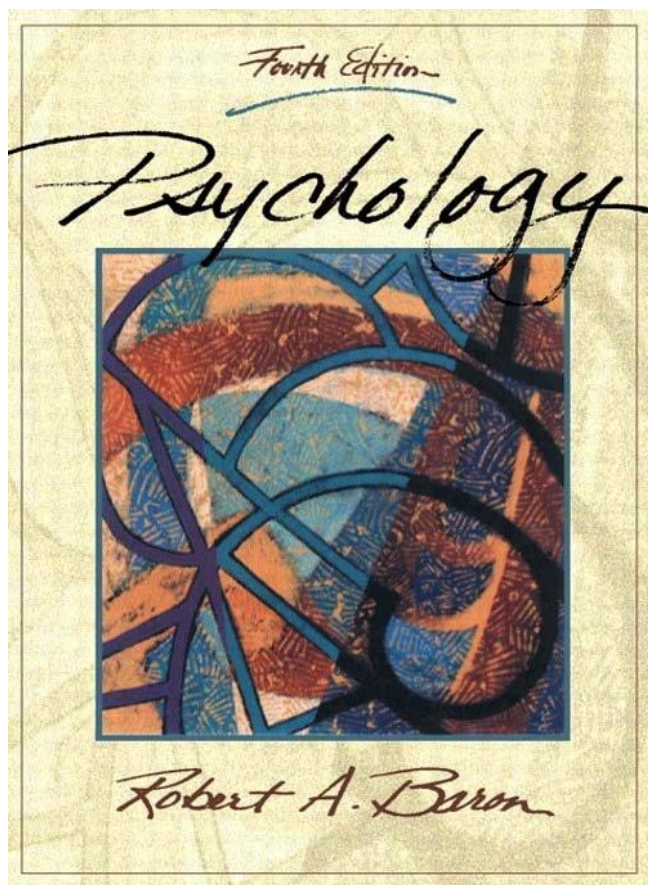


HSN-002 Introduction to Psychology

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Course information



- ☐ 2 credits
- ☐ Contact hours – 1-1
- ☐ Evaluation
 - ☐ Mid Term Exam (MTE) – 30
 - ☐ End Term Exam (ETE) – 50
 - ☐ Internal (Tutorials) – 20

Humanities & Social science



- ☐ How individuals think, feel and behave
- ☐ How societies behave and influence human behavior
- ☐ How individuals respond to external 'things' such as money

- ☐ Literature
- ☐ Philosophy



Psychology

Some questions

- Nature – Nurture Debate
 - Does aggression stem primarily from innate tendencies?
 - Is intelligence inherited, or shaped by early experience?
- Why do people like sweet and avoid filth?
- Language
 - Can you think without language?
 - How can children learn multiple languages but adults cant?
 - Are humans good intuitive statisticians?
- Rationality versus irrationality

History of Psychology



- Rationalism
 - The view that knowledge can be gained through logic and careful reasoning
- Empiricism
 - The view that knowledge can be gathered through careful observation

History – Structuralism

- **Wilhelm Maximilian Wundt (1832–1920)**
 - Whereas other sciences were based on *mediate experience*, psychology was to be based on *immediate experience*.
 - Subject matter of psychology is human consciousness as it **occurred**
 - **Elements of Thought** – Sensation and feelings
 - **Introspection** - analysing sensations, feelings, and images
- **Edward Bradford Titchener (1867 – 1927)**
 - **consciousness** – The sum total of mental experience at any given moment
 - **Mind** – The accumulated experiences of a lifetime.
 - **Introspection** – more complicated than Wundt's - Titchener's subjects had to search for the elemental ingredients of their experiences.

History - Functionalism

- **William James (1842–1910)**
 - Professor at Harvard
 - The functionalists wanted to understand the function of the mind – smelling, thinking, memory, will power etc.
 - The functionalists urged the broadening of psychology to include research on animals, children, and abnormal humans
 - The functionalists' interest in the “why” of mental processes and behavior led directly to a concern with motivation.

- Behaviourism
 - John B. Watson
 - B F Skinner
 - Only observable, overt activities can be measured in a scientific manner
- Cognitivism
 - Noam Chomsky
 - Memory
 - Attention
 - Decision making

Defining Psychology



Psychology is the science of *behaviour* and *cognitive processes*.

– Robert A. Baron (2002)

- **Study of**
 - Behaviour, Social interactions, and the human mind
- **Understand**
 - how people think, act, and feel
- **Apply your knowledge**
 - to improve life of others (and self)

Major Perspectives of Modern Psychology



Perspective	Description
Behavioural	Focuses on overt behaviour
Cognitive	Focuses on cognitive processes such as memory, thought, reasoning
Biological	Focuses on the biological events and processes that underlie behaviour
Sociocultural	Focuses on all aspects of social behaviour and on the impact of cultural factors on behaviour
Psychodynamic	Focuses on personality and on the role of hidden, often unconscious processes on behaviour
Evolutionary	Focuses on the possible role of inherited tendencies in various aspects of behaviour

The Major Subfields of Psychology

Subfield	Description
Clinical	Studies diagnosis, causes, and treatment of mental disorders
Counseling	Assists individuals in dealing with many personal problems that do not involve psychological disorders
Developmental	Studies how people change physically, cognitively, and socially over the entire life span; Conducts research on infant, child, adolescent, and adult development
Educational	Studies all aspects of the educational process
Experimental	Studies all basic psychological processes, including perception, learning, and motivation

The Major Subfields of Psychology

Subfield	Description
Cognitive	Investigates all aspects of cognition— memory, thinking, reasoning, language, decision making, and so on
Industrial/ organizational	Studies all aspects of behavior in work settings
Biopsychology	Does research on the brain, nervous system, and other physical origins of behavior
Social psychology	Studies all aspects of social behavior and social thought— how we think about and interact with others
Personality	Studies personality traits and dynamics; develops theories of personality and tests for assessing personality traits

- *Accuracy:*
 - A commitment to gathering and evaluating information about the world in as careful, precise, and error-free a manner as possible.
- *Objectivity:*
 - A commitment to obtaining and evaluating such information in a manner that is as free from bias as humanly possible.
- *Skepticism:*
 - A commitment to accepting findings as accurate only after they have been verified over and over again, preferably by many different scientists working independently.
- *Open-Mindedness:*
 - A commitment to changing one's views—even views that are strongly held—in the face of evidence that shows these views to be inaccurate.

The Role of Theory in the Scientific Method



Research Methods Used by Psychologists



Method	Description
Systematic observation	Behavior in natural settings is studied systematically
Case method	A small number of persons are studied in detail
Surveys	Large numbers of persons are asked questions about their attitudes or views
Correlational research	Researchers measure two or more variables to determine if they are related in any way
Experimentation	The presence or strength of one or more variables is varied
