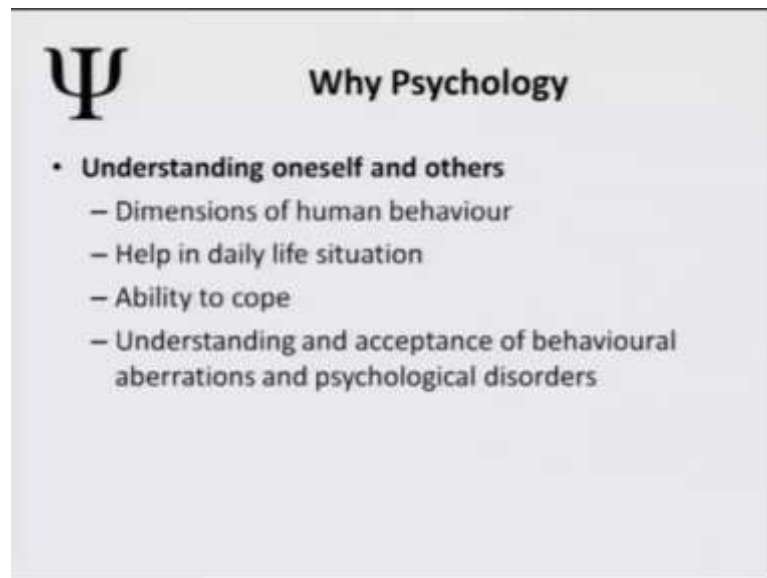


Introduction to Psychology
Prof. Braj Bhushan
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Lecture - 01
Major Areas of Psychology

So, before we go ahead with our discussion on various topics of psychology. The obvious question that would come to our mind is why psychology? Why should one study this subject? Well couple of reasons, the very first one that it helps us understand oneself, as well as the others.

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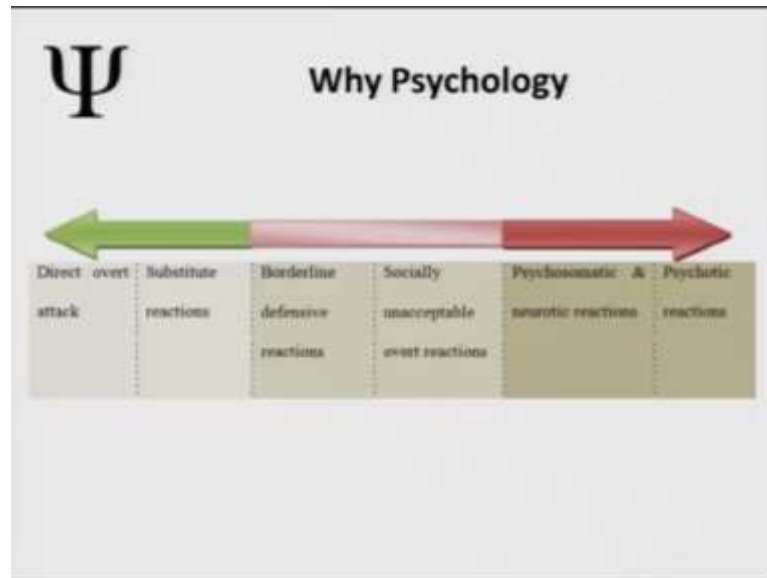


Now, we all know that there are you know large number of dimensions of human behavior, now how to position yourself in the given life circumstances. So, when you want to position yourself according to the life situations that you are experiencing when you have to understand others in the type of scenario you are in, psychology can be instrumental. In case you were having certain adverse experiences, psychology can help you cope better further more it helps us understand and except behavioral aberrations and all types of anomalies that one can think of.

So, usually if you look at human behavior in any given situation you would find that know there could be a wide spectrum of possible responses, somewhat psychologists call

as direct over attack, you have a situation at hand you plan a strategy you execute it you have finally, overcome the problem that is the direct overt attack.

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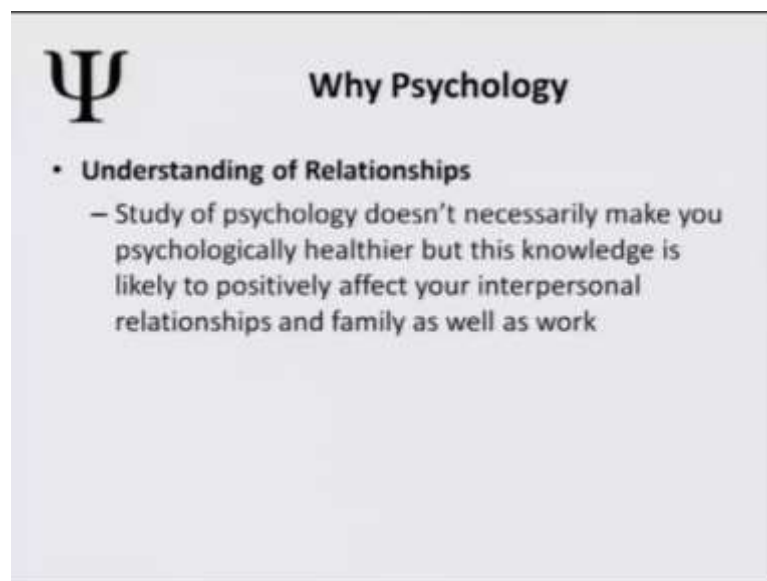


There could be some substitute reactions. So, you are not directly attacking the situation, but you opt for certain type of behavioral response which substitutes for a given action, there could be third possibility where, you go ahead with certain defenses and these are borderline defenses which would mean primarily that you are able to defend yourself without feeling of shame or guilt and at the same time your behavior also is socially acceptable that is a borderline defensive reactions and then comes the socially unacceptable overt reactions steps that you take, but then they overcome they go beyond what is called as a line of social acceptance.

Direct overt attack and substitute reactions they are considered as complete healthy response whereas borderline defense reactions and unacceptable social reactions they come under the grey zone, the borderline zone means little more intense response or reputation of similar pattern of behavior and then perhaps clinicians will start considering that your behavior is aberrated and then of course, the clinical aspect of the behavior where the reactions are either called as psychosomatic responses they are called as neurotic responses or it could the symptoms could be grave enough to be consider as psychotic response.

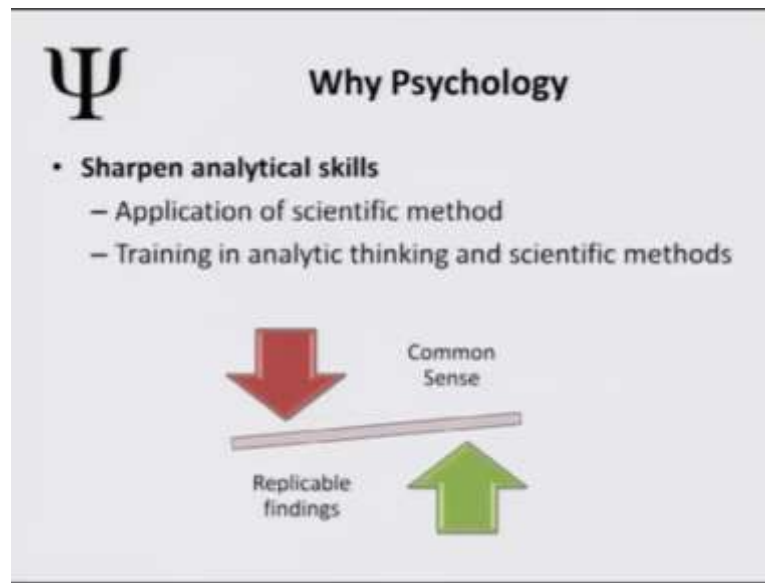
So, when we consider that I am looking at set of human beings and whole dynamics of responses in a given type of a situation then the better clarity I have the better understanding I have of the possible aberrations or even in the normal zone the full broad spectrum of possible human reactions psychology can help us do this job much better. So, even if you come across people who would come forward with aberrated responses you would have greater acceptance greater understanding greater tolerance for that and similarly, if you understand psychological disorder better perhaps it makes life simpler for you as well as the person who suffers from it.

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Another important task that psychology provides you is to understand relationships. So, frankly speaking this subject does not necessarily make you psychologically healthier.

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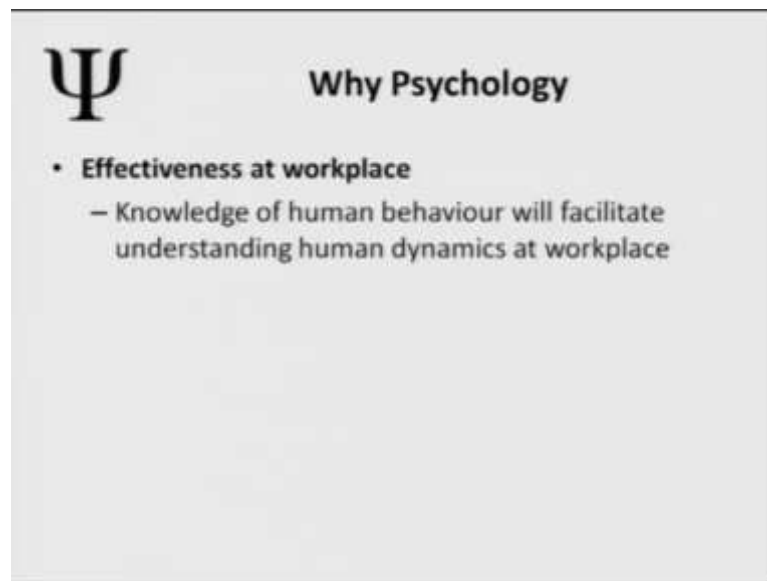
But of course, this knowledge is likely to positively affect your interpersonal relationship both at work front as well as family front third important aspect that once you understand this very subject the nitty-gritties, it sharpens your analytical ability with this sharpened analytical skill, what would happen you would know go ahead with more and more scientifically accepted method in understanding others because of your training in analytical thinking and scientific methods you would be you know very conveniently making by and large a line of distinction You will be able to draw between commonsense and what is call as replicable type of references that you are drawing many things have commonsensical and you could commit big blunder when you consider that to be a scientific of type of an observation.

So, ones you have developed you have sharpened your analytical ability and you have understood the methods that have that scientific flavor used by psychologists and used by and large in behavioral research you would very easily be able to consider it fine all though this appears and commonsensically This is what one can deduce you yourself would not like to go ahead with that deduction the reason being that you still you doubt that this is more and more of a commonsensical thing rather than being more and more scientifically sound observation much later when we come to methods of psychology they there even we will be talking about observation is a method. So, what is it that in even in something as simple as observation can make the whole outcome more scientific or the outcome would basically be only commonsensical type of observation which

might have certain errors? So, at least understanding of the subject it will help you draw that line much and much clearer.

Another important aspect is that with understanding of this very subject you could be extremely effective at your workplace the reason being that you has the knowledge of human behavior.

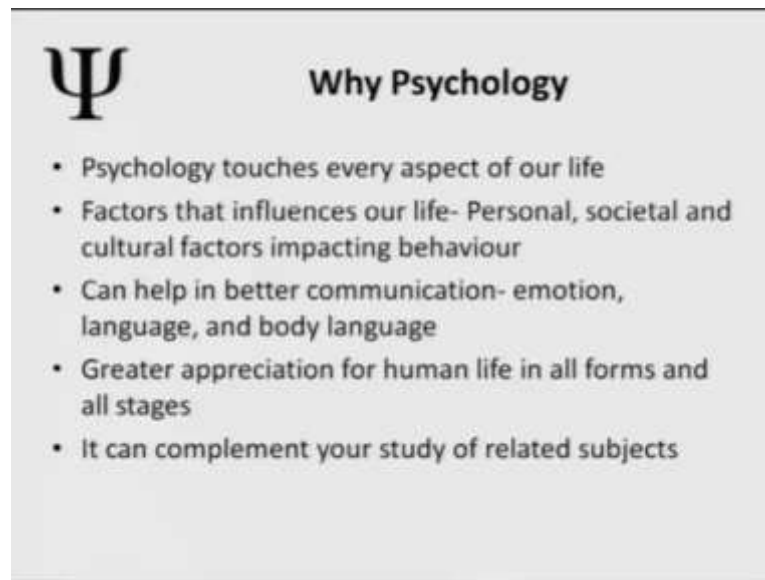
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And this in turn will facilitate understanding of the human dynamics at workplace. So, why someone is doing what he or she was doing why people think the way they think, why certain type of acceptance rejection certain types of gossip certain type of rumors certain type of preconceive notions why some people are you know touristic and some or not all those in our dynamics of human behavior you would be very easily able to decipher and this in turn will make you extremely effective at your work place.

Psychology of course, touches every aspect of our life factors that influences our life largely it could be personal in nature it could be societal in nature. It could be even cultural factors that impact our behavior you will be very conveniently able to understand.

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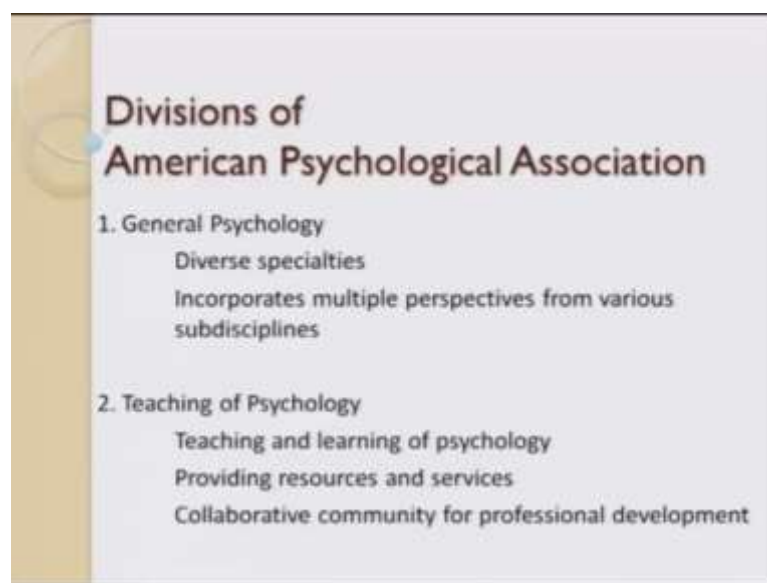


What are the factors that influences behavior and there for you would be able to understand why you are doing what you are doing or why others are doing what they are doing understanding of psychology can of course, help you in you know betterment of your communication ability especially in terms of expressing your emotions in a more balanced way proper usage of language and your verbal expression which would be nicely complimented with your body language over all you would have a greater appreciation for human life in all forms and at all stages infants adolescents adults senior citizens and in all variations know right.

Now, when I was referring to direct overt attack to psychotic pattern of behavior, wherever you fall on this spectrum you would have a great appreciation for life and of course, the understanding of psychology can be complimented by your understanding of other subjects and at the same time your understanding of psychology can also compliment your understanding of related subjects. So, this is the reason why we should all study psychology and perhaps I am able to communicate to you that why psychology is essential for you and thank you for taking this course. We will go ahead with understanding the other aspects having understood why psychology the obvious question that would come to your mind are that what are now the different areas or say, what is the width of the subject what are the topics that are taken into account if I go ahead which subject like psychology.

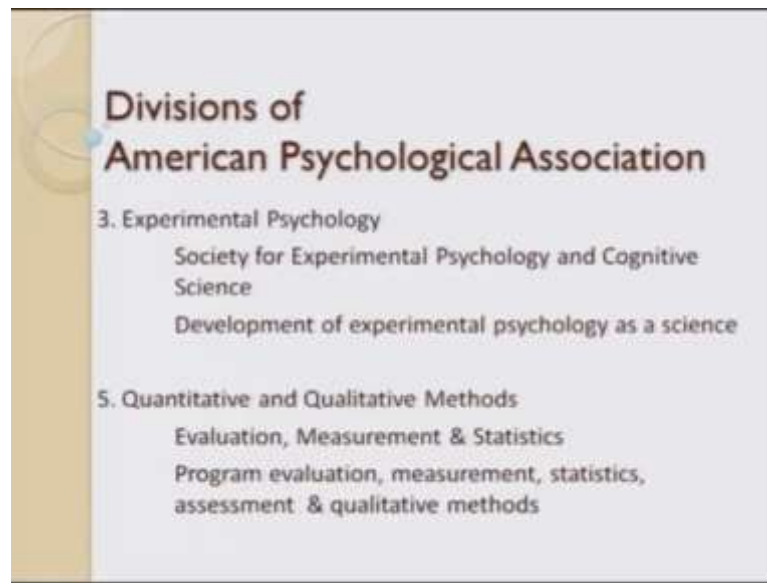
Well I have two things to offer to you for your understanding one I would just like to share with you the various divisions of the American Psychological Association, large number of them and I will try to explain what actually these areas cover and I have heavily borrowed from know the details given on the website of the American psychological association. But I thought this is a essential because this will help you understand that what are different domains in which psychologist have tried to venture and then, I would come across the some of the dominant areas and some of the areas were still research taking place and it is yet to establish itself in the much better way.

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So, well the first division of American psychological association what is called as general psychology and basically, it has diverse specialties which incorporate multiple perspectives from various sub disciplines of psychology the second division that talks about teaching of psychology handles teaching and learning of the subject providing resources and services and collaborative community for professional development.

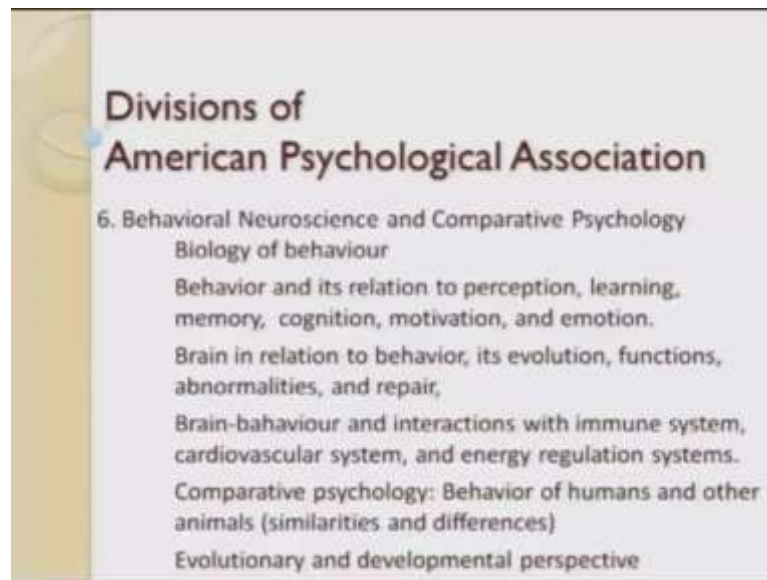
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The third division that is the experimental psychology division which is basically a society for experimental psychology and cognitive science and it does know takes care of the development of experimental psychology as a science the fifth division. That now takes care of the quantitative and the qualitative method basically focuses on evaluation measurement and statistics later on when, we come to the details you would realize know that approximately every ability that you can think of being present in human beings psychologist have tried to quantify them.

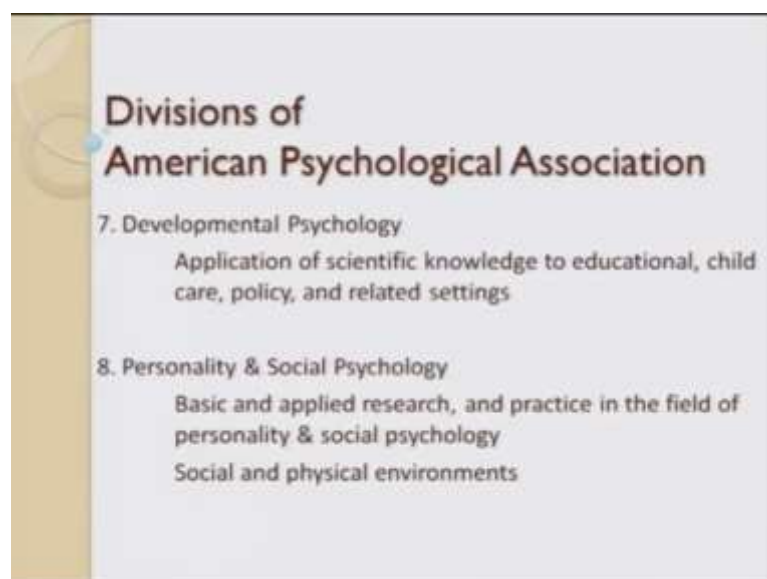
So, ones you quantify if you convert a trait, If you convert behavioral outcome into some numbers then of course, you need the statistics for analysis and similarly there could be ways and means of extracting qualitative data say for instance talking to somebody collecting the narratives and analyzing the narratives. So, both quantitative and qualitative methods are adopted by this very subject and say program evaluation measurement, statistics assessment and various types of qualitative methods the sixth division of American psychological association basically now handles the behavioral neuroscience and comparative psychology comparative psychology of course where you look at the behavior of humans and other animals searching for similarities and differences between them and basically you try to, look at things from evolutionary and developmental perspective.

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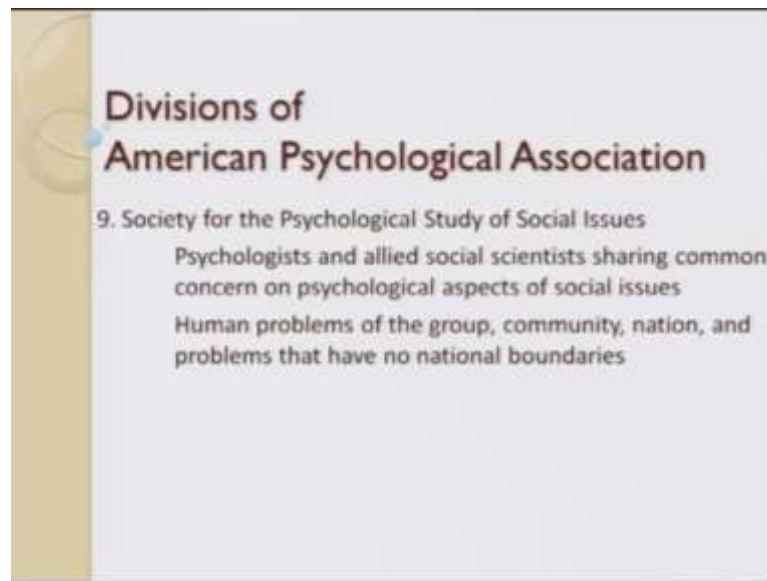
Whereas behavioral neuroscience tries to look at the biology of the behavior and behavior and it's relationship with perception learning memory cognition motivation and emotion the common topics of psychology, these are taken into account brain and it's relation to behavior it's evolution it's function abnormalities of the brain. How the neuroplasticity works, how in the case of after brain damage? How the brain repairs itself issues like that are taken cared in this very branch brain behavior interaction and the interaction with immune system cardiovascular system and energy regulation systems know these are now the broad domains taken care in this division.

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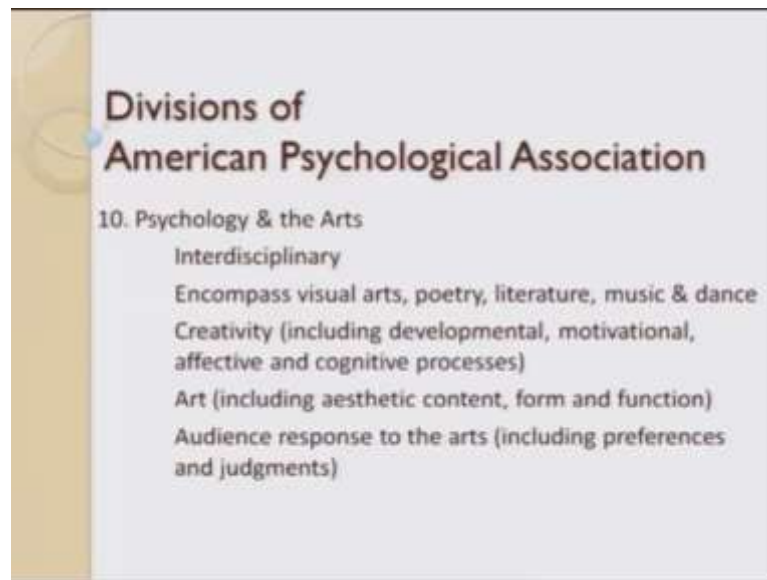
Seventh division that handles developmental psychology basically looks at the application of scientific knowledge to educational child care policy and related settings the 8 division which is personality and social psychology division looks at the basic and applied research and practice in the field of personality and social psychology and it does take care of the social and the physical environments and the human response in such type of environment.

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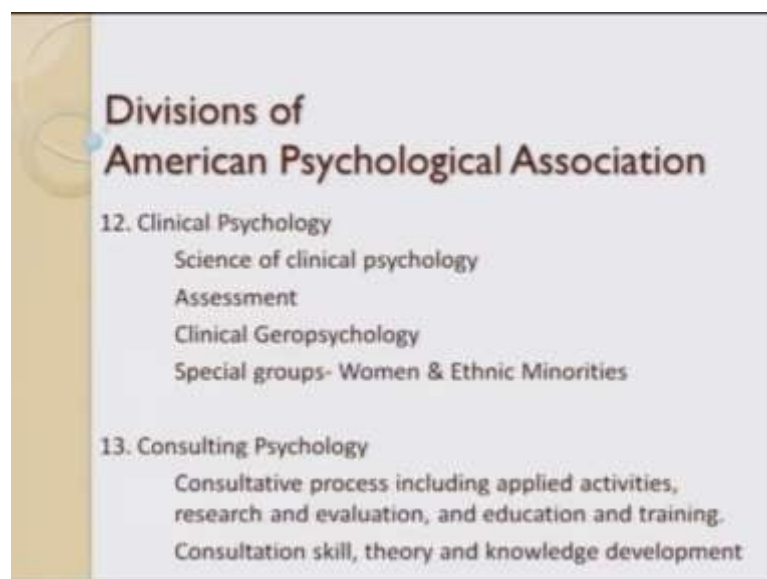
The ninth division which is the society for psychological study of social issues this basically is an area where psychologist and allied social scientists share common concern on psychological aspects of various social issues same human problems of the group community nation and problems that have no national boundaries are also taken care in this division.

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Psychology and the art which is more and more interdisciplinary in nature and it come can it is encompass visual arts poetry literature music and dance. So, basically you look at the creative and the art part. So, creativity which would include the developmental motivational affective and the cognitive processes whereas, the art part which would be including aesthetic content form and function how audience responds to such type of arts in terms of their preferences, in terms of the judgment of those artistic out comes, this is what psychology and the art does.

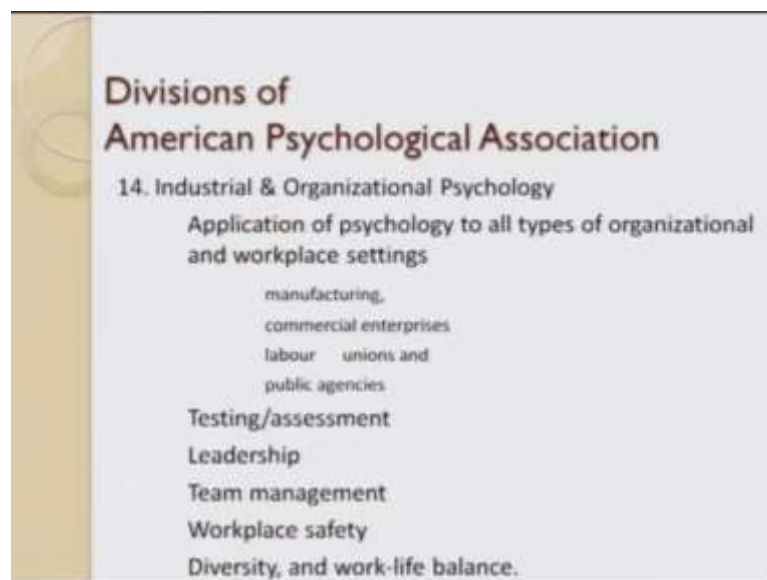
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The 12th division the most commonly known division the clinical psychology division basically it handles the science of clinical psychology it also focuses on the assessment of the individual clinical zero psychology and is another, specific concerned at this group focuses on women and ethnic minorities are of course, other special groups.

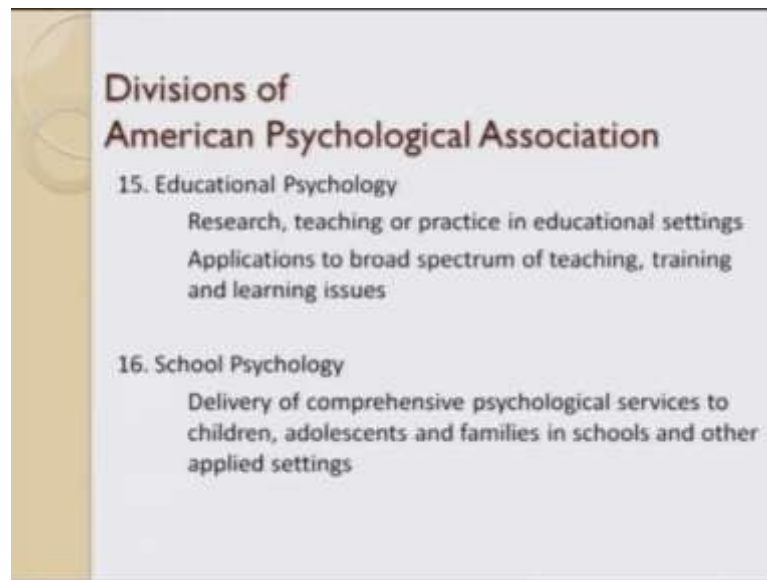
The 13 division is the consulting psychology division which basically looks at the consultative process including applied activities research and elevation and education and training, consultational skill theory and knowledge development that is taken care by this very division.

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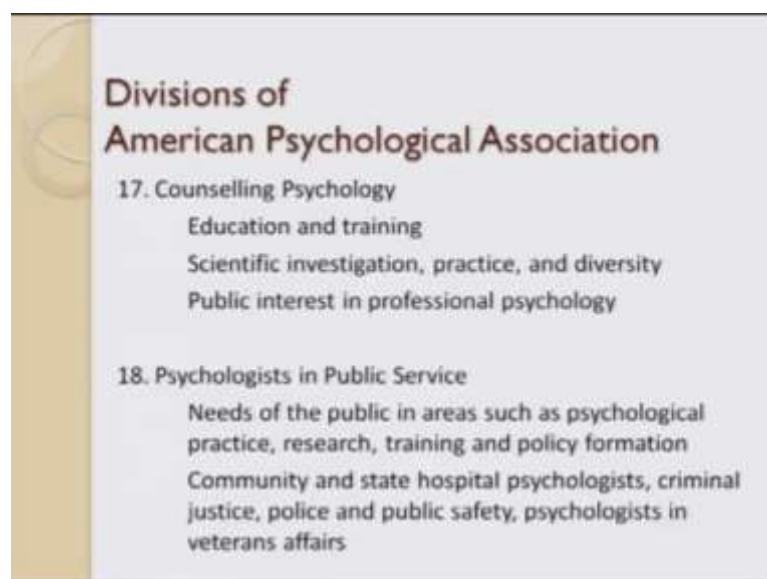
The fourteenth division again, one of the most commonly known in the area of psychology is the industrial and organizational psychology division which looks at the application of psychology to all types of organizations and work settings, it could be manufacturing commercial enterprises labor unions public agencies in all such situations how human dynamics works testing or assessment leadership, team management, workplace safety and balance between the work life situation as well as looking at diversity and how one adjust in those type of diver situations is something that you know psychologists working in this area engage themselves in.

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The fifteen division is the educational psychology division which looks at the research teaching or practice in educational settings applications to broad spectrum of teaching training and learning issues, they have related themselves with this the 16 division is the school psychology division which basically looks at delivery of comprehensive psychological services to children adolescents and families in schools and other applied settings.

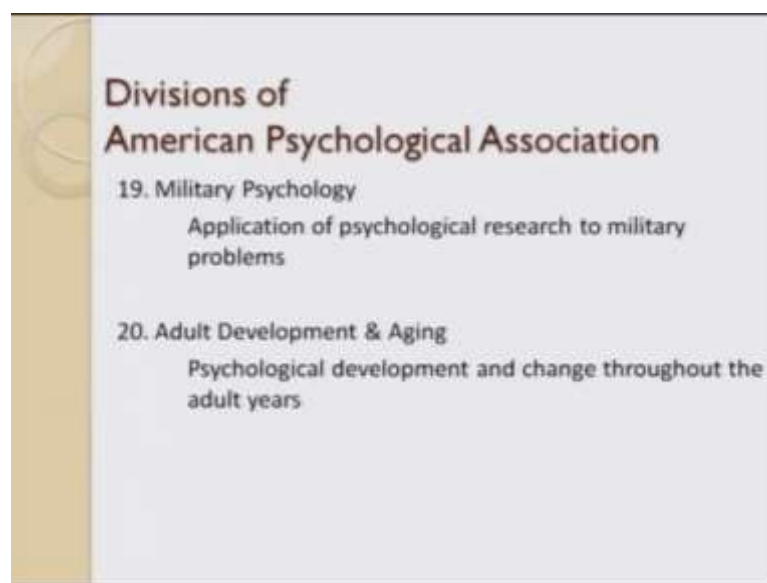
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The seventeen division is, the counseling psychology division again one of the most popular ones which engages into education and training scientific investigation practice and diversity they also do take care of public interest in professional psychology.

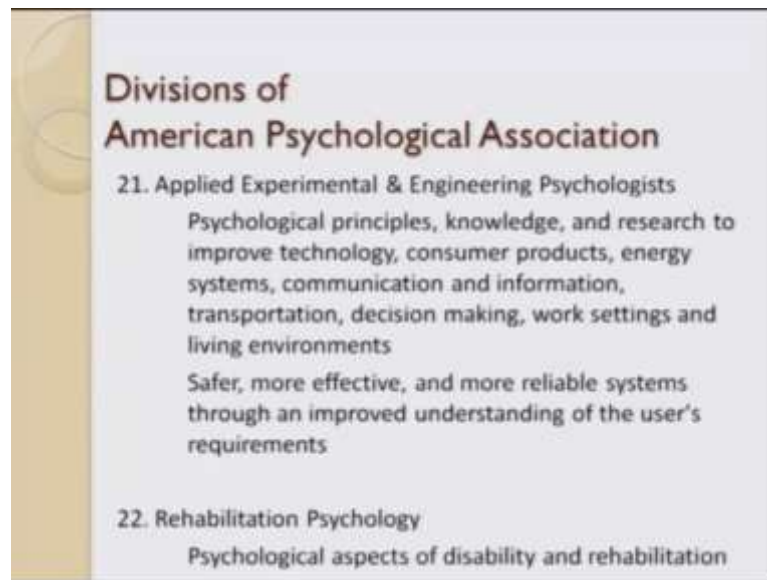
The eighteenth division that is, psychologists in public service this looks at the needs of the public in areas such as psychological practice research training and policy formation community and state psychologists criminal justice police and public safety as well as psychologist in the veterans affairs.

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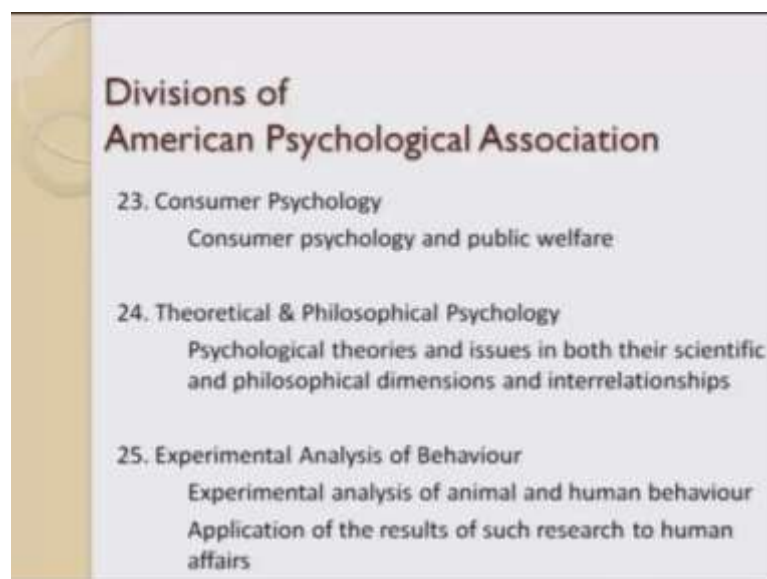
So, these are the things where they engage themselves into the nineteenth division that is, the division of a military psychology looks at application of psychological research to problems related to armed forces then come the 20th division that is adult development and aging which basically concerns themselves to psychological development and changes throughout the adult years.

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The 21st division is the applied experimental and engineering psychologist they primarily look at the psychological principles knowledge and research to improve technology consumer products energy systems communications and information transportation the decision making process work setting and living environment. So, safer and more effective and more reliable systems through improved understanding of users requirement is something that applied experimental psychologist and engineering psychologists concentrate on.

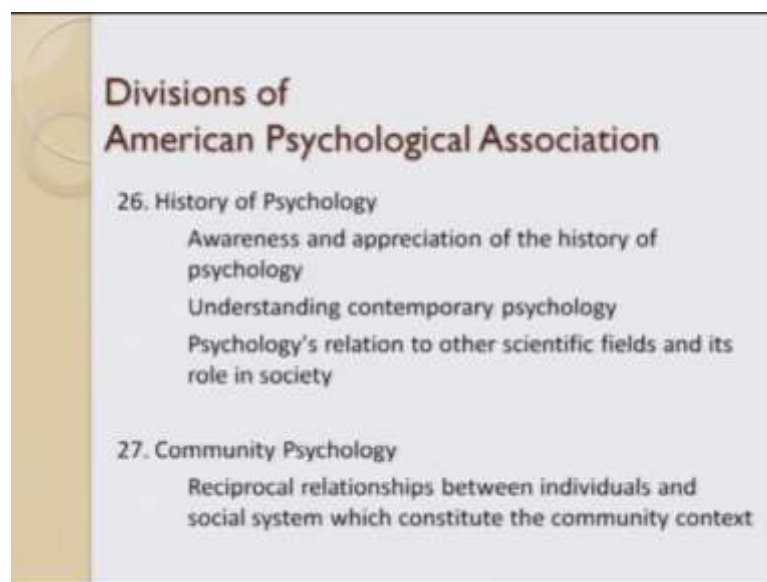
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The twenty second division that looks at the rehabilitation psychology this division basically looks at the psychological aspects of disability and rehabilitation twenty third division is that of the consumer psychology which looks at consumer psychology and public welfare the 24 division is the theoretical and philosophical psychology which basically looks at the psychological theories and issues in both their scientific and philosophical dimensions and it tries to find out the interrelationship among them.

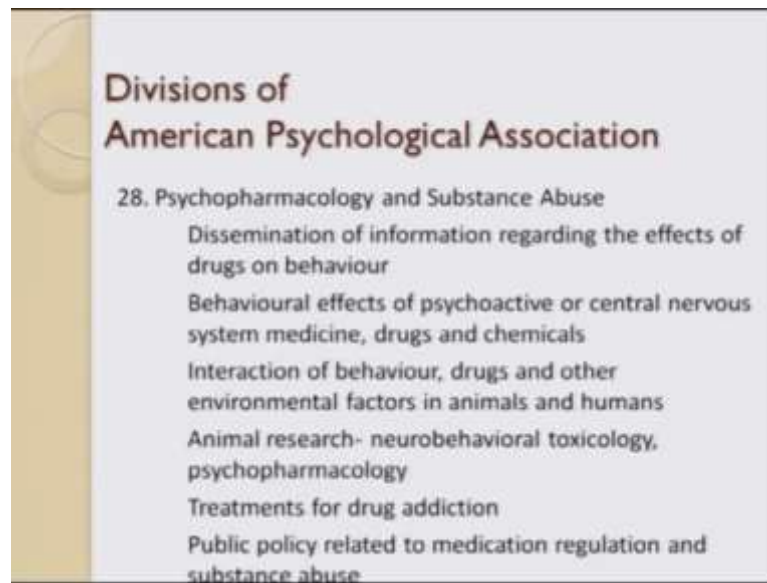
The 25th division is the experimental analysis of behavior, which looks at experimental analysis of animal and human behavior and application of the results of such understanding of animal human behavior how it can be extended it to human affairs.

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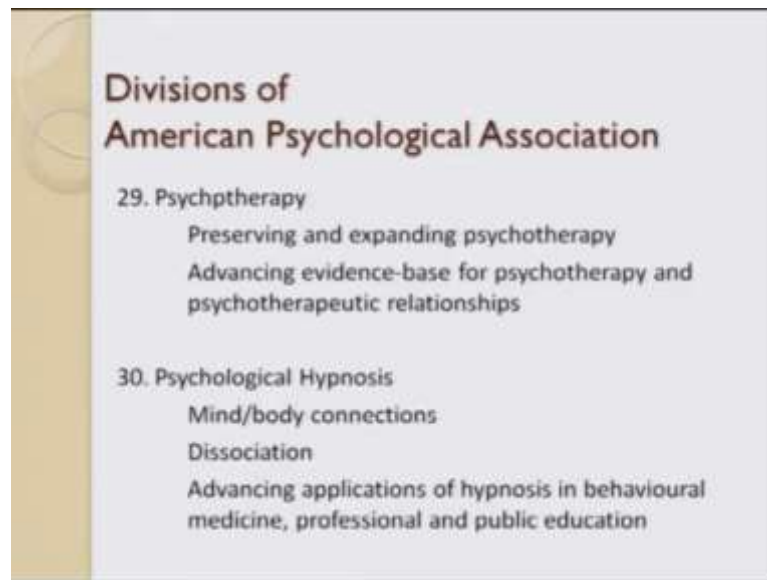
So, that is what experimental analysis of behavior they do the 26 divisions is the history of psychology division, it basically looks at the awareness and appreciation of the history of psychology understanding contemporary psychology the relationship of psychology to other scientific fields and it's role in the society.

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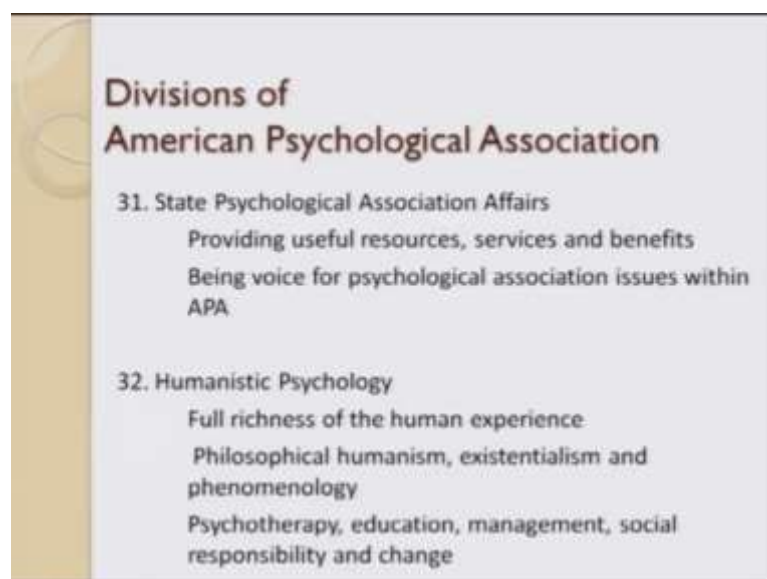
The 27 division is that of the community psychology which looks at the reciprocal relationships between individuals and social systems which constitute the community context. The 28 division is the psychopharmacology and substance abuse and as the name suggests it is basically engages in to dissemination of information regarding the effects of drug on behavior. Behavioral effect of psychoactive or central nervous system medicine, drugs and chemicals, interaction of behavior, drugs and other environmental factors in animals and human beings the animal research side of it also look at the neurobehavioral toxicology and psychopharmacology and importantly the treatment of drug addiction and public policy related to medication regulation as well as substance abuse is something that this division looks at.

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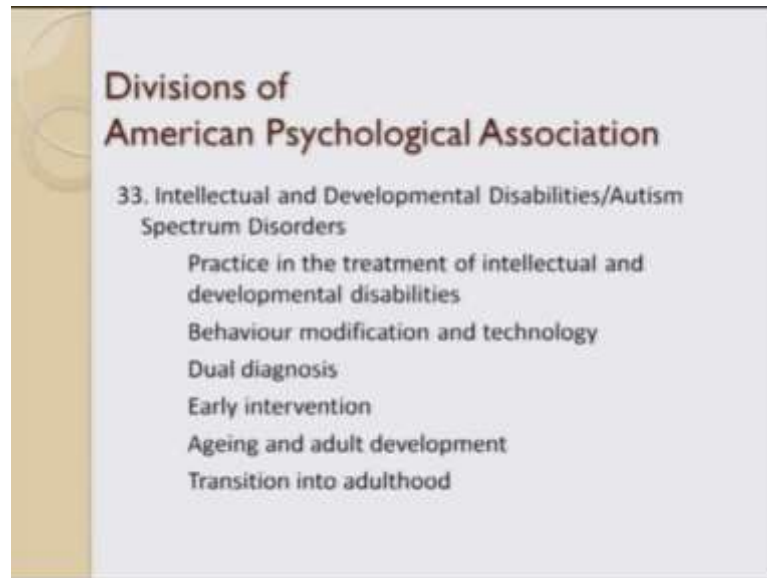
29 division is the psychotherapy division and psychotherapy division basically looks at preserving and expanding psychotherapy advancement of evidence based for psychotherapy and psychotherapeutic relationships the thirtieth division is the psychological hypnosis division which looks at mind body connections dissociation, but primarily it looks at the advancement of application of hypnosis in behavioral medicine as well as professional and public education.

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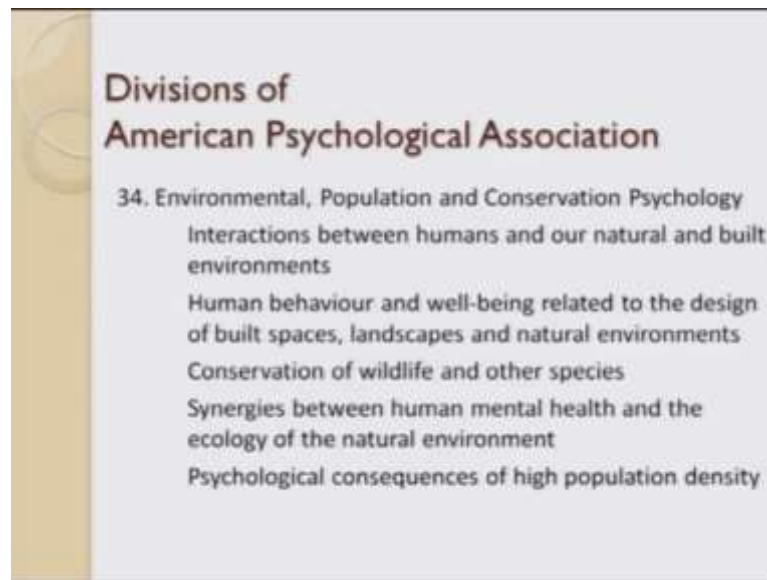
31st division basically has to do with state psychological association affairs. So, we are not going into the details of it the 32nd divisions is the humanistic psychology division, which looks at full richness of human experience philosophical humanism existentialism and phenomenology psychotherapy education management social responsibility and change these are the concerns of humanistic psychologist.

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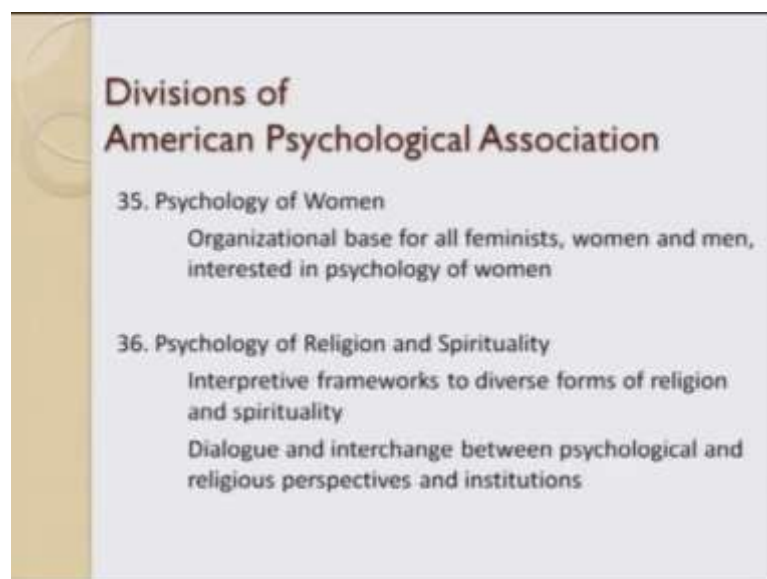
Thirty third division is that of the intellectual and developmental disability and autism spectrum disorders and once again as the name suggest they are concerned or they are confined himself to the practice in the treatment of intellectual and developmental disabilities, they look at behavior modification and technology dual diagnosis early intervention ageing and adult development and transition into adulthood is something that they focus on.

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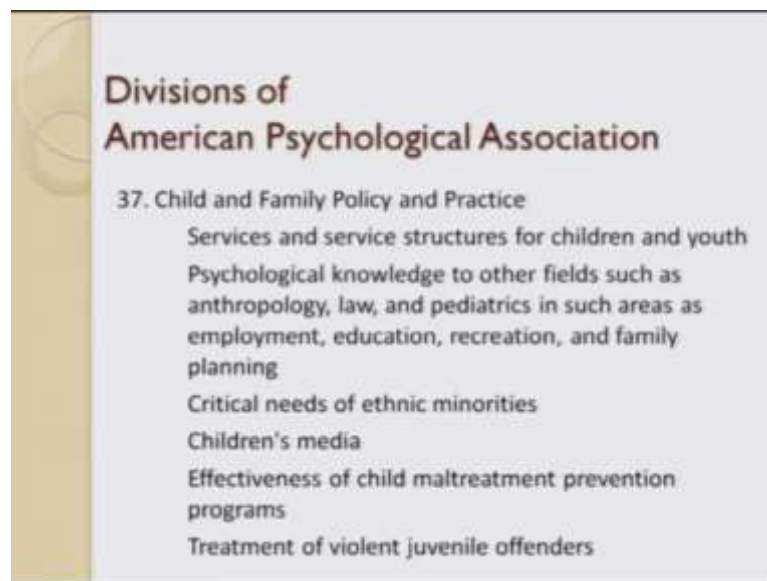
34 division which is the environmental population and conservation psychology they look at the interaction between humans and other natural and built environment human behavior and well being related to design of built space landscape and natural environment conservation of wildlife and other species synergy between human mental health and the ecology of the natural environment as well as the psychological consequences of high population density. So, these are the concerns of environmental population and conservation psychologist.

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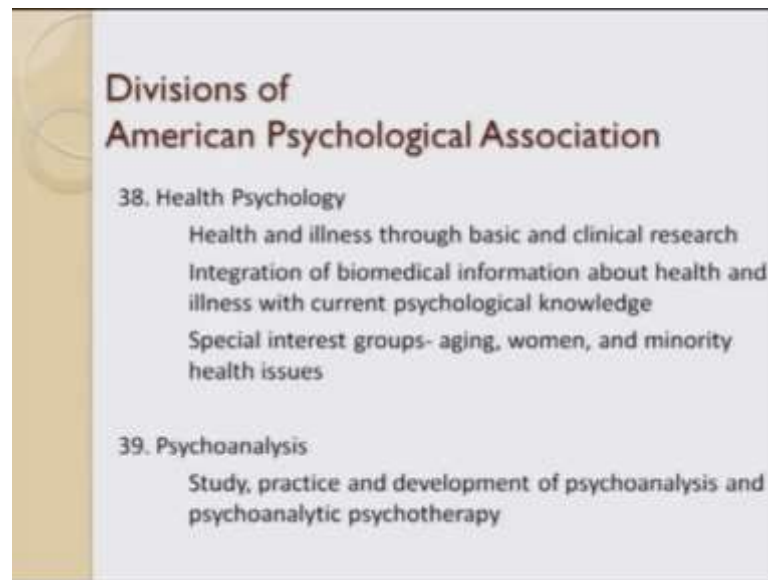
35 division which is the psychology of women division they look at the organizational base for all feminists women and men interested in the psychology of women, 36 division which is the psychology of religion and spirituality they look at the interpretive frameworks to diverse forms of religion and spirituality and they basically focus on the dialogue and interchange between psychological and religious perspectives and institutions.

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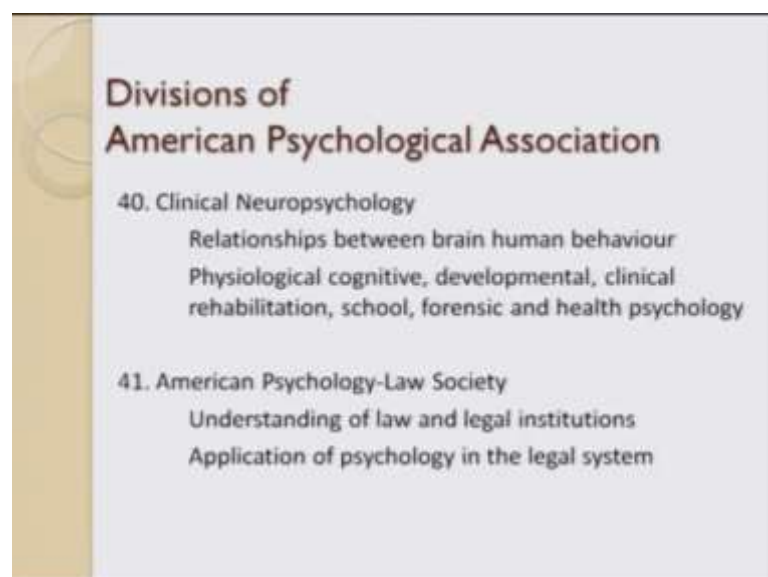
37 division is child and family policy and practice they basically look at this services and service structure for children and youth. Psychological knowledge to other fields such as anthropology law and pediatrics in such areas as employment, education, recreation and family planning is taken care of them. They also focus on critical needs of ethnic minorities, children's media effectiveness of child maltreatment prevention program and treatment of violent juvenile offenders.

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38 division which is health psychology division a very popularly talked about now a days this area basically looks at the health and illness through basic and clinical research integration of biomedical information about health and illness with current psychological knowledge and this special interest groups confined themselves to aging, women, and minority health issues. 39 division is psychoanalysis which is basically study and practice and development of psychoanalysis and psychoanalytic psychotherapy.

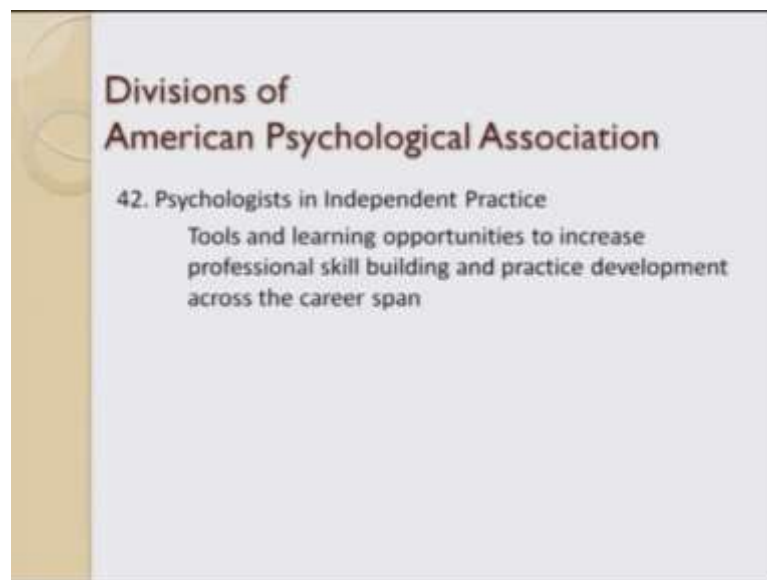
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The 40th division is clinical neuropsychology division which basically looks at the relationship between brain and human behavior they do look at psychological cognitive, physiological developmental, clinical rehabilitation, and school forensic and health aspect of psychology.

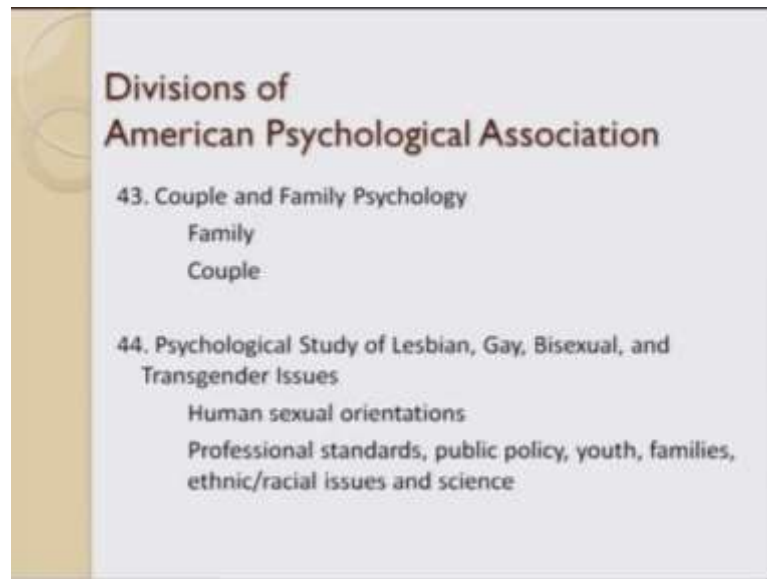
The 41st division is the American Psychology-Law Society, which basically focuses on understanding of law and legal institutions and application of psychology in the legal system.

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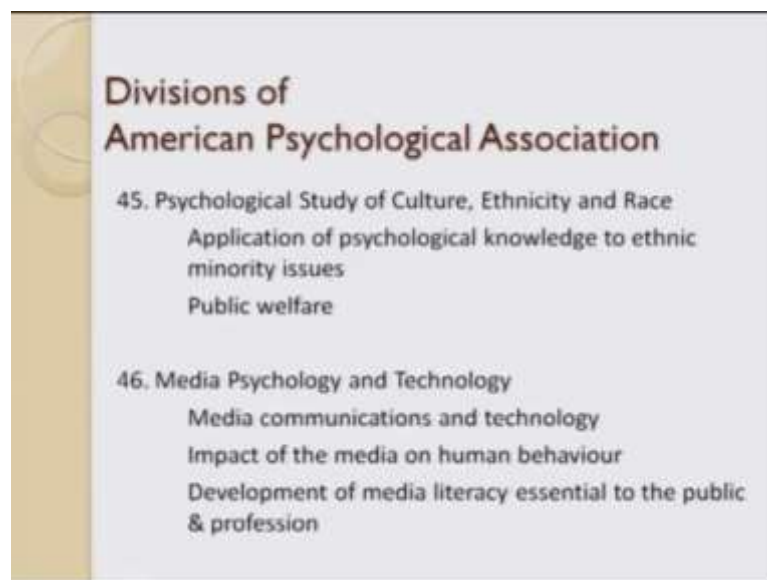
The 42nd division is psychologists in independent practice they are the ones who confine themselves to tools and learning opportunities to increase professional skills.

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And family psychology is the 43rd division which focuses on family and couples the forty four is the psychological study of Lesbian, Gay, Bisexual and Transgender issues and they primarily focus on the whole range of human sexual orientations, professional standards, public policy, youth, families, ethnic/racial issues and as well as science, behind the home human sexual orientation is that the 44 division looks at.

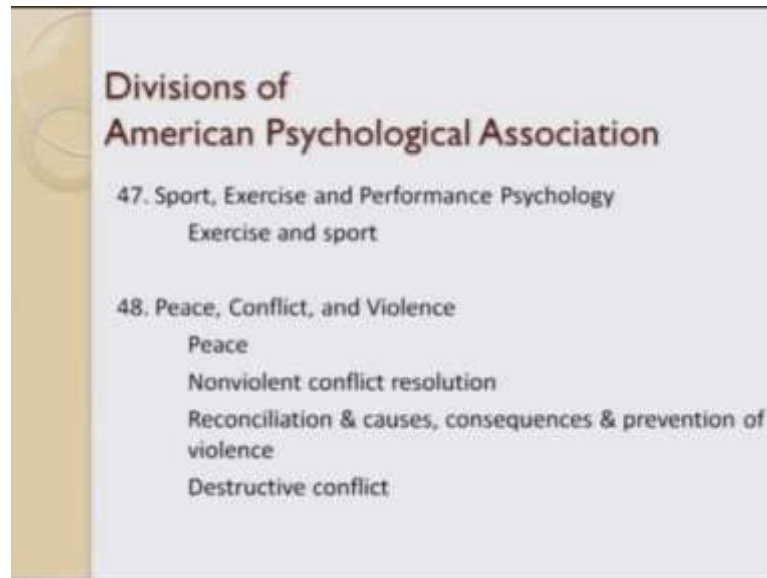
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45th division which is psychological study of culture ethnicity and race they look at the application of psychological knowledge to ethnic minority issues as well as public welfare media psychology and technology is the 46th division, which looks at media

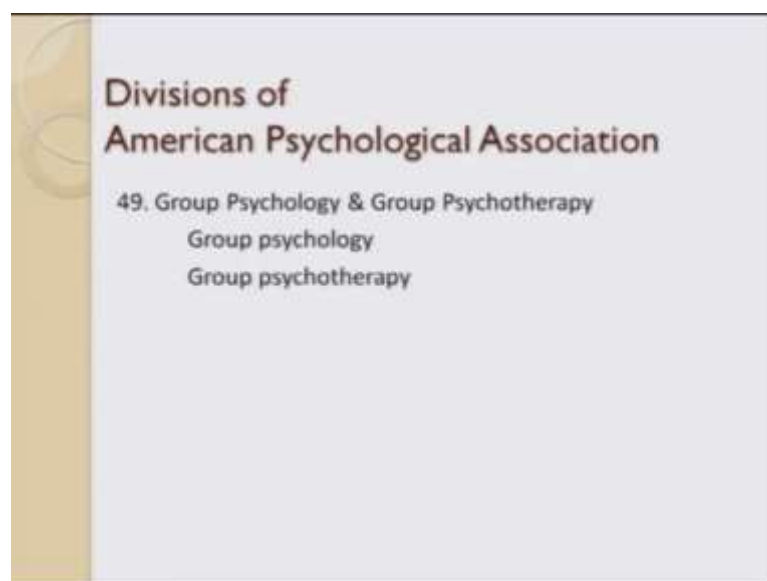
communication and technology impact of the media on human behavior and development of media literacy essential to the public and profession.

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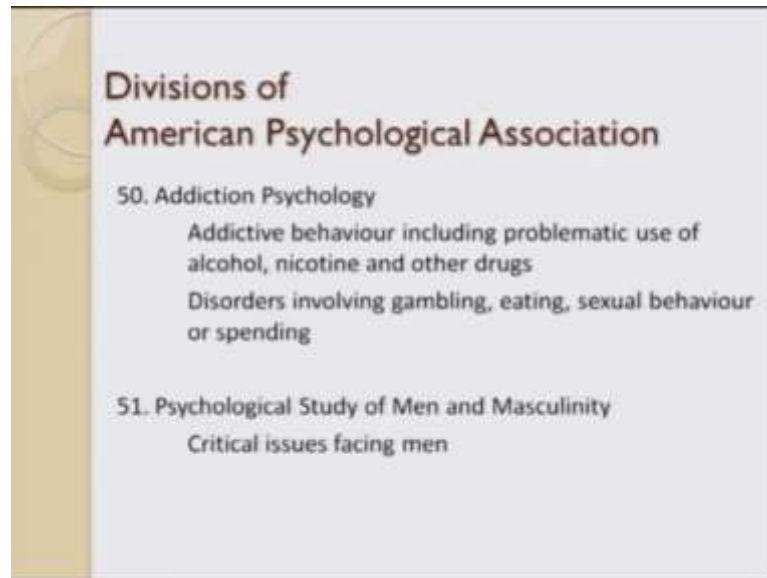
47 division is that of sport exercise and performance psychology where the experts they work in the area of exercise and sports 48 division which is the peace conflict and violence they focus on peace nonviolent conflict resolution reconciliation and causes consequences and prevention of violence as well as destructive conflict.

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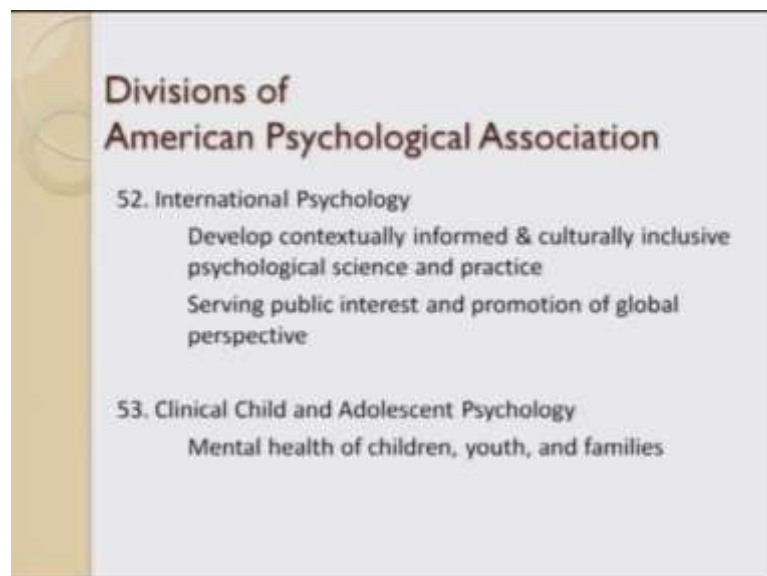
The 49 division is that of group psychology and group psychotherapy and they focus on these two issues.

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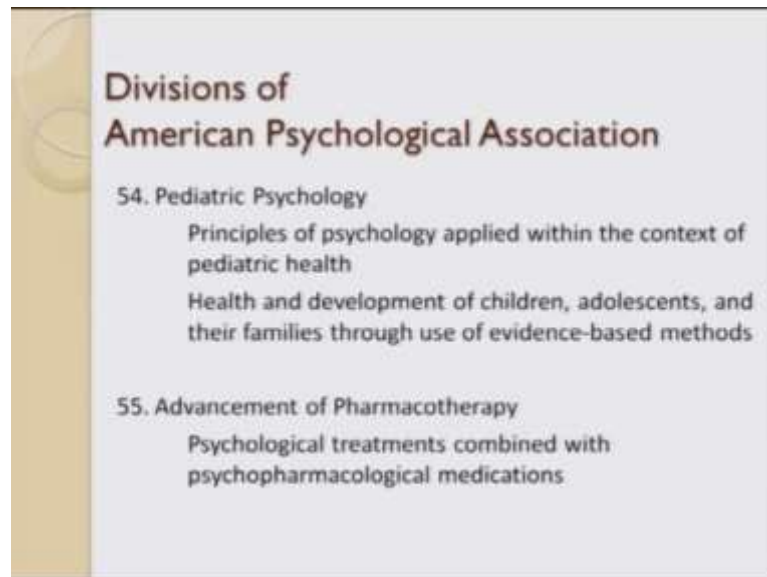
The 50th division is the addiction psychology division which basically looks at addictive behavior including problematic use of alcohol nicotine and other drugs disorders which involves gambling eating sexual behavior or spending is also taken care by psychologists, who work in this very area the 51st division is of psychological study of men and masculinity.

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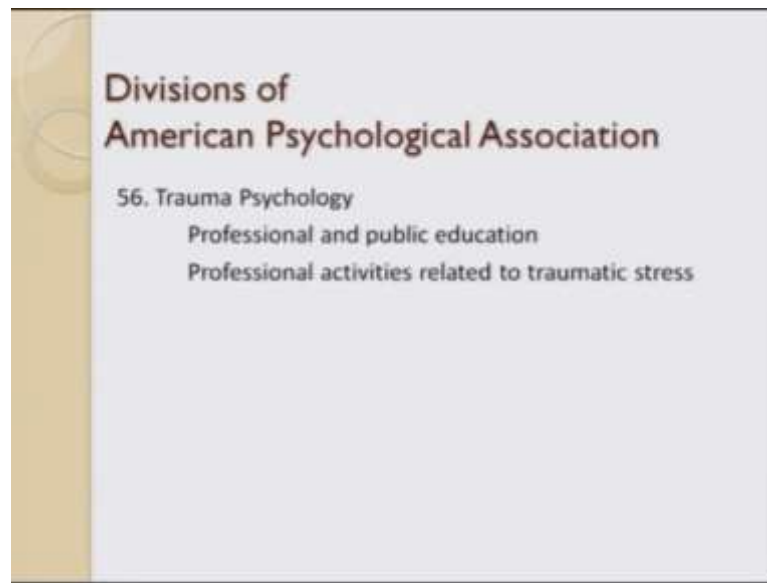
And they look at the critical issues facing men the fifty second division is the international psychology division which basically work towards development of contextually informed and culturally inclusive psychological science and practice and serving public interest and promotion of the global perspective.

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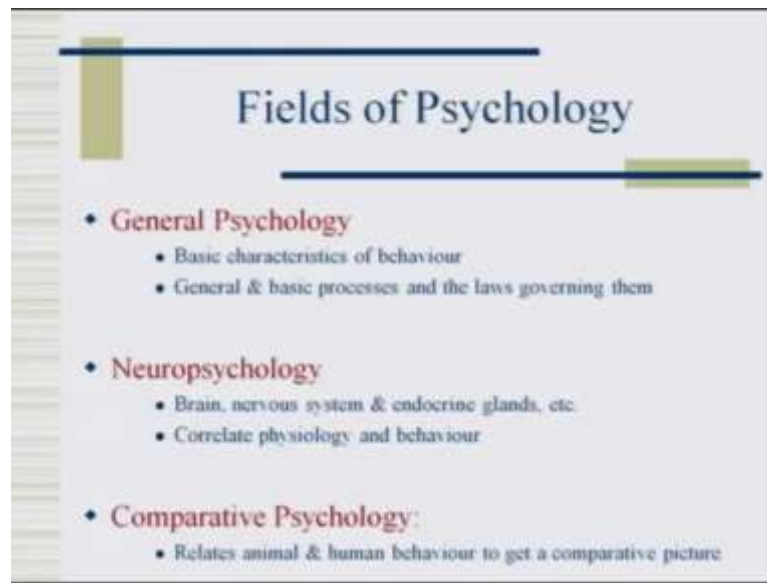
The 53rd division is that of clinical child and adolescents psychology which looks at mental health of children youth and families the 54 division is the pediatric psychology division which looks at the principles of psychology and it's application within the context of pediatric health, health and development of children adolescents and their families through use of evidence based methods. The 55th division is the division that takes care of the advancement of pharmacotherapy and this very division basically looks at the psychological treatment combined with psychopharmacological medications.

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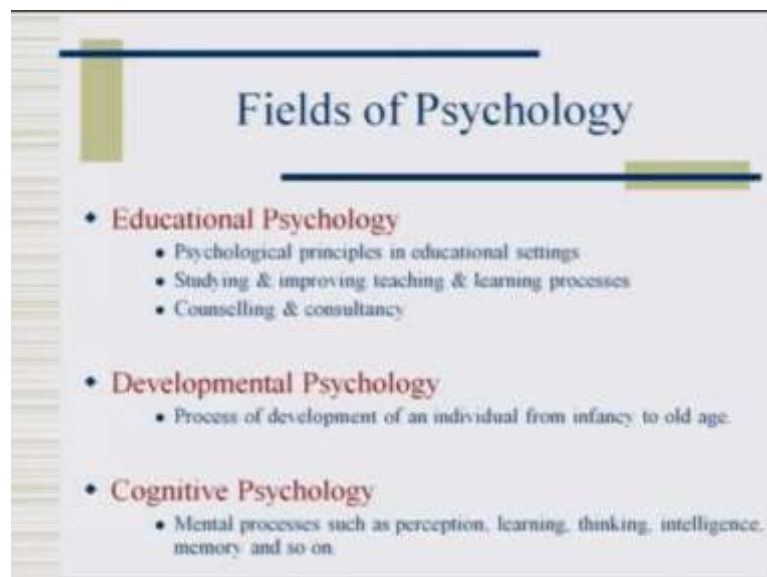
And the last division that is the 56 division is the trauma psychology division which looks at professional and public education related to traumatic stress and if you look at all the divisions ,that we have focused on here all the divisions of American psychological association it tells you how wide the expansion of the understanding of psychology is and therefore, whatever you can think of now related to human beings you would realize that one or the other branch of psychology handles that. So, having understood why is study of psychology having looked at various divisions of American psychological association if you now have to understand know what are the fields where psychologist indulge themselves into, you have seen the full range now I will quickly summarize them.

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So, general psychology basically looks at the basic characteristics of behavior and it searches for the general and the basic process and the laws that govern them at the neuropsychological aspects which looks at the brain nervous system and endocrine glands and tries to correlate physiology with behavior were as comparative psychology which basically relates animal and human behavior.

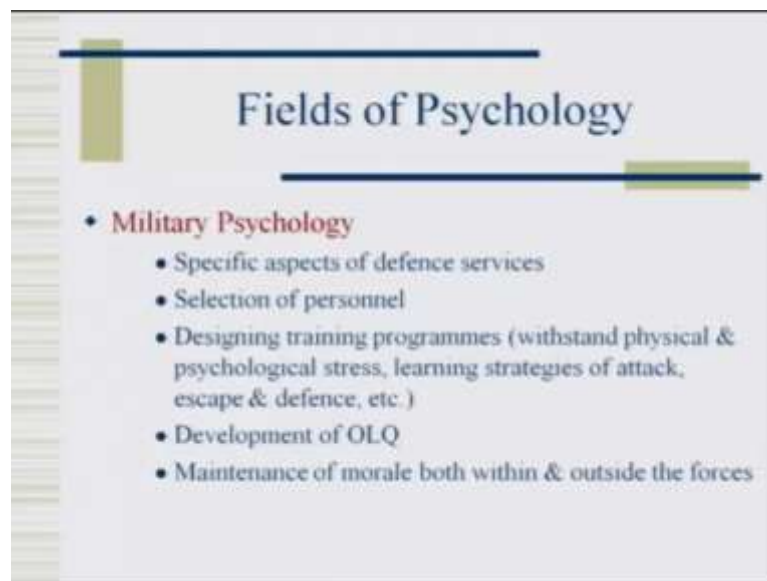
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And try to get a comparative picture one of the what you call well developed and very much used discipline in psychology is that of the educational psychology division, where

you realize that psychological principles are used in educational settings. They basically look at studying and improving teaching and the learning process and the whole bachelor of education program, the BED program, the MED program, now they heavily borrow contents from psychology developmental psychology we have talked about cognitive psychology organizational abnormal and clinical aspect of psychology military psychology.

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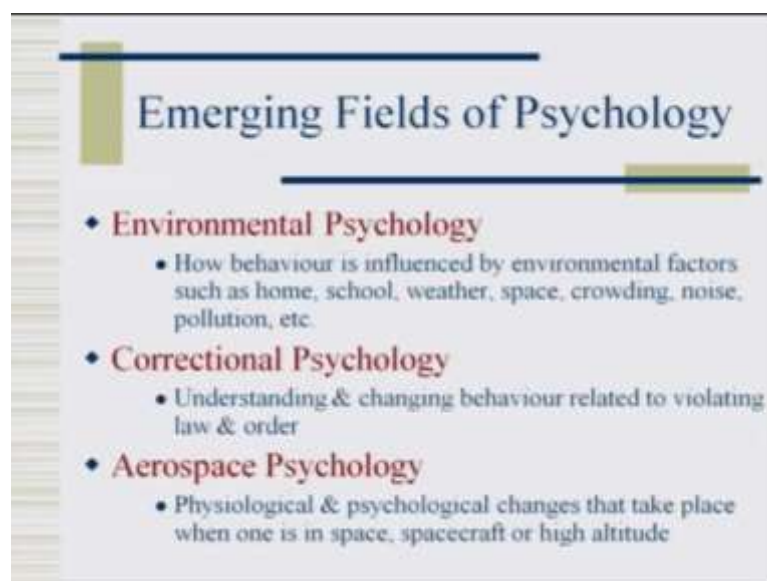


We just said that why in this division now looks at the needs of the armed forces which basically means, now that you look at a specific aspects of the defense services which word includes selection of their personnel designing training programs for them development of the officers like quality which is one of the mandate of this services and most herculean task is maintenance of morale both within and outside the forces.

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Health psychology and community psychology we have discussed environmental psychology we discussed two interesting aspects one is the correctional psychology where you realize that people work towards understanding and changing behavior which has to do with violation of law and order and one area of psychology which is, of course not So, developed in our country is the aerospace psychology which looks at the physiological and psychological changes that take place when one is in the space spacecraft or at high altitude.

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Sports psychology is one of the emerging fields which look at issues like motivation high risk sports etcetera and again one of the not So, developed area of psychology as for as our country is concern is political psychology which looks at issues and problems related to people and their relationship with the authority which is generally political in nature.

So, this is the full spectrum and the intention of know making you go through the division of psychology as well as the emerging fields was to realize that what is the importance of the subject that you have opted to go through in this very program. So, when we meet next we would be talking about various schools of thoughts in psychology then we would talking about major mile stones then, we will go to methods and with this we will be basically completing our overall understanding of what psychology is ,the dominant methods and fields.

Thereafter we will start the from the second week, we will start going through specific modules where we will be talking about perception learning memory emotion genetics and behavior and so forth and when we will come to the last week of this very course that would be the time, when we would be basically looking at some of the methods their application used in the lab setup to understand theoretically, what you would have discussed in the first 7 weeks.

So, see you in the next lecture.

Keywords - why psychology , american psychological association , areas of psychology,
fields of psychology