

Prologue: The Story of Psychology



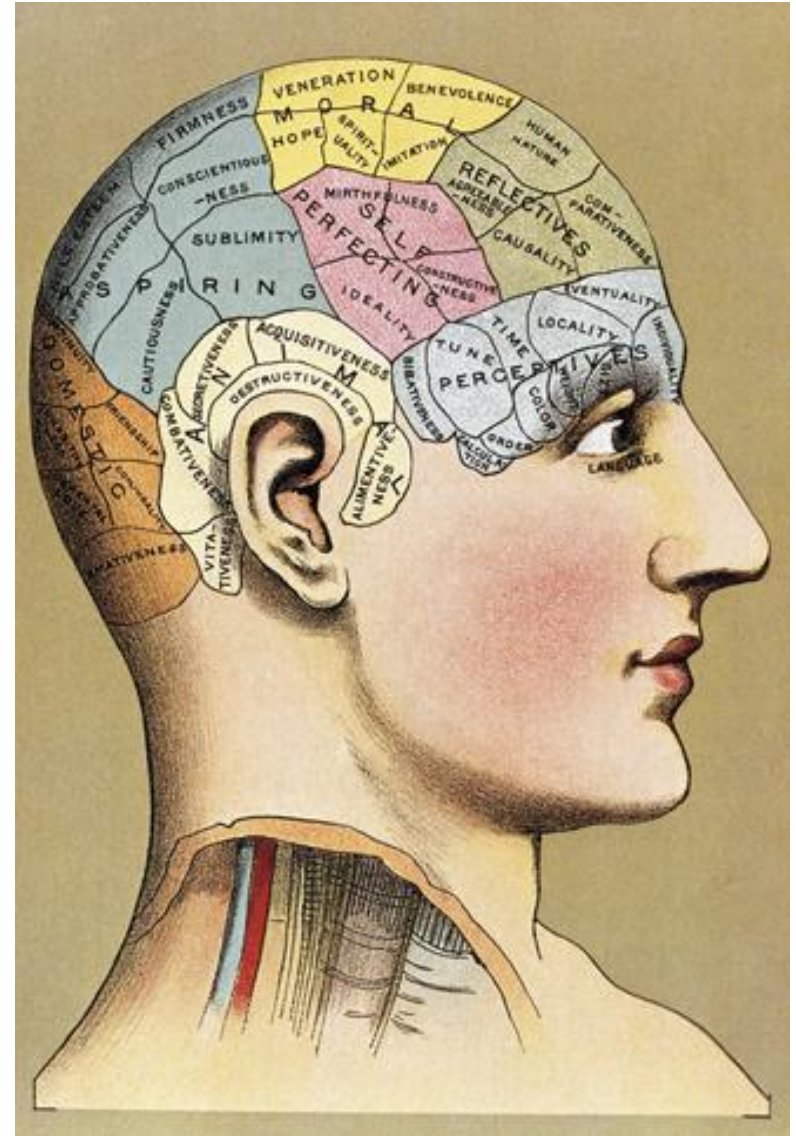
What is Psychology

Psychology is the science of behavior and mental processes.



Psychological Science Develops

- Psychology
 - Science
 - Behavior
 - 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

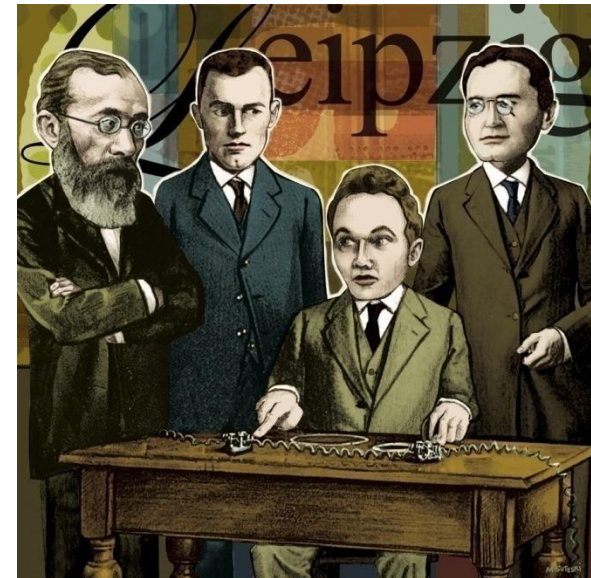
= the view that knowledge originates in experience and that science should, therefore, rely on observation and experimentation.



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

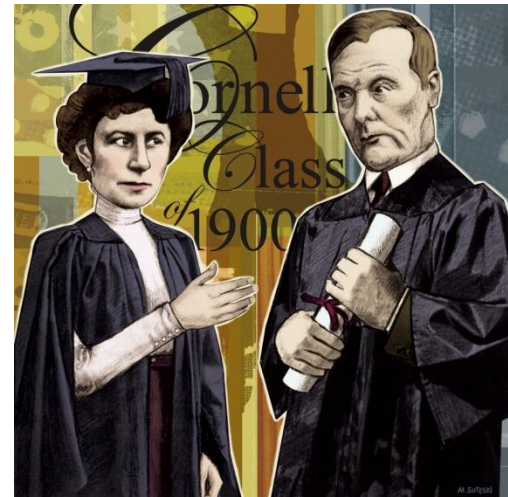
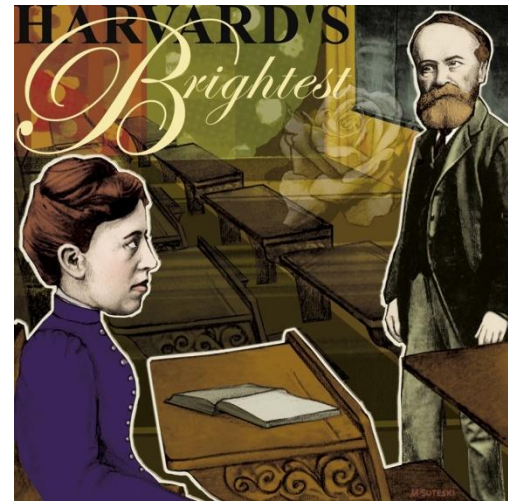
= an early school of psychology that used introspection to explore the structural elements of the human mind.



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.



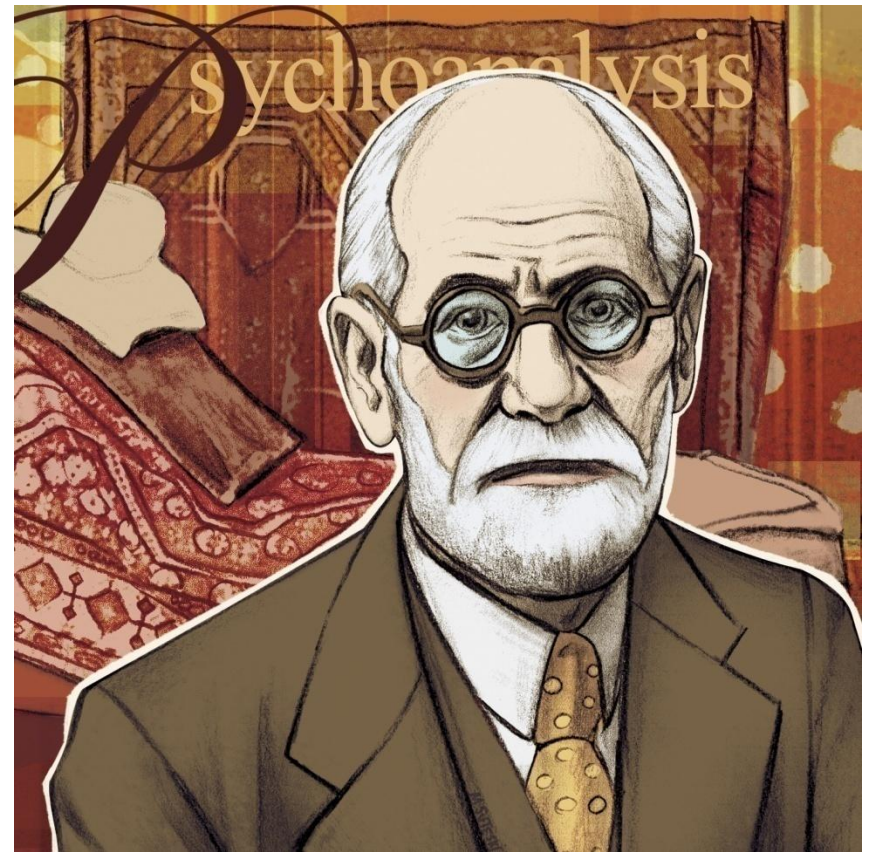
Experimental Psychology

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



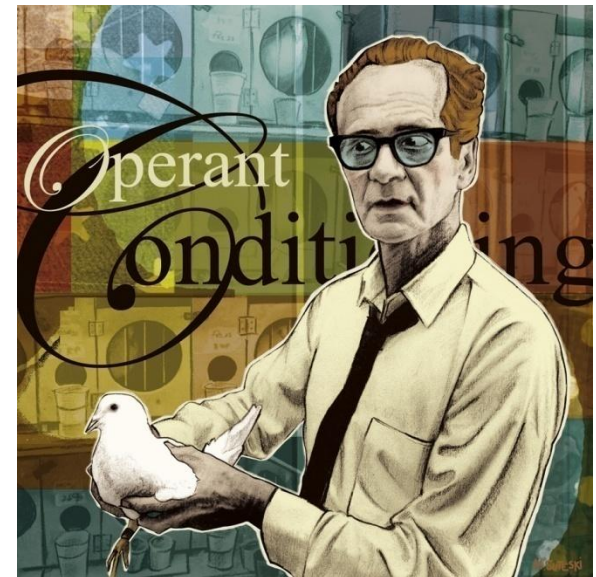
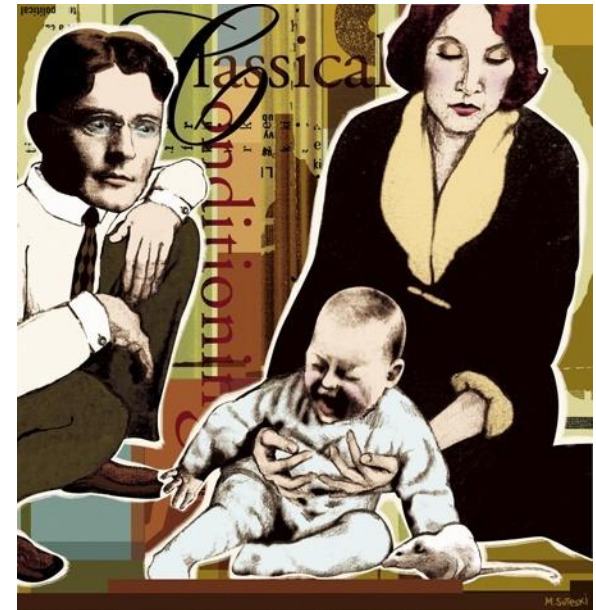
Psychological Science Develops

- 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.

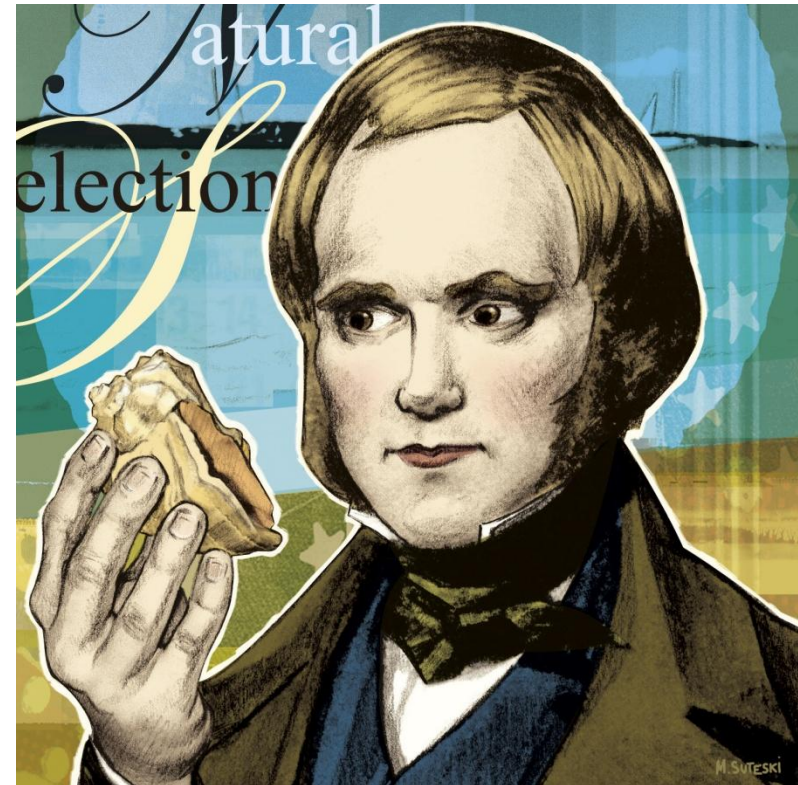


Contemporary Psychology



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.

