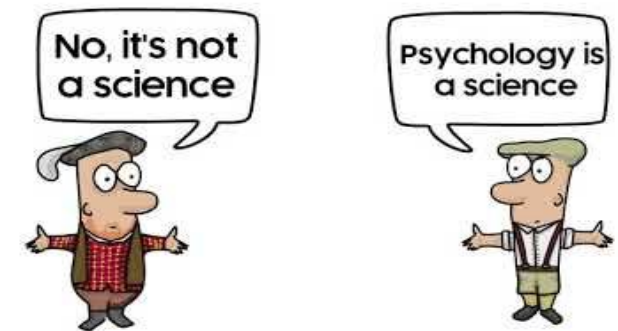
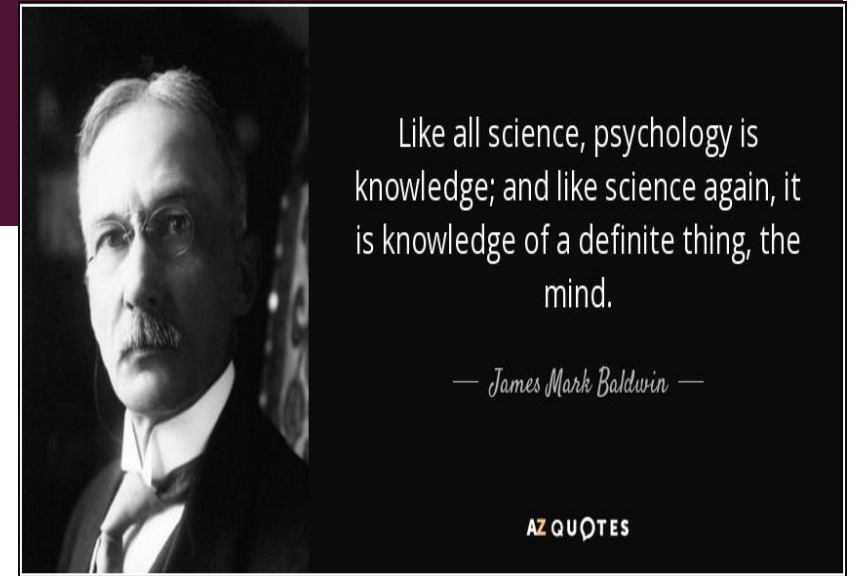
# Definition:

- *Psychology* is the scientific study of behavior and mental processes.
- The word "psychology" comes from the Greek word psyche meaning "breath, spirit, soul", and the Greek word logos meaning the study of something. Thus we can conclude that psychology is the study of soul.
- Psychology is an offspring of subject philosophy.
- Behavior: Outward or overt actions and reactions (observable)
  - Example: running, smiling, dancing, talking
- Mental Processes: all internal, covert activity of mind (hidden)
  - Example: thoughts, dreaming, sensations, feelings



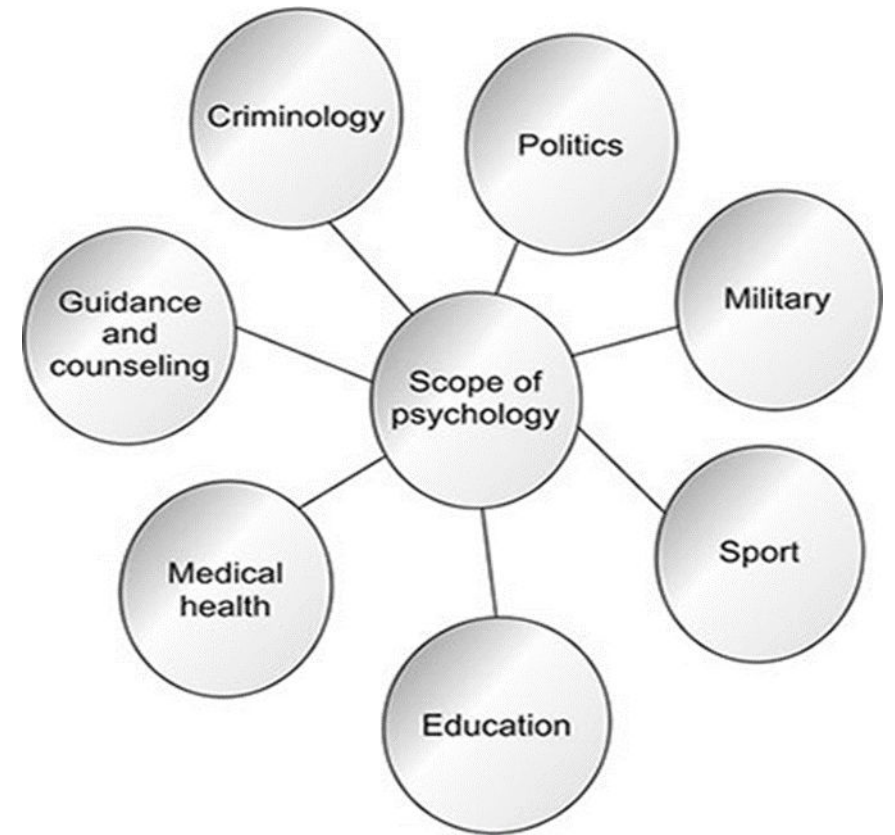
## Psychology as a Science:

- Psychology is a science because it uses the **scientific method**, which is a set of procedures designed to establish general (universal) laws by collecting facts and evaluating theories that attempt to describe, explain, and predict phenomena.
- All sciences have to follow the above mentioned steps.
- Psychologist systematically collect and examine data (empirical evidence) to support or disprove hypotheses (predictions) rather than depending on common sense.



# SCOPE OF PSYCHOLOGY

- Psychology today covers enormous range of scope or fields.
- **Basic psychology:** it is the study of mind and behavior
- **Applied psychology:** methods and findings of scientific psychology to solve practical problems of human and animal behavior and experience.





# THINK????

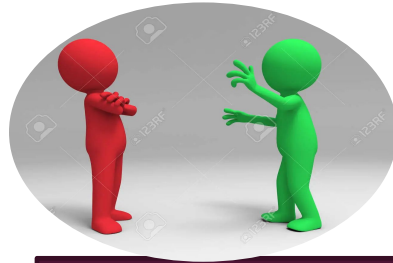
- How is psychology important in your field?
- What makes psychology important in your field?

# GOALS OF PSYCHOLOGY



**TO  
DESCRIBE**  
(**What** is  
Happening?)

- Observing a behavior and taking note of everything that is happening.



**TO EXPLAIN**  
(**Why** is it  
happening?)

-Behavior is being understood by explaining it.



**TO PREDICT**  
(**Will** it  
happen  
again?)

-Determining what will happen in the future



**TO  
CONTROL**  
(**How** can it  
be changed?)

-To change a behavior from an undesirable one to a desirable one.



## CONT....

- To describe what is an organism doing?
- To explain and understand why organism behave in certain ways?
- To predict how organism will behave in the future?
- To control behavior or to modify the particular behavior?

# KEY DEBATES IN PSYCHOLOGY

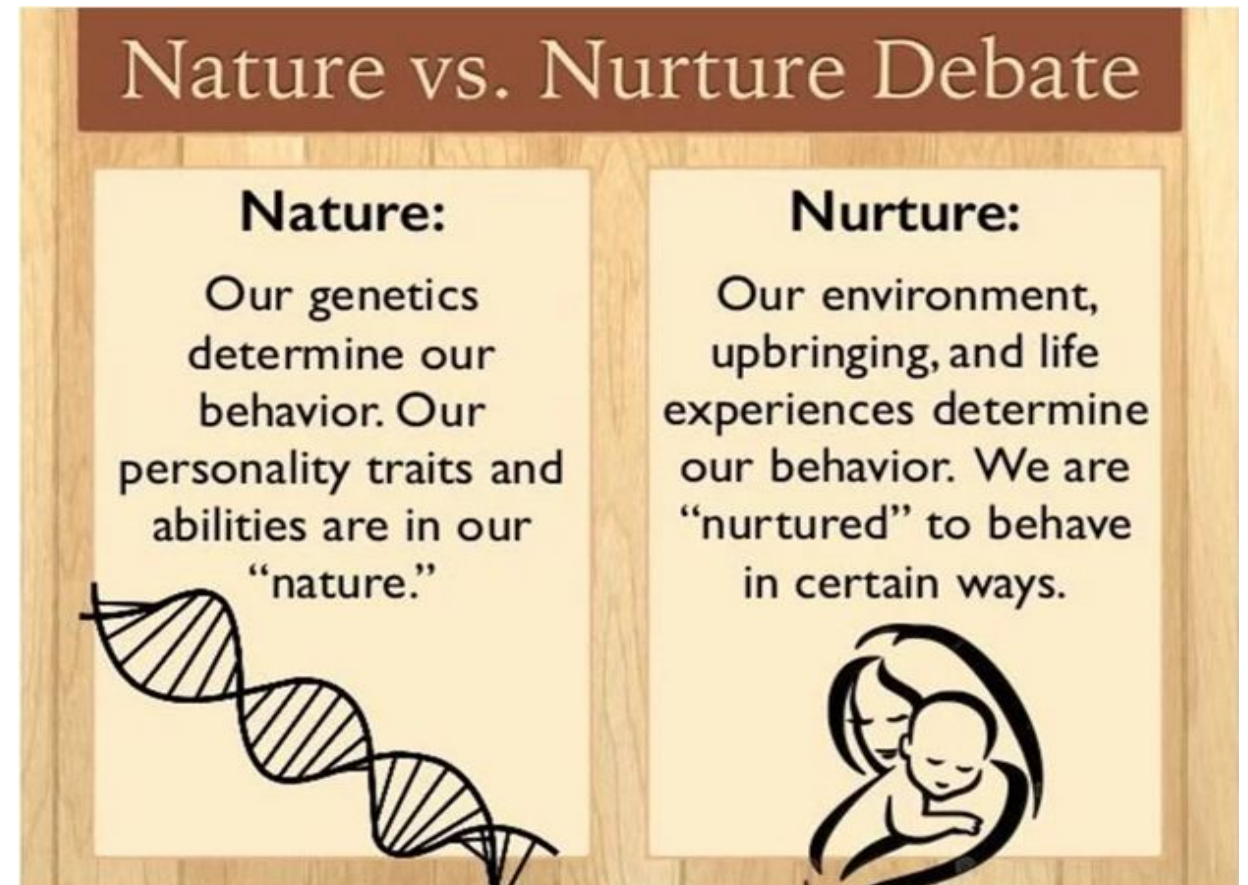
1. Nature vs. Nurture
  2. Conscious vs. Unconscious Mind
  3. Observable behavior vs. internal mental Processes
  4. Free will vs. determinism
  5. Individual Differences vs. universal Principles
- ❖ These key debates are used to understand how culture, ethnicity, and race influence behavior.

# I. NATURE VS NURTURE

- Heredity vs environment
- ❖ How much people's behavior is due to their genetically determined nature

**VS**

- ❖ How much is due to the influences of the physical and social environment in which a child is raised



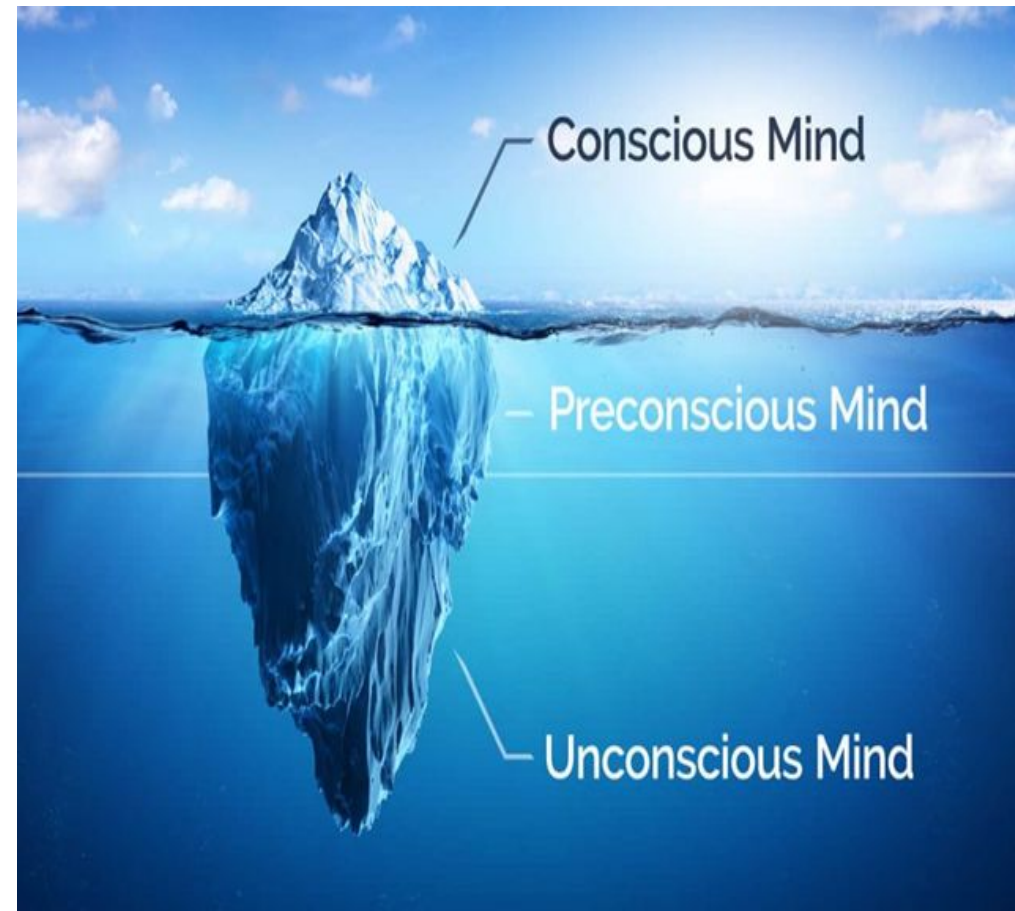
## 2. CONSCIOUS VS. UNCONSCIOUS MIND

How much of our behavior is produced by forces of which we are fully aware

**and**

How much is due to unconscious activity

– mental processes that are not accessible to the conscious mind



### 3. OBSERVABLE BEHAVIOR VS. INTERNAL MENTAL PROCESSES

- Psychology should solely be concentrating on behavior that can be seen by outside observers
- Behavioral psychologists think that the only source of information is behavior that can be observed directly



OR

Psychology should focus on unseen thinking processes because according to cognitive psychologist what goes on inside a person's mind is critical to understanding behavior.



## 4. FREE WILL (CHOICES) VS. DETERMINISM

- How much of our behavior is due to choices made freely by an individual?
- We are free to choose our actions



OR

- How much is produced by factors beyond that individual's voluntary control?
- The assumption that everything that happens has a cause or determinant in the observable world.
- Example: child born in a poor family, will live a poor life.
- GENETIC AND ENVIRONMENT





## 5. INDIVIDUAL DIFFERENCES VS. UNIVERSAL PRINCIPLES

- Focus on the uniqueness of every individual.
- Every person's behavior is a reflection of their distinct and special individual qualities.
- E.g.: learning style

OR

- Based on cultural and societal norms and values.



# BRANCHES OF PSYCHOLOGY

- Clinical psychology
- Counselling
- Developmental psychology
- Social psychology
- School and Educational psychology
- Industrial and Organizational psychology
- Sports psychology
- Forensic psychology
- Health psychology





# TOPIC 2 WEEK 1



# THE HISTORICAL ORIGINS OF PSYCHOLOGY



# SUPERNATURAL ELEMENTS

- Before the age of scientific inquiry all good and bad manifestations beyond the control of human kind were regarded as supernatural.



## EARLY DEMONOLOGY

- The doctrine that a semi autonomous or completely autonomous evil being such as the devil may dwell within a person and control his or her mind and body is called **demonology**.





# TREPHINING

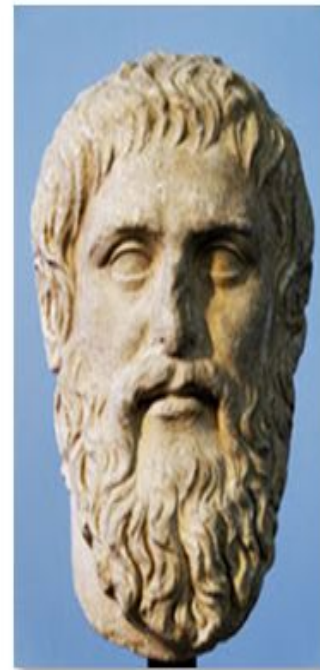
- People thought that psychological problems are caused by evil spirits.
- To allow those spirits to escape from a person's body the ancient healers chipped a hole in patient's skull with crude instrument.



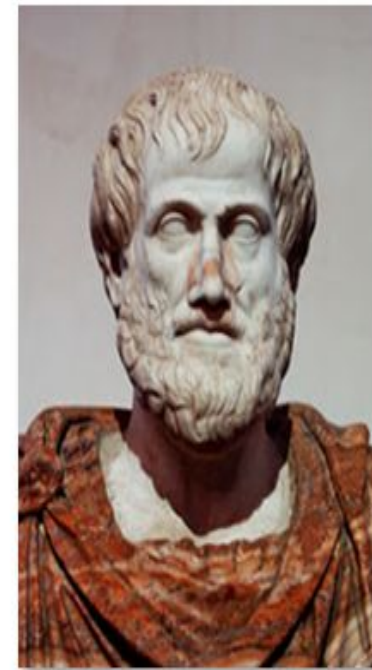
# GREEK PHILOSOPHERS

- Early Greek philosophers such as **Socrates**, **Plato**, and **Aristotle** explored topics such as pleasure, pain, knowledge, motivation, rationality, and mental illness—topics often discussed in psychology today.
- Socrates, Plato, and Aristotle posed fundamental questions about mental life: What is consciousness? Are people inherently rational or irrational? Is there really such a thing as free choice?

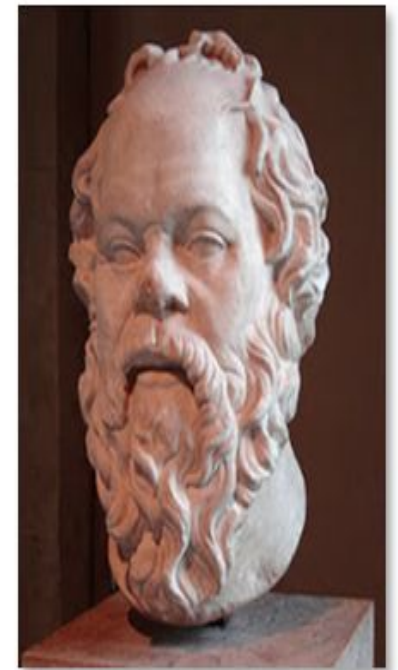
## The Great Greek Philosophers



Plato



Aristotle

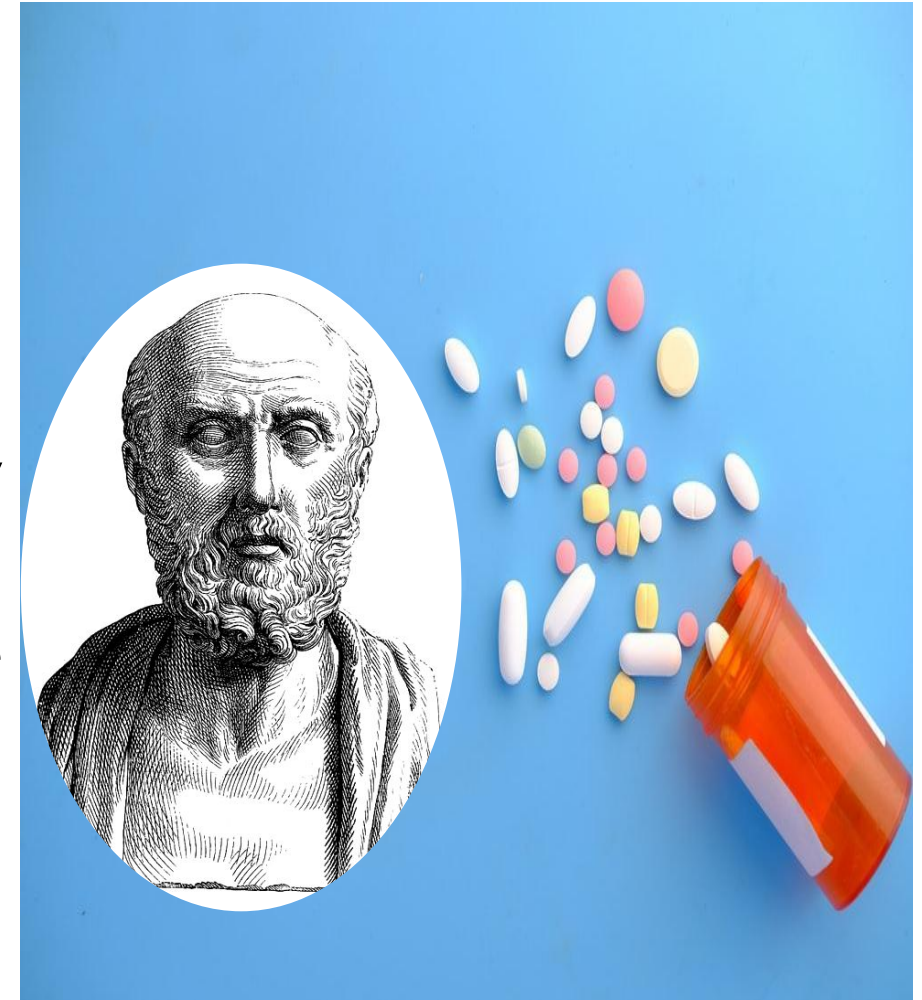


Socrates



# HIPPOCRATES

- Hippocrates, often called the 'father of medicine', lived around the same time as Socrates.
- He was deeply interested in physiology, the study of the functions of the living organism and its parts.
- He made many important observations about how the brain controls various organs of the body.
- These observations set the stage for what became the biological perspective in psychology



## 17<sup>TH</sup> CENTURY STARTS



- In the 17th century, French mathematician and philosopher **René Descartes** theorized that the body and mind are separate entities. This concept came to be known as **dualism**




- English philosopher **John Locke**
- According to Locke, at birth the human mind is a **tabula rasa**, a blank slate on which experience 'writes' knowledge and understanding as the individual matures.





# THE BEGINNINGS OF SCIENTIFIC PSYCHOLOGY

- The field of psychology emerged as a scientific discipline in the **19th century**, but its roots go back to ancient philosophy.
- **Wilhelm Wundt** established the **first psychological laboratory** at the University of Leipzig in Germany in **1879**. Wundt relied on **introspection** to study mental processes.
- Father of Modern Psychology
- **Introspection** refers to observing and recording the nature of one's own perceptions, thoughts, and feelings.



- 
- Examples of introspections include people's reports of how heavy they perceive an object to be and how bright a flash of light seems to be. The introspective method was inherited from philosophy, but Wundt added a new dimension to the concept. Pure self-observation was not sufficient; it had to be supplemented by experiments.
  - Wundt was important because he separated psychology from philosophy by analyzing the workings of the mind in a more structured way, with the emphasis being on objective measurement and control.
  - For example, participants would be exposed to a standard stimulus (e.g. a light or the sound of a metronome) and asked to report their sensations.

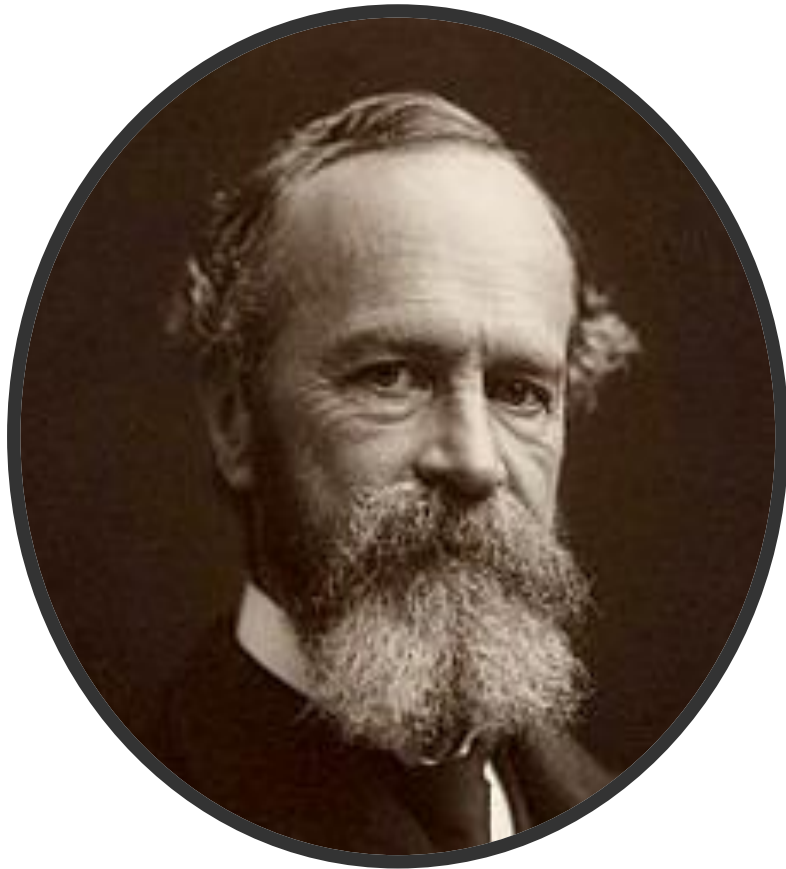
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- His work focused on **consciousness** – or the awareness of immediate experience.
  - Wundt's theory were developed and promoted by his one-time student, Edward Titchener, who described his system as **Structuralism**.

# STRUCTURALISM

- **Edward Titchener**, believed that the task of psychology was to analyze consciousness into its basic elements. These elements would include ideas like sensations, emotions, and images.
- These investigations were based on introspection by trained subjects— careful, systematic self- observation of one's own conscious experience.



# FUNCTIONALISM



- Functionalism became popular with the publication of *Principles of Psychology* in 1890 by **William James**.
- Functionalism is the idea that psychology should focus on the *function* or *purpose* of consciousness rather than its structure.



## Different Schools of Psychology



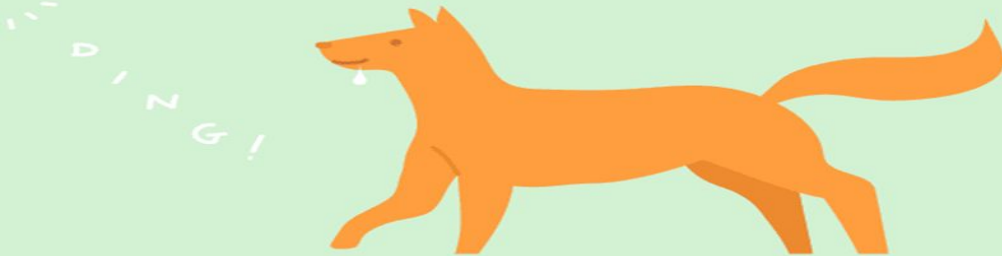
**Cognitive Psychology:**  
studies mental processes



**Humanistic Psychology:**  
focuses on individual free will



**Psychoanalysis:**  
studies the unconscious mind

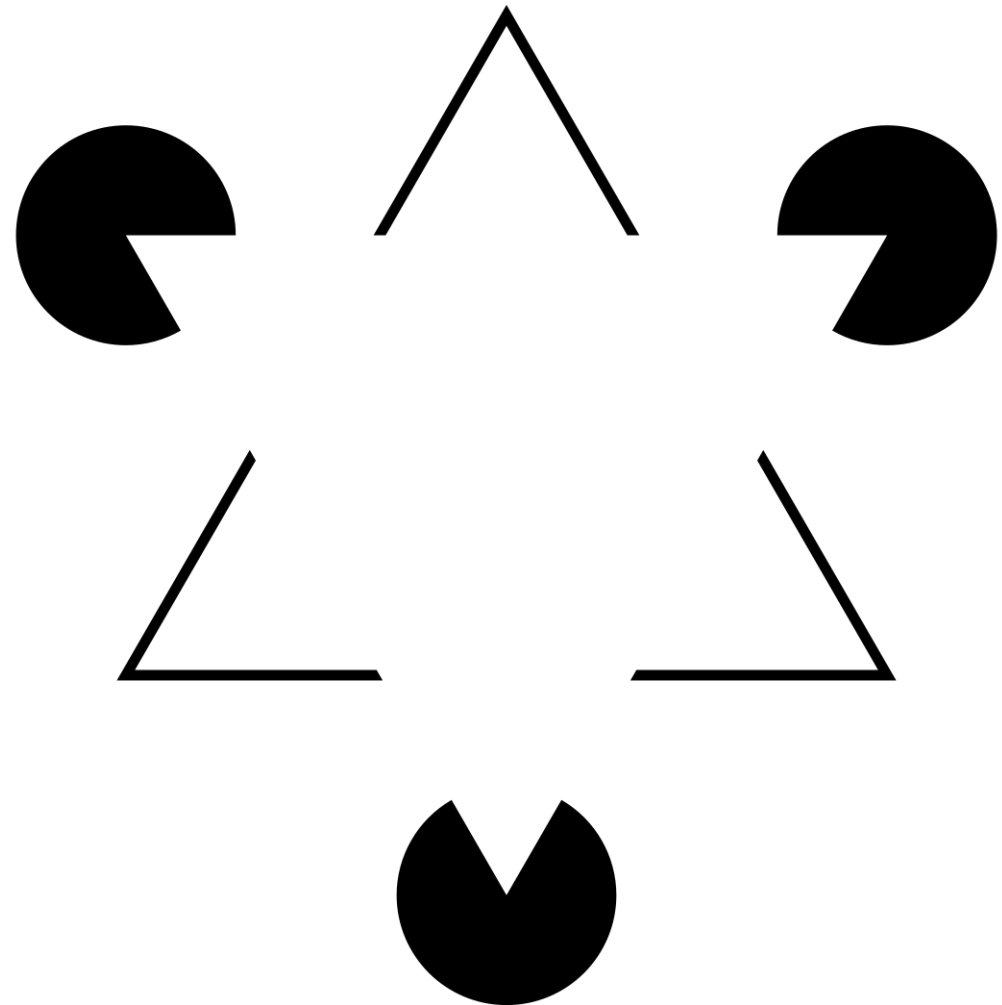


**Behaviorism:**  
focuses on observable behavior



**Gestalt Psychology:**  
studies the mind and behavior  
as a whole

# GESTALT PSYCHOLOGY

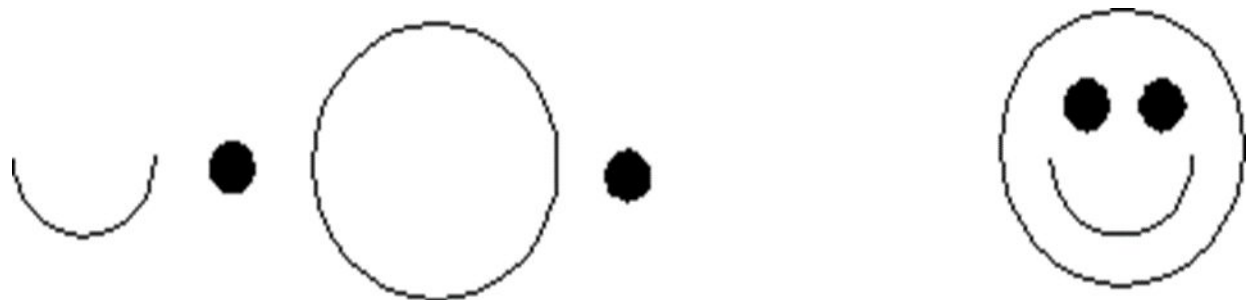







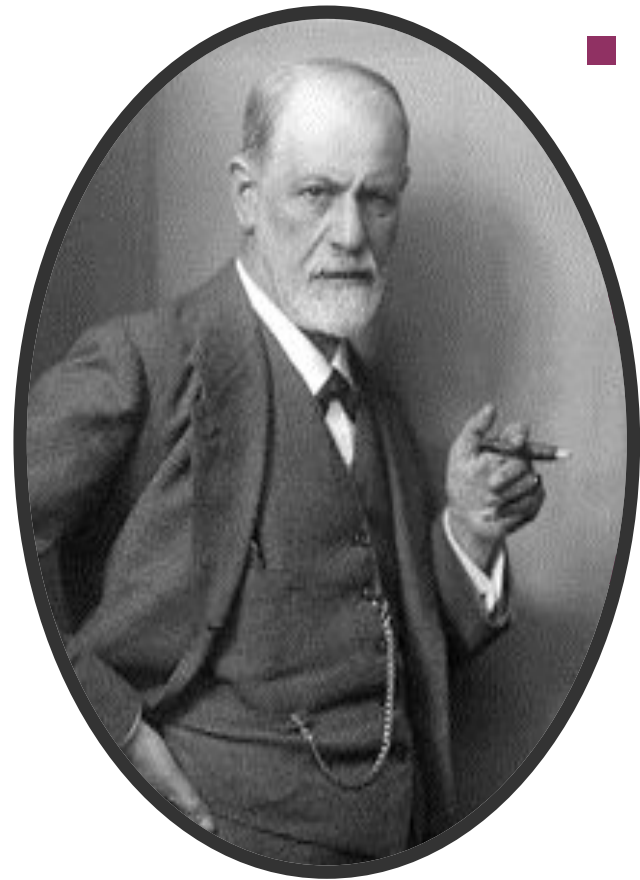


- Max Wertheimer (1880–1943), Kurt Koffka (1886–1941), and Wolfgang Köhler (1887–1967) founded Gestalt psychology in the early 20th century.
- The whole is different from the sum of its parts.
- Our perception or understanding of objects is greater and more meaningful than the individual elements that make up our perceptions.



- 
- When trying to make sense of the world around us, Gestalt psychology suggests that we do not simply focus on every small component. Instead, our minds tend to perceive objects as part of a greater whole and as elements of more complex systems.
  - This school of psychology played a major role in the modern development of the study of human sensation and perception.

# SIGMUND FREUD (1856-1939)



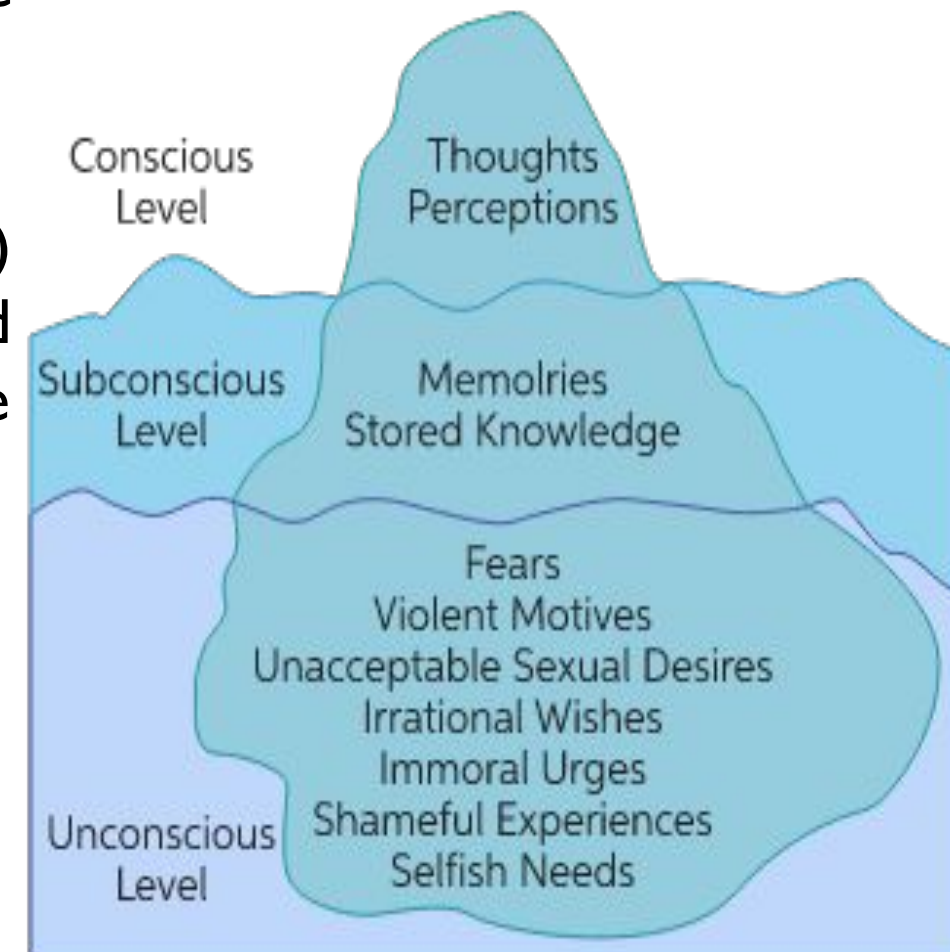
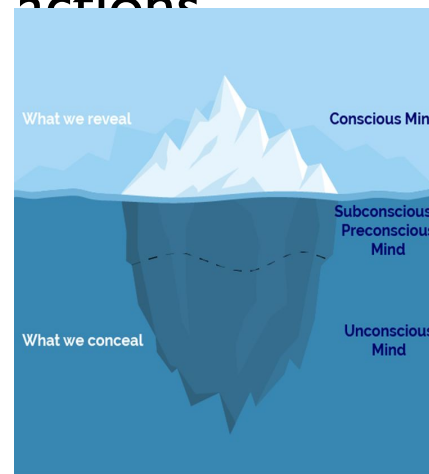
- Austrian physician who founded the psychoanalytic approach to psychology.

**Freud developed a theory based on the existence of the unconscious.**

According to him emotional and behavioral disturbances were based on personal conflicts on an unconscious level.



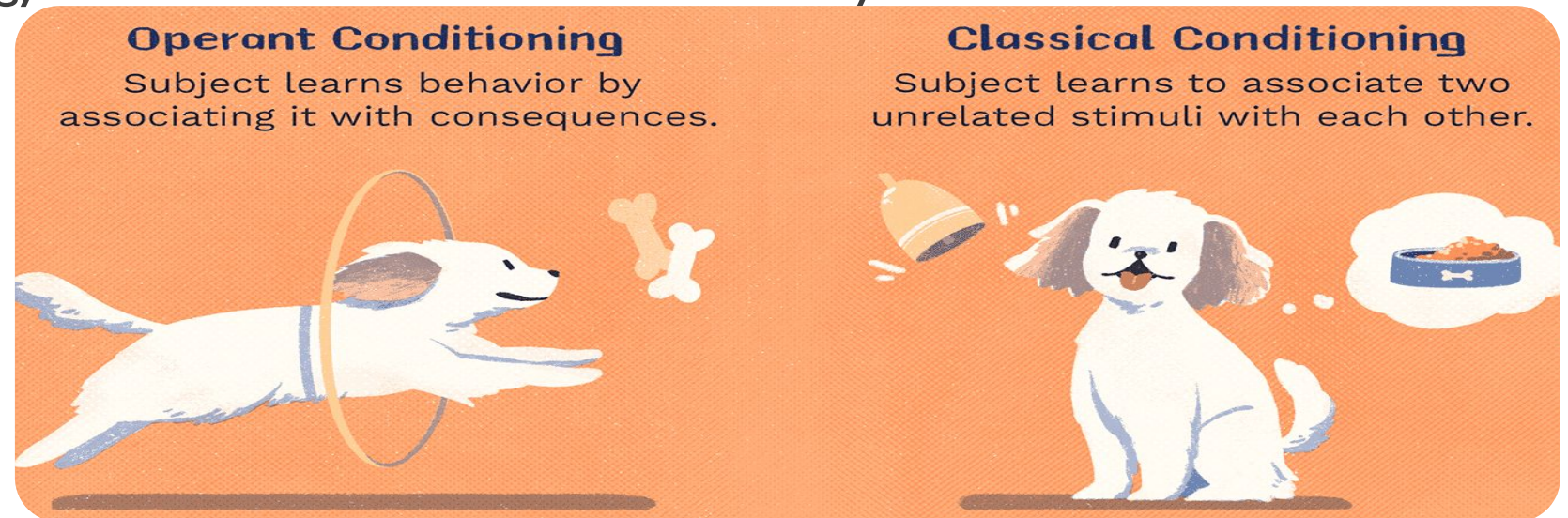
- At the center of Freud's theory is the concept of the unconscious – the thoughts, attitudes, impulses, wishes, motivations, and emotions of which we are unaware.
- Childhood's unacceptable (forbidden or punished) wishes are driven out of conscious awareness and become part of the unconscious, where they continue to influence our thoughts, feelings, and actions.
- **Unconscious thoughts are expressed in dreams, slips of the tongue, and physical mannerisms.**





# BEHAVIORISM

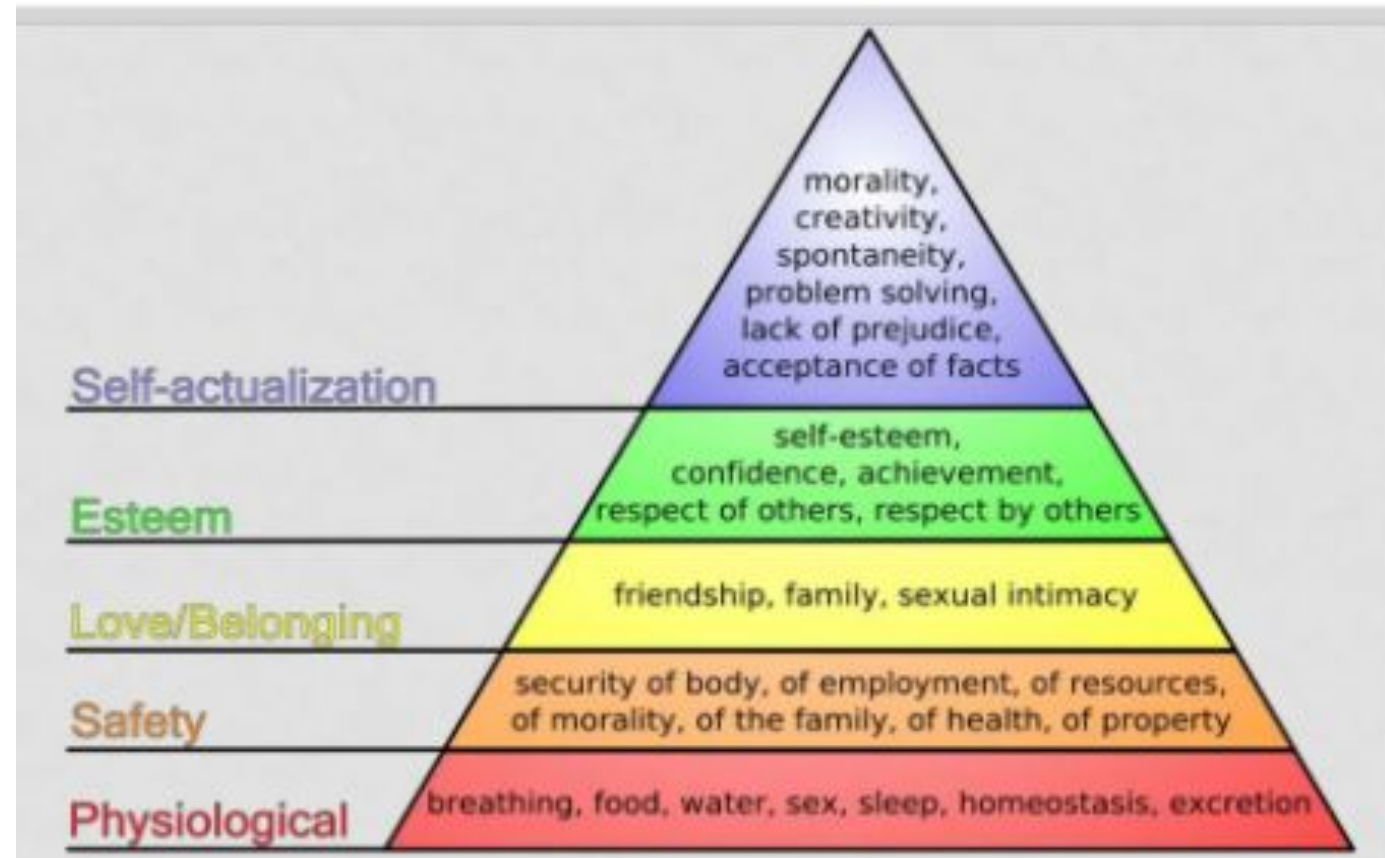
- **John B. Watson**, in 1913 and others ascribing to behaviorism, argued that nearly all behavior is a result of conditioning and the environment shapes behavior by reinforcing specific habits.
- It stated that scientists should only study observable behavior and that consciousness should be abandoned because ultimately consciousness and perceptions are private events and cannot be objectively verified.
- This means that psychology would suffer from a lack of reliability.
- Top names:
  - B.F Skinner
  - Ivan Pavlov



# HUMANISTIC PERSPECTIVE

- Humans are capable of **incredible acts of creativity, selflessness & high levels of spirituality.**
- Free will
- Main figures:
- Carl Rogers ,Abraham Maslow

## THE HIERARCHY OF NEEDS





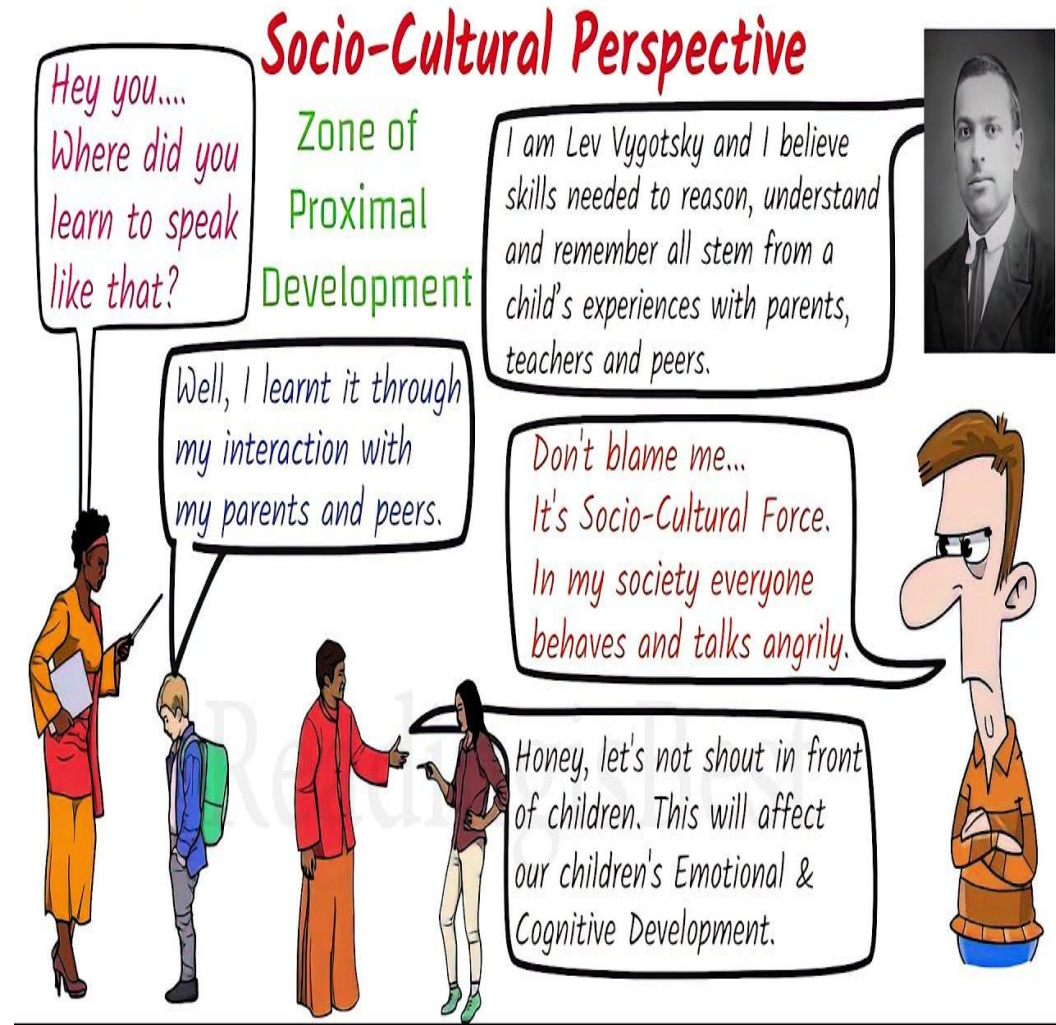
# COGNITIVE PERSPECTIVE

- Focus on Mental processes
- Perceiving, remembering, reasoning, deciding, and problem solving
- Only by studying mental processes can we fully understand what organisms do.



# SOCIO-CULTURAL PERSPECTIVE

- Sociocultural theory is an emerging theory in Psychology that looks at the important contributions that society makes to individual development.
- Sociocultural theory focuses not only how adults and peers influence individual learning, but also on how and attitudes affect how learning takes place. **cultural beliefs**
- This theory stresses the interaction between developing people and the culture in which they live.
- Sociocultural theory also suggests that human learning is largely a social process.



# ECLECTIC APPROACH

- Selecting and adopting information from many different sources rather than relying on one perspective.

PEOPLE CAN SOLVE PROBLEMS BY SUGGESTING  
IDEAS AND PUTTING THE BEST IDEAS TOGETHER.  
(HOW THE SCHOOL OF THOUGHT SEEKS TO IMPROVE PEOPLES LIVE.)



# Be Animated!



But watch your moves



Thank you!