

What is Psychology

Science of human behaviour and mental processes

Actions and Reactions

Thoughts, feelings and memories

William Wundt - Introspection

First to distinguish between sensation
and

perception

stimulus effect
brain's interpretation

Structuralism - understand how our mind works in its simplest components

- Introspection

Edward Titchner

Critics - Need smart verbal people

- Results and experiences vary

- Often inaccurate

Functionalism - purpose of this adaptation in evolutionary history
- Thoughts, feelings, behaviours

William James

• How does it help us survive

• What does this function serve

Behaviourist - Psychology is observable behavior Little Albert

Disregarded introspection, mental processes

Psychoanalytic/dynamic - bringing unconscious thoughts to their conscious

Sigmund Freud

e.g. childhood trauma causes social anxiety

Humanist - study successful people's traits to generalise population

Abraham Maslow

Carl Rogers

Psychology Today

Basic Research - research that increases general scientific knowledge
- explores fundamental bases of behavior

- Biological
- Cognitive mental processes
- Developmental
- Social
- Personality

Applied Research - research that addresses real-world problems

- Clinical diagnosis, treatment and prevention of emotional disorder
- Health how behaviors and culture contribute to physical health and illness
- I/O (Industrial/Organisational) workplace to ↑ productivity & well-being
- Educational Teaching and learning methods
- Forensic Psychology and Law
- Sport Psychology and Performance/Motivation/Injuries