

# Introduction to Psychology

Introduction to the Human Sciences

Lecture 1

02 April 2019

# Focus of Four Sessions



**Introduction**



**How we do study mental processes**



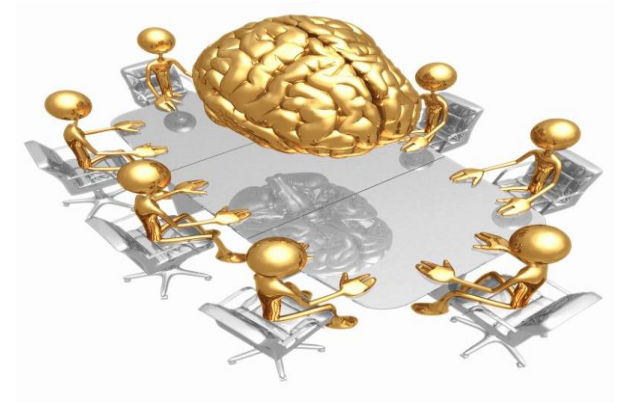
**Perception**



**Personality and Social Psychology**

# Introduction

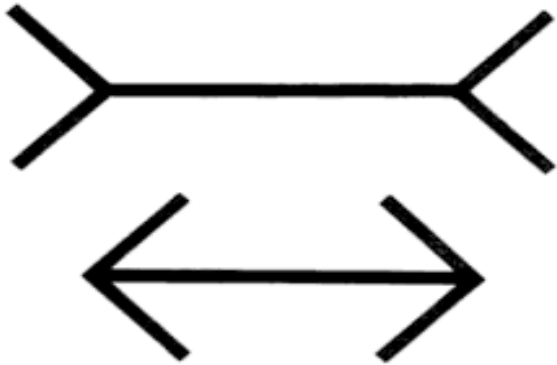
- What is the difference between Psychology and Common Sense? How they are related?
- What is Psychology ?
- What are the goals of Psychology?
- What are the various levels of psychological analysis?
- What are the different types of Psychologists?
- What are two great debates of Psychology?
- What are the applications of Psychology?



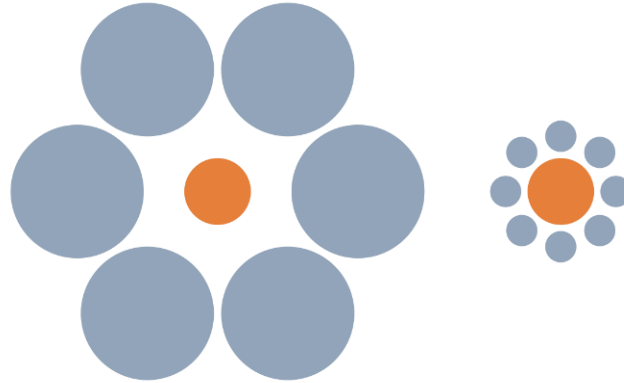
## Psychology and Common Sense

- Most people use only about 10 percent of their brain capacity. True/ False
- Newborn babies are virtually blind and deaf. True/ False
- Hypnosis enhances the accuracy of our memories. True/ False
- All people with dyslexia see words backward (like tac instead of cat). True/ False
- In general, it's better to express anger than to hold it in. True/ False
- The lie-detector (polygraph) test is 90 to 95 percent accurate at detecting falsehoods. True/ False
- People tend to be romantically attracted to individuals who are opposite to them in personality and attitudes. True/ False
- People with schizophrenia have more than one personality. True/ False
- All effective psychotherapies require clients to get to the root of their problems in childhood. True/ False
- There is safety in numbers. People are highly likely to offer help to a victim when other people are present. True/ False

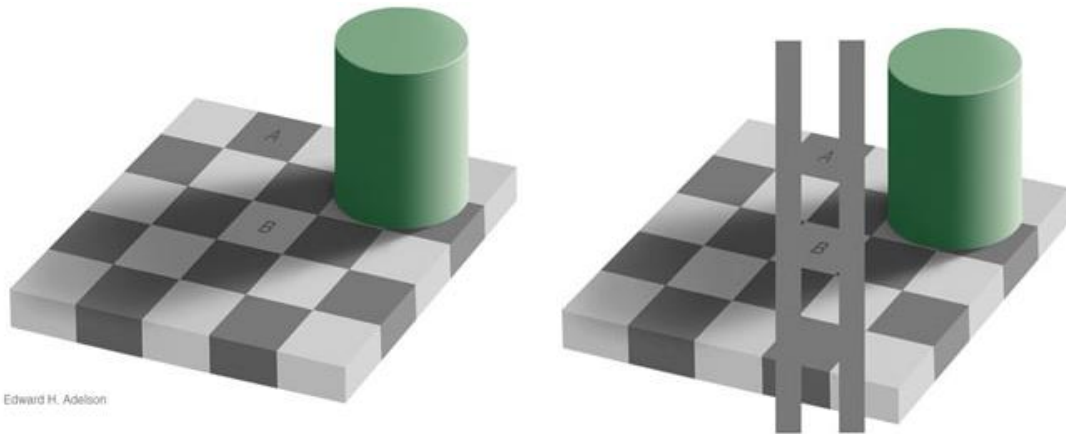
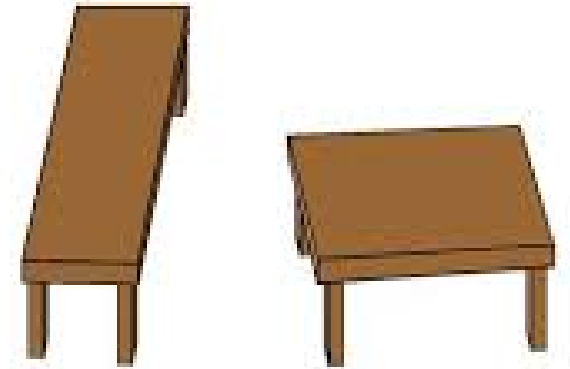
# Psychology and Common Sense



Müller-Lyer illusion

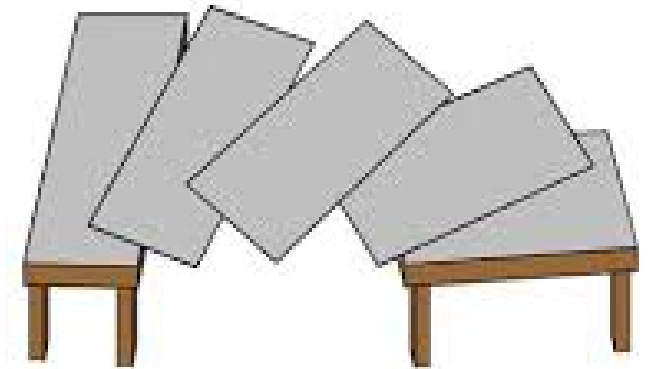


Ebbinghaus illusion



Edward H. Adelson

Checker board illusion



Shepard Table illusion

## Common Sense and Naïve Realism



Naïve Realism –

The belief that we see the world precisely as it is .

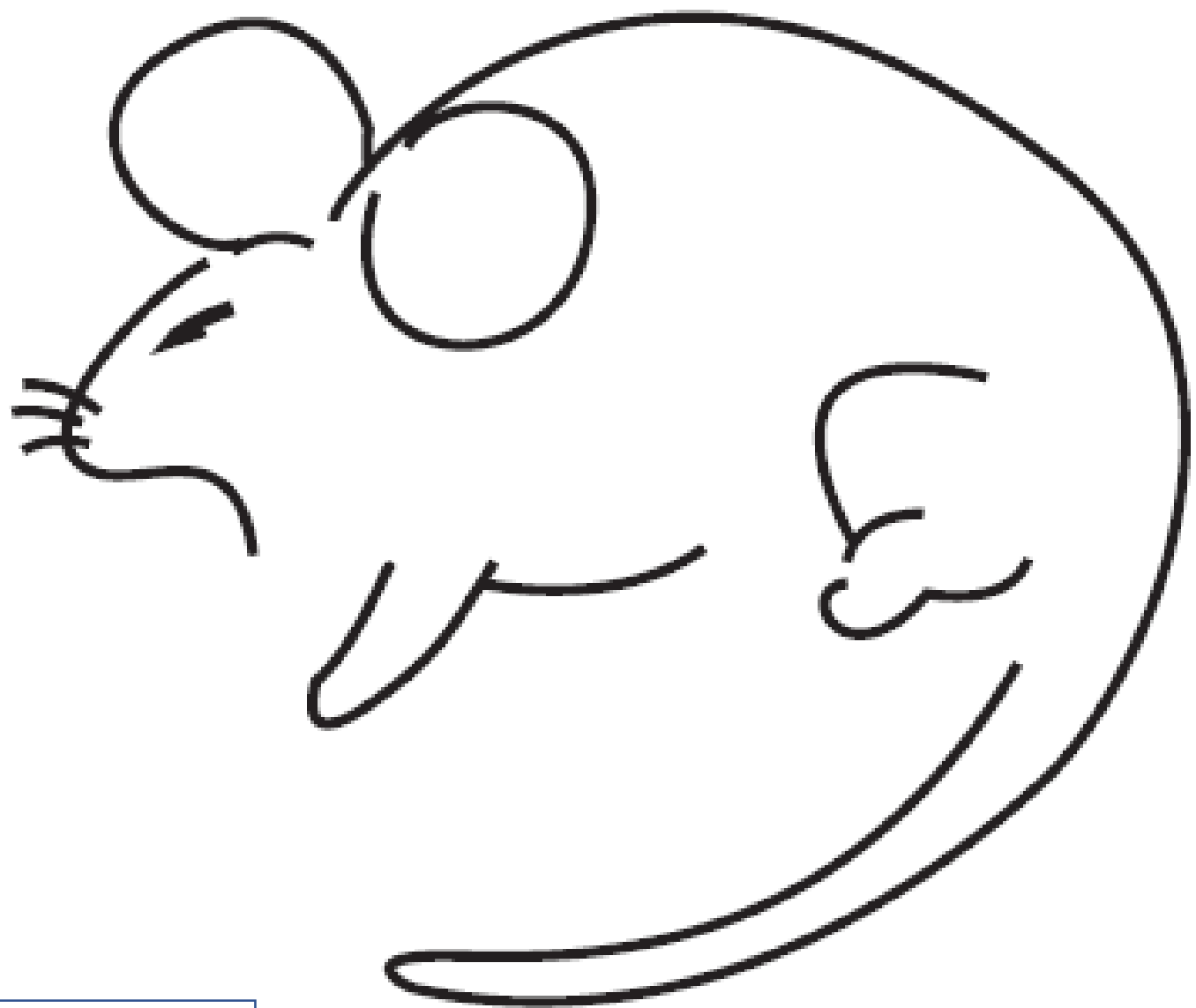
“believing is seeing” rather and the other is also true that our beliefs shape our perceptions of the world (Gilovich, 1991).



**How do we perceive an object?**

**Half the class, close their eyes While the other group look at the  
picture**

**Write down silently, what do you see?**



Rat-Man illusion



**Now everyone open your eyes**

**and**

**Write down silently, what do you see?**



## Memory for a Picture

- In this task, you are going to **read an instruction** and **look at the image immediately after that.**
- Divide the class into two groups and ask them to close their eye one by one as a group

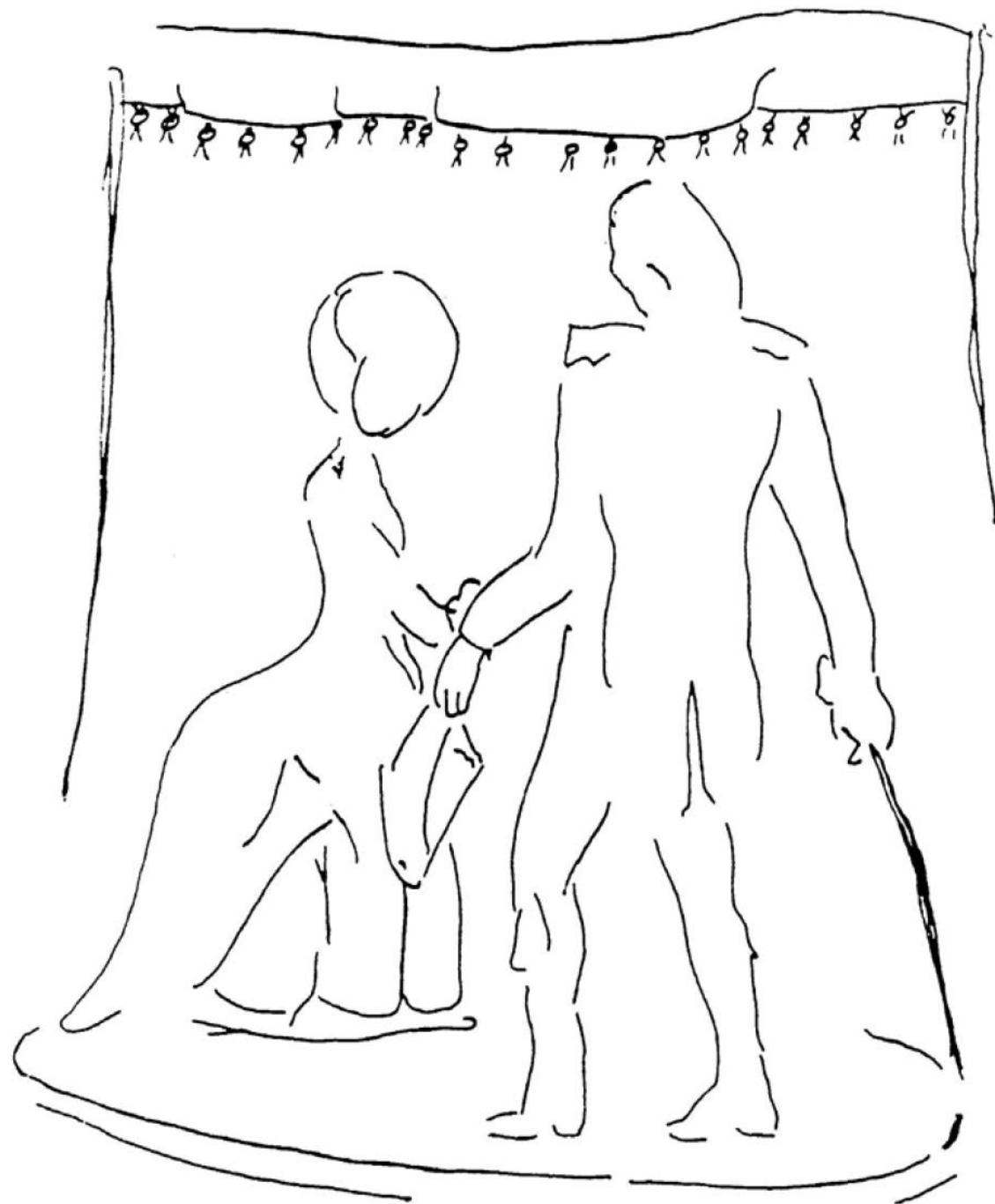
## **Group A**

You are going to look briefly at a video followed by picture and then answer some questions about it.

Do not dwell on the picture.

Look at it only long enough to 'take it all in' once. After that, you will answer YES or NO to a series of questions.





**Now Close your eyes**

**The second group , open your eyes**



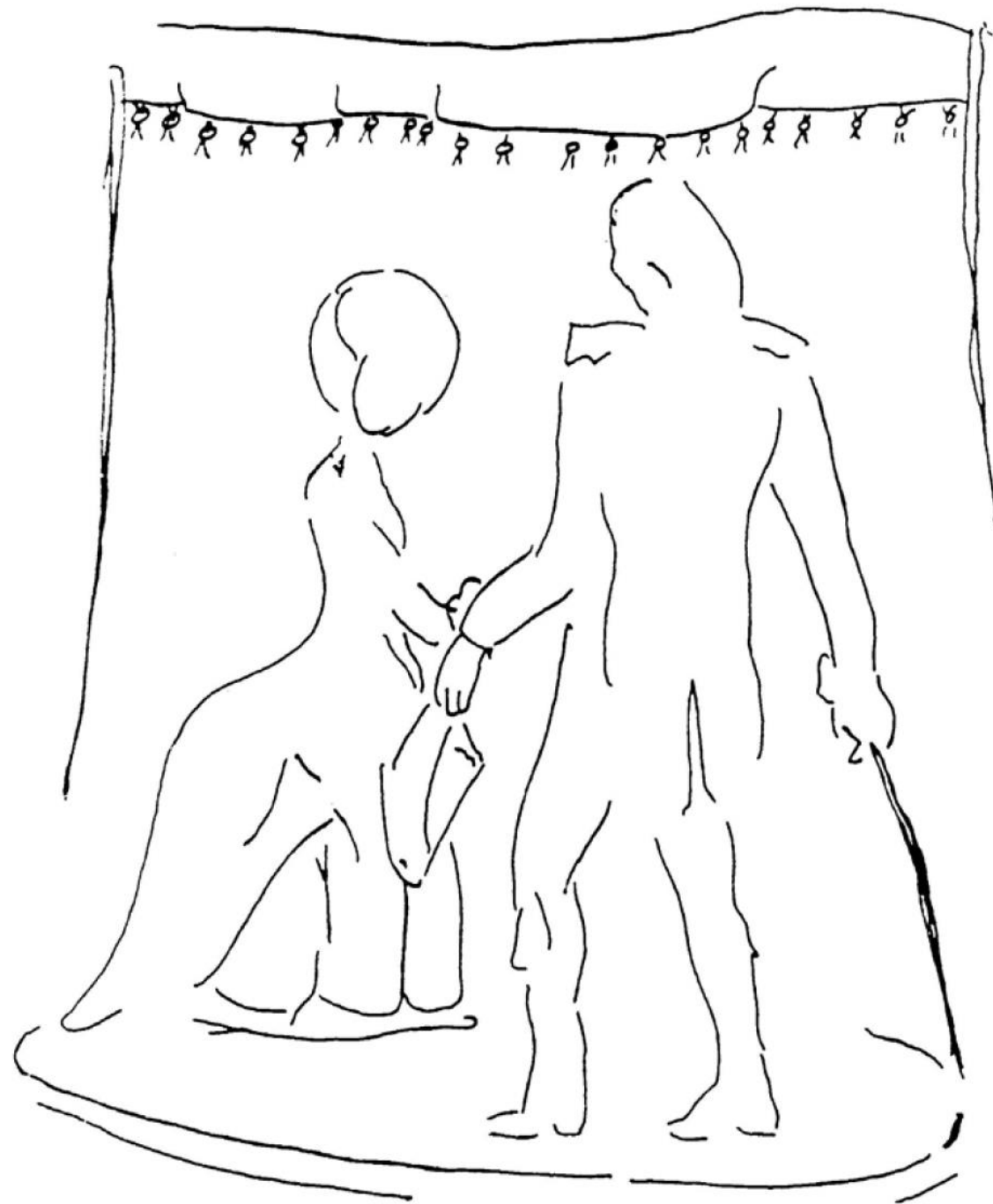
## **Group B**

You are going to look briefly at a series of images followed by picture and then answer some questions about it.

Do not dwell on the picture.

Look at it only long enough to 'take it all in' once. After that, you will answer YES or NO to a series of questions.





**Everyone open your eyes**

**And answer the questions**



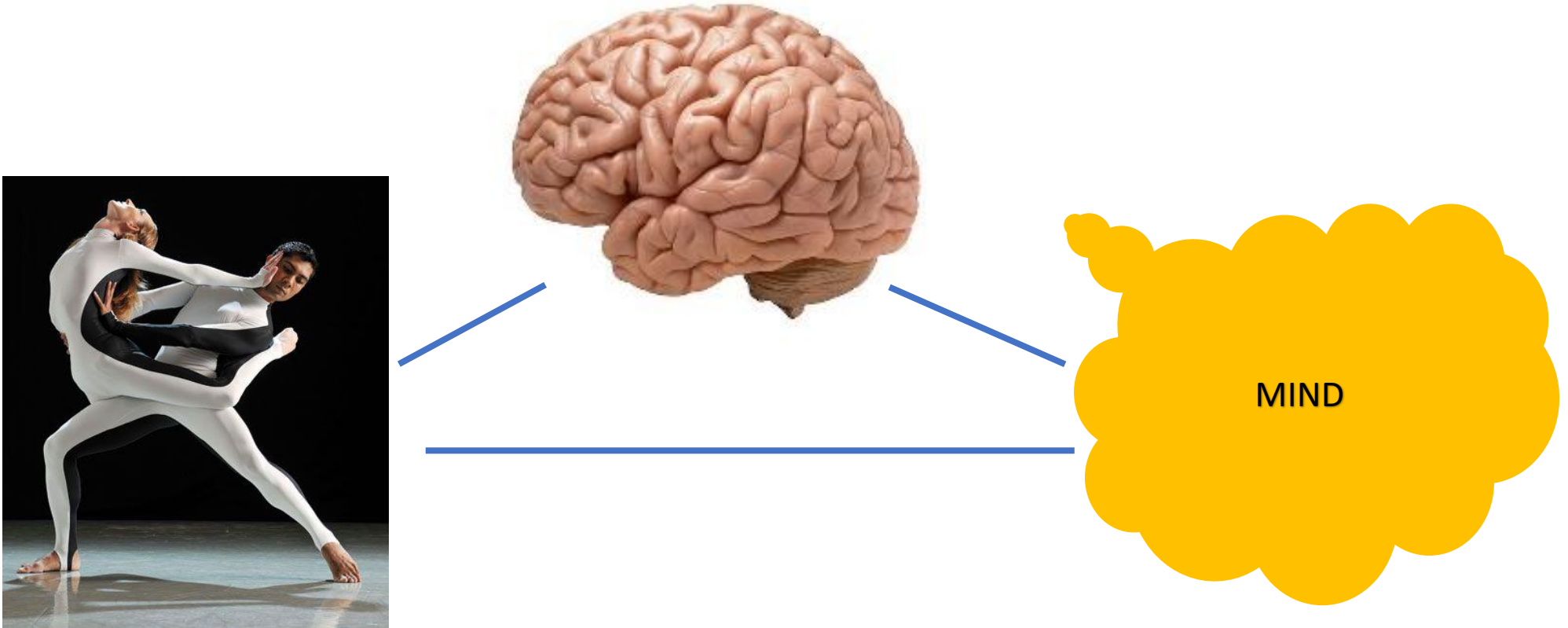


## In the picture was there:

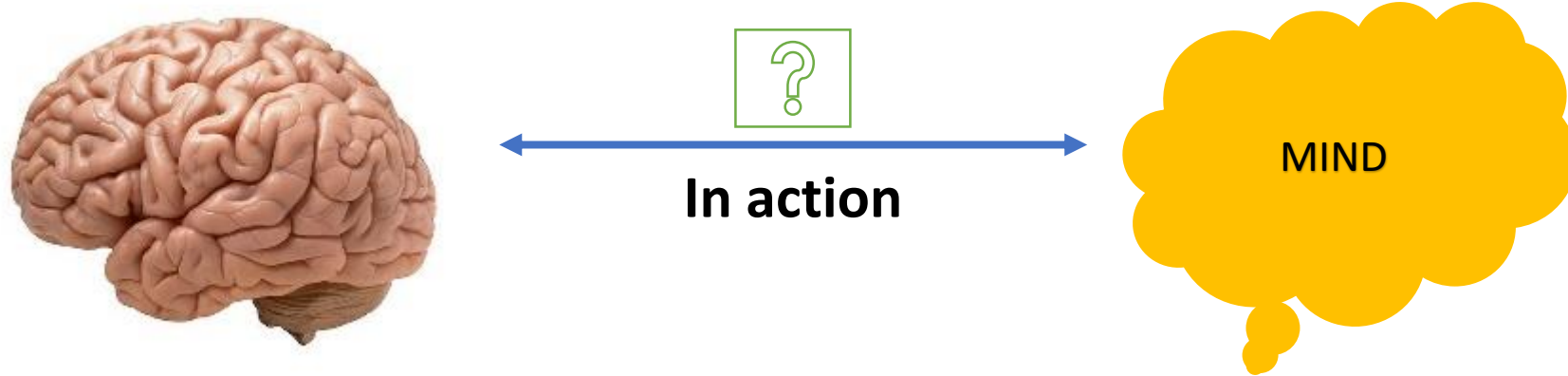
	<u>YES</u>	<u>NO</u>
1. An automobile?	_____	_____
2. A man?	_____	_____
3. A woman?	_____	_____
4. A child?	_____	_____
5. An animal?	_____	_____
6. A whip?	_____	_____
7. A sword?	_____	_____
8. A man's hat?	_____	_____
9. A ball?	_____	_____
10. A fish?	_____	_____

# What is Psychology ?

**Psychology is the scientific study of 'mind' , 'brain', and 'behaviour'**



# What is Brain ?



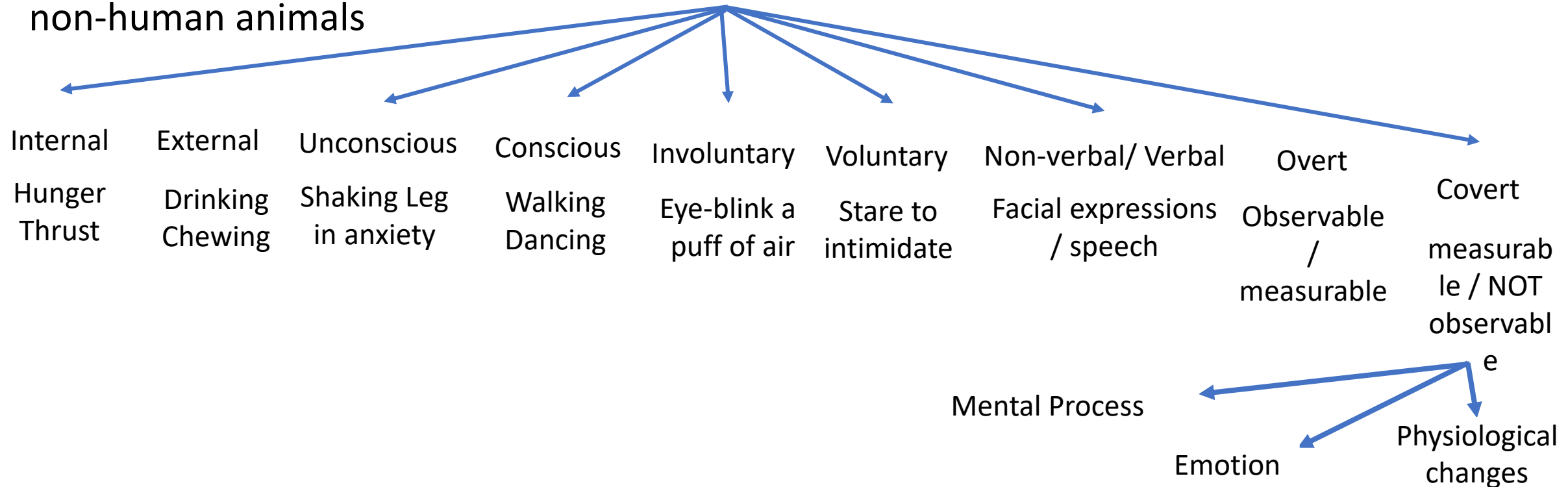
- A lump of soft tissues called neuron
- Carries only 2% of the body weight, 3 pounds approx., 70 % glucose
- Approx. 25% of body's oxygen
- Contain roughly 86 billions of neurons & approximately trillions synapses
- Never rest, its metabolic rate in both day and night is more or less the same
- Internal and abstract
- Enables us to think, perceive, include conscious and unconscious processes and activities
- Brain in action



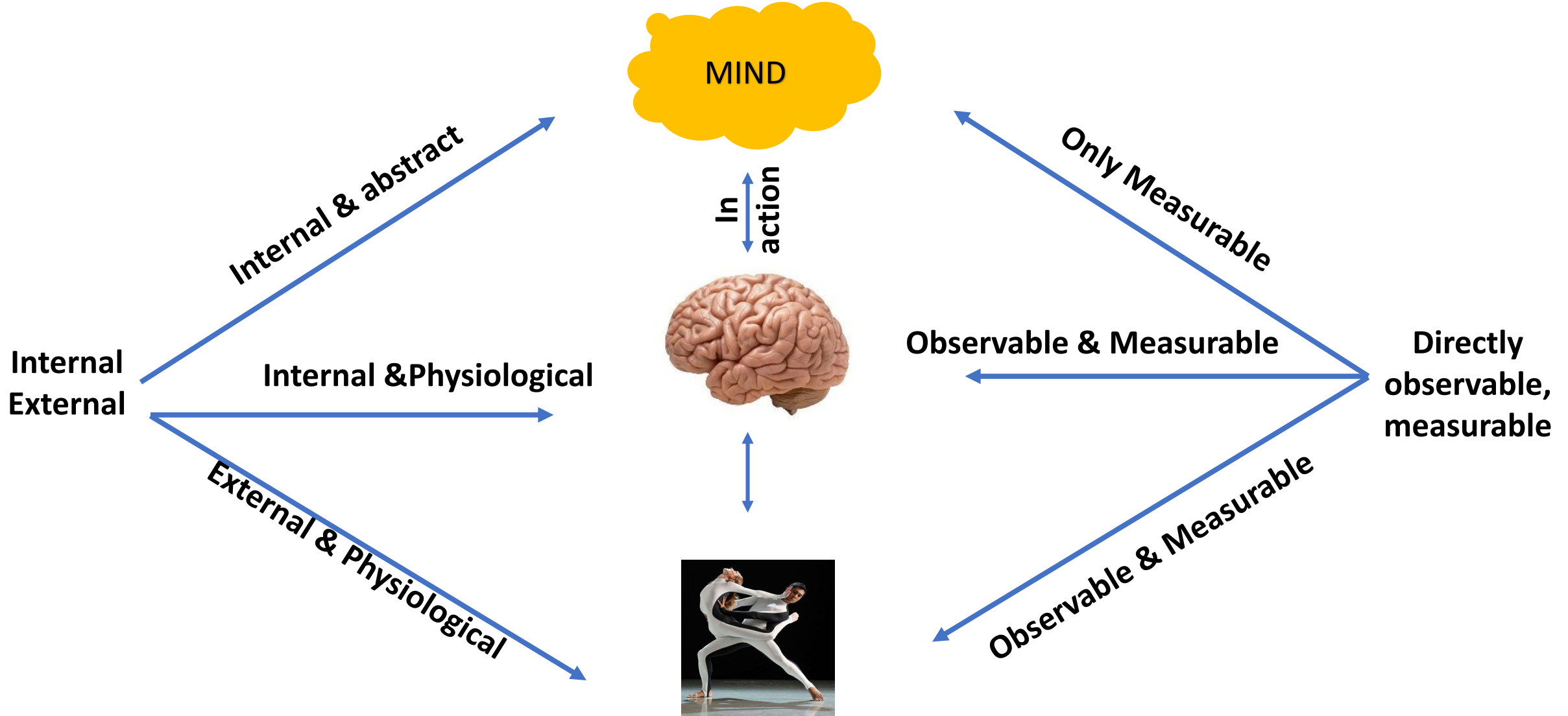
# What is Behaviour ?



Behaviour refers to observable actions (movement and mannerism) of human beings and non-human animals



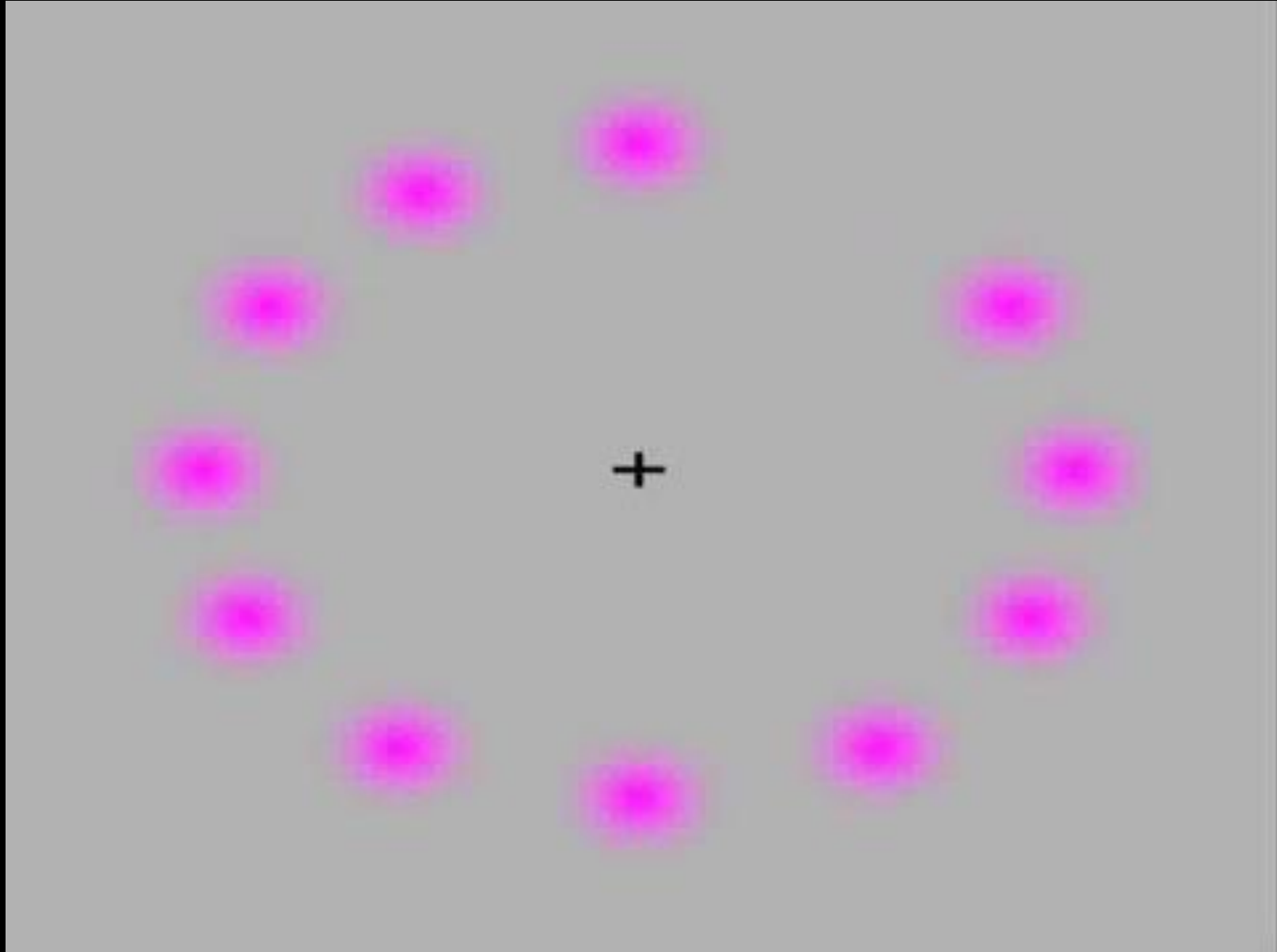
# Psychology



**Psychology is the scientific study of 'mind' , 'brain', and 'behaviour'**

# Goals of Psychology

Lilac Chaser/ Phi  
Phenomenon







# Goals of Psychology

## DESCRIPTION

## EXPLANATION

## PREDICTION

## CONTROL

### FLU

Symptoms: Fever, cough, nasal congestion, sneezing, fatigue, headache  
Timing : Nov – April

Caused by virus  
Transmission  
Mechanism

During Nov – April  
Symptoms

Flu Shots  
Precautions &  
Care

### Major Depressive disorder

Symptoms : Pervasive & persistent low mood, low self-esteem, anhedonia

Biological, cognitive/  
psychological, learning/  
behavioural, social,  
interpersonal

Biological , cognitive,  
and/or behavioural  
history assessment

Psychotherapy  
Anti-depressant

# Goals of Psychology

## DESCRIPTION

## EXPLANATION

## PREDICTION

## CONTROL

### Video – game addiction

Time consumed interfering with obligations, job/work, repetitive engagement in response to stress, repeated failed attempt to reduce behaviour

Biological, cognitive/psychological, learning/behavioural, social, interpersonal

Biological , cognitive, and/or behavioural history assessment

Counseling

### Studying Habits

Using particular habits  
Improves learning and memory

Cognitive , emotional, biological

Using particular study-habits will improve learning and memory

Using effective – and no ineffective study habits