

# Prologue: The Story of Psychology



# What is Psychology

Psychology is the science of behavior and mental processes.





# Psychology's Roots

## *Prescientific Psychology*

- Ancient Greeks
  - Socrates
  - Plato
  - Aristotle

# Psychology's Roots

## *Prescientific Psychology*

- Rene Descartes
- Francis Bacon
- John Locke
  - Tabula Rasa  
(blank slate)
- Empiricism



# Empiricism

= the view that knowledge originates in experience and that science should, therefore, rely on observation and experimentation.



# Psychology's Roots

## *Psychological Science is Born*

- Wilhelm Wundt (1879)
  - University of Leipzig
  - Father of Modern Psychology





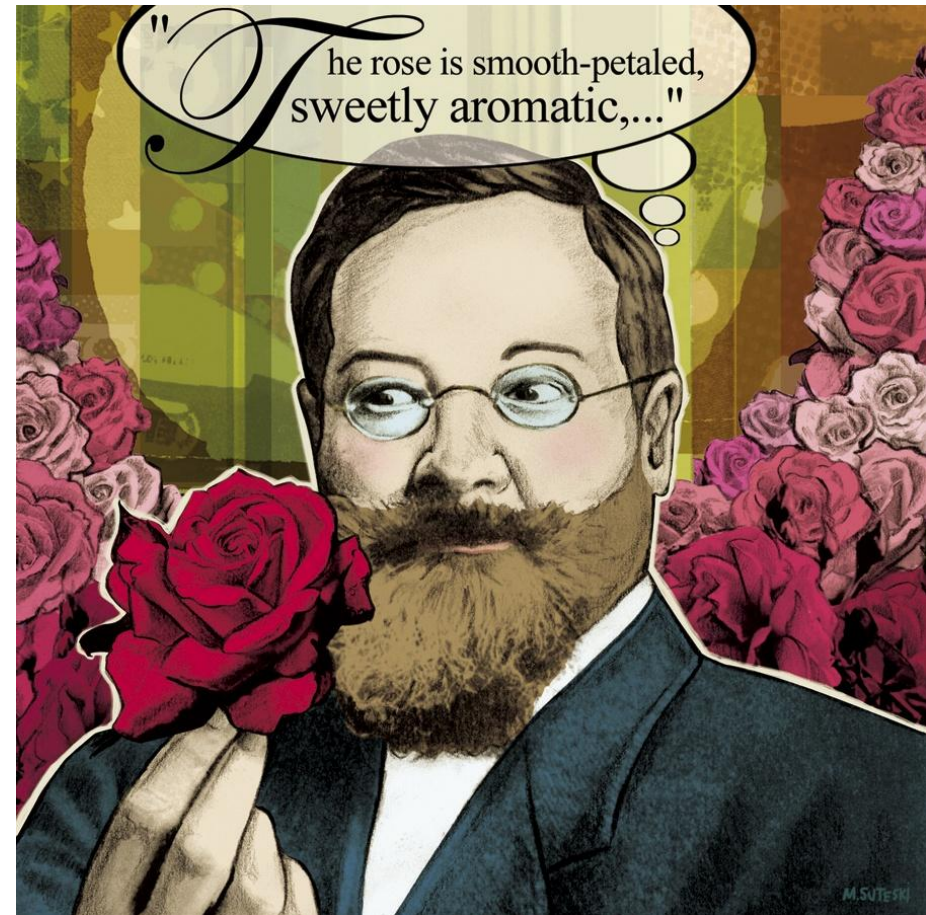
# Psychology's Roots

## *Thinking About the Mind's Structure*

- Edward Titchener

- Structuralism

- introspection





# Structuralism

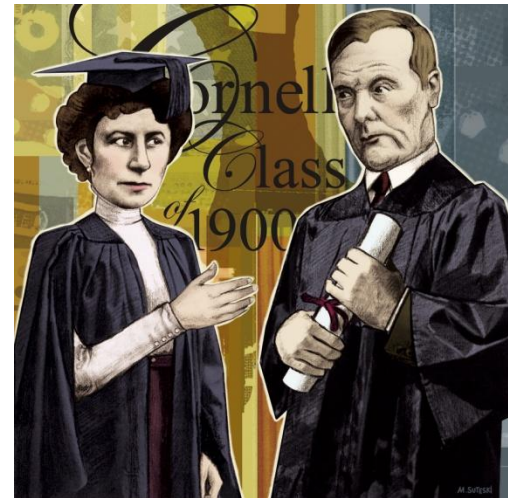
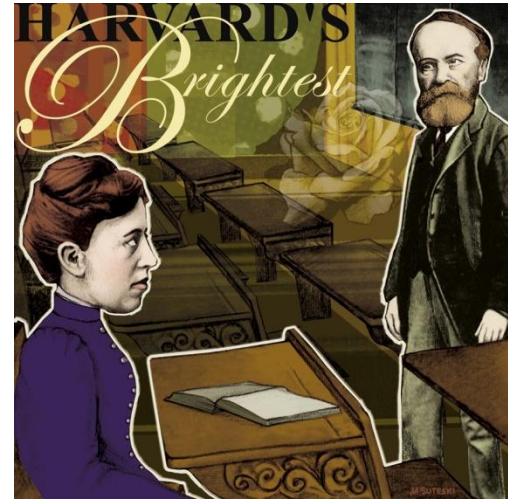
= an early school of psychology that used introspection to explore the structural elements of the human mind.



# Psychology's Roots

## *Thinking About the Mind's Function*

- William James
  - Functionalism
  - Mary Calkins
  - Margaret Floy Washburn
- Experimental psychology



# Functionalism

= a school of psychology that focused on how our mental and behavioral processes function – how they enable us to adapt, survive, and flourish.



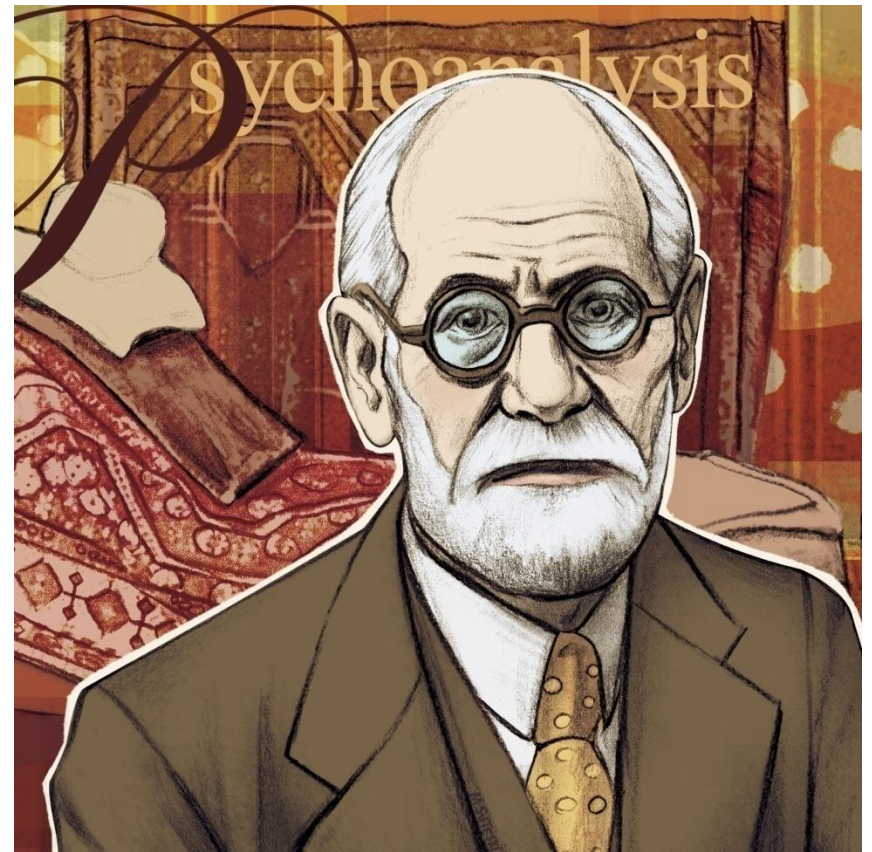
# Experimental Psychology

= the study of behavior and thinking using the experimental method.



# Psychological Science Develops

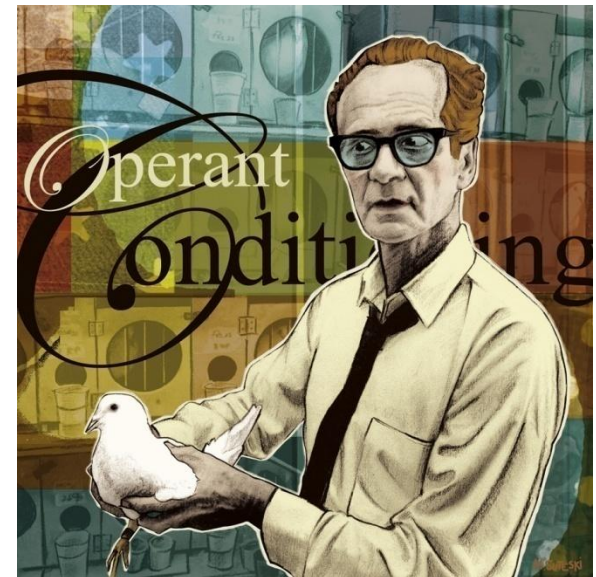
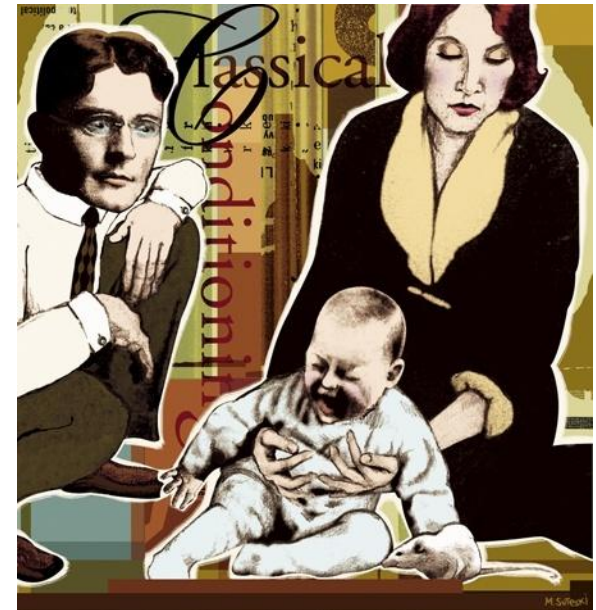
- Sigmund Freud





# Psychological Science Develops

- Behaviorism
  - John B. Watson
  - B.F. Skinner
  - “study of observable behavior”





# Behaviorism

- = the view that psychology (1) should be an objective science that (2) studies behavior without reference to mental processes.
- Most research psychologists today agree with (1) but not with (2).



# Psychological Science Develops

- Humanistic psychology
  - Carl Rogers
  - Abraham Maslow
- Cognitive Neuroscience



# Cognitive Neuroscience

= the interdisciplinary study of the brain activity linked with cognition (including perception, thinking, memory, and language).



# Humanistic Psychology

= historically significant perspective that emphasized the growth potential of healthy people and the individual's potential for personal growth.



# Contemporary Psychology



# Psychology's Biggest Question

- Nature – Nurture Issue
  - Biology versus experience
  - History
    - Greeks
    - Rene Descartes
    - Charles Darwin
      - Natural selection





# Nature-Nurture Issue

- = the longstanding controversy over the relative contributions that genes and experience make to the development of psychological traits and behaviors.
- Today's science sees traits and behaviors arising from the interaction of nature and nurture.



# Natural Selection

= the principle that, among the range of inherited trait variations, those contributing to reproduction and survival will most likely be passed on to succeeding generations.



# Psychology's Three Main Levels of Analysis

- Levels of Analysis
  - Biological
  - Psychological
  - Social-cultural
- Biopsychosocial Approach

# Levels of Analysis

= the differing complementary views, from biological to psychological to social-cultural, for analyzing any given phenomenon.



# Psychology's Three Main Levels of Analysis

## Biological influences:

- natural selection of adaptive traits
- genetic predispositions responding to environment
- brain mechanisms
- hormonal influences

## Psychological influences:

- learned fears and other learned expectations
- emotional responses
- cognitive processing and perceptual interpretations

Behavior or mental process

## Social-cultural influences:

- presence of others
- cultural, societal, and family expectations
- peer and other group influences
- compelling models (such as in the media)

# Biopsychosocial Approach

= an integrated approach that incorporates biological, psychological, and social-cultural levels of analysis.





# Psychological Approaches/Perspectives

- Biological psychology
- Evolutionary psychology
- Psychodynamic psychology
- Behavioral psychology
- Cognitive psychology
- Humanistic psychology
- Social-cultural psychology

# Biological Psychology

= a branch of psychology that studies the links between biological (including neuroscience and behavior genetics) and psychological processes.



# Evolutionary Psychology

= the study of the roots of behavior and mental processes using the principles of natural selection.



# Psychodynamic Psychology

= a branch of psychology that studies how unconscious drives and conflicts influence behavior, and uses that information to treat people with psychological disorders.



# Behavioral Psychology

= the scientific study of observable behavior, and its explanation by principles of learning.



# Cognitive Psychology

= the scientific study of all the mental activities associated with thinking, knowing, remembering, and communicating.



# Humanistic Psychology

= historically significant perspective that emphasized the growth potential of healthy people and the individual's potential for personal growth.





# Social-Cultural Psychology

= the study of how situations and cultures affect our behavior and thinking.



# Psychological Approaches/Perspectives

## PSYCHOLOGY'S APPROACHES

### Approach

### Focus

Biological

How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences

Evolutionary

How the natural selection of traits promoted the survival of genes

Psychodynamic

How behavior springs from unconscious drives and conflicts

# Psychological Approaches/Perspectives

## PSYCHOLOGY'S APPROACHES

### Approach

### Focus

Behavioral

How we learn observable responses

Cognitive

How we encode, process, store, and retrieve information

Humanistic

How we meet our needs for love and acceptance and achieve self-fulfillment

Social-cultural

How behavior and thinking vary across situations and cultures

# Psychology's Subfields

- Psychometrics
- Basic Research
  - Developmental psychology
  - Educational psychology
  - Personality psychology
  - Social psychology



# Psychometrics

= the scientific study of the measurement of human abilities, attitudes, and traits.



# Basic Research

= pure science that aims to increase the scientific knowledge base.



# Developmental Psychology

= the scientific study of physical, cognitive, and social change throughout the life span.





# Educational Psychology

= the study of how psychological processes affect and can enhance teaching and learning.



# Personality Psychology

= the study of an individual's characteristic pattern of thinking, feeling, and acting.



# Social Psychology

= the scientific study of how we think about, influence, and relate to one another.



# Psychology's Subfields

- Applied Research
  - Industrial/organizational psychology
  - Human factors psychology
  - Counseling psychology
  - Clinical psychology
  - Psychiatry



# Applied Research

= scientific study that aims to solve practical problems.



# Industrial-Organizational (I/O) Psychology

= the application of psychological concepts and methods to optimizing human behavior in workplaces.



# Human Factors Psychology

= the study of how people and machines interact resulting in the design of machines and environments.





# Counseling Psychology

= a branch of psychology that assists people with problems in living (often related to school, work, and marriage) and in achieving greater well-being.



# Clinical Psychology

= a branch of psychology that studies, assesses, and treats people with psychological disorders.



# Clinical Psychology

= a branch of psychology that studies, assesses, and treats people with psychological disorders.



# Psychiatry

= a branch of medicine dealing with psychological disorders; practiced by physicians who often provide medical (for example, drug) treatments as well as psychological therapy.

