

# Introduction to psychology

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# WHAT IS PSYCHOLOGY?

## Introduction to Psychology



There are many ways that we could answer this question.

However, try to decide for yourself what you understand psychology to be.

What do you think the man in the street understands when he/she hears the word 'psychology'?

**Can you make some suggestions?**

# WHAT IS PSYCHOLOGY?



## TRUE

**Psychology is a science.**

**Psychology is about understanding people.**

**It's a scientific study.**

**Psychology is about people's minds.**

**Culture explains psychology.**

**Mental processes are important to psychology.**

## FALSE

**Psychology is about psychiatrists.**

**Psychology explains everything.**

**Psychologists look at one aspect of behaviour.**

**Psychology is about animals only.**

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## TRUE

The word 'psychology' comes from the Greek word 'psyche' which means the soul or mind.

The second part of the word indicates knowledge or study. If you take the two together, it implies the science of the mind.

Psychologists carry out research into people's experience and behaviour, just like a scientist would do.

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## TRUE

Psychologists have a difficult task of understanding people. After all, you cannot get inside someone's mind. You can observe their behaviour though and draw conclusions from those observations. Psychologists are interested in understanding the mind and behaviour of people. Psychology tries to understand the way in which human beings and sometimes animals behave and experience the world.

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## TRUE

Psychology has been described as a science.

Psychologists have to undertake research to make their conclusions.

Psychologists take the individual and his/her experiences and behaviour as the focal point for research and data.

Psychologists, like pure scientists, have to conduct experiments and collect evidence to make conclusions.

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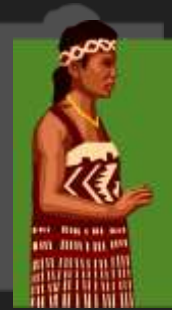
## TRUE

Our interaction with other people interests psychologists.

Different cultures can make assumptions about people.

Being part of a particular culture has a profound effect on people.

We all live within social groups and they influence our thoughts and behaviour.



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## TRUE

Consciousness is a part of human experience.

Mental processes explain why we behave and act as we do.

When studying humans or animals, psychologists record their observations to understand and predict mental processes.





## The Problem of Intuition and psychology as a scientific discipline

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- We learn that people may become depressed after they fail at an important task. We see that aggressive behavior occurs frequently in our society, and we develop theories to explain why this is so. These insights are part of everyday social life. In fact, much research in psychology involves the scientific study of everyday behavior (Heider, 1958; Kelley, 1967)

i For example, eyewitnesses to violent crimes are often extremely confident in their identifications of the perpetrators of these crimes. But research finds that eyewitnesses are no less confident in their identifications when they are incorrect than when they are correct (Cutler & Wells, 2009; Wells & Hasel, 2008).

- People may also become convinced of the existence of extrasensory perception (ESP), or the predictive value of astrology, when there is no evidence for either (Gilovich, 1993).
- Furthermore, psychologists have also found that there are a variety of cognitive and motivational biases that frequently influence our perceptions and lead us to draw erroneous conclusions (Fiske & Taylor, 2007; Hsee & Hastie, 2006).

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- In summary, accepting explanations for events without testing them thoroughly may lead us to think that we know the causes of things when we really do not.

## USE OF PSYCHOLOGY IN DAILY LIFE

Watch this video first

<https://youtu.be/U4PezqUovLw>

To leverage psychological science to live better we need to **CHILL, DRILL, and BUILD**:

1.CHILL (Take time out from an emotional event to let your biology return to normal).

1.DRILL (Practice specific productive ways of thinking to modify automatic thoughts that are unproductive).

1.BUILD (your social networks).

[Regan A. R. Gurung, PhD](#) June 11, 2018



# MAJOR SUB FIELDS OF PSYCHOLOGY

- Biological Psychology
- Experimental Psychology
- Social & Personality Psychology
- Clinical & Counseling Psychology
- School & educational Psychology
- Organizational/Industrial Psychology
- Developmental Psychology
- Sports Psychology
- Health Psychology
- Forensic Psychology



WHAT IS PSYCHOLOGY?

# Clinical Psychology



This involves helping people who have mental health concerns or problems. The aim is to help people cope more successfully with their lives.

WHAT IS  
PSYCHOLOGY?

# Occupational Psychology



This involves improving people's performance in the work place, by reducing stress factors, for example, or by making sure that the best candidate is chosen for a specific job.





WHAT IS  
PSYCHOLOGY?

# Consumer Psychology



This involves working with businesses and within industry to promote an understanding of how and why consumers behave and choose products. Marketing and advertising are areas that use this type of psychology.

WHAT IS  
PSYCHOLOGY?

# Sports Psychology



This involves enhancing and improving personal sports performance. The psychologist works with sportsmen and women, teams, coaches and sports clubs. He /she devises better training programmes to improve competitive performance.

WHAT IS  
PSYCHOLOGY?

# Counselling Psychology



This involves dealing with people who have personal problems or problems in relationships. The aim is to help people deal with the stresses of their everyday life.

WHAT IS  
PSYCHOLOGY?

# Educational Psychology



This involves working with school aged children and young adults. Educational support is offered to pupils, parents and teachers.

WHAT IS  
PSYCHOLOGY?

# Research Psychology



This involves undertaking research both academically and in other areas such as in industry, for example.

WHAT IS  
PSYCHOLOGY?

# Forensic Psychology



This involves working with criminals in an effort to understand and/or change their behaviour. It usually involves working closely with the police and prison staff. It can cover the rehabilitation of criminals as well as finding the perpetrators of an individual crime.