

Unit 1: Psychology's History and Approaches



What is Psychology?



Psychology's Roots

Prescientific Psychology

- Ancient Greeks
 - Socrates
 - Plato
 - Aristotle

Psychology's Roots

Prescientific Psychology

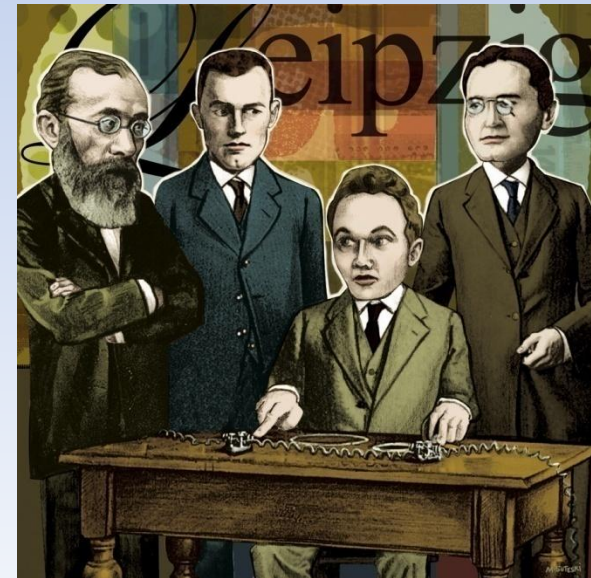
- Rene Descartes
- Francis Bacon
- John Locke
 - Tabula Rasa
(blank slate)
- Empiricism



Psychology's Roots

Psychological Science is Born

- Wilhelm Wundt (1879)
 - University of Leipzig
 - Reaction time experiment
 - Credited with starting modern psychological experimentation



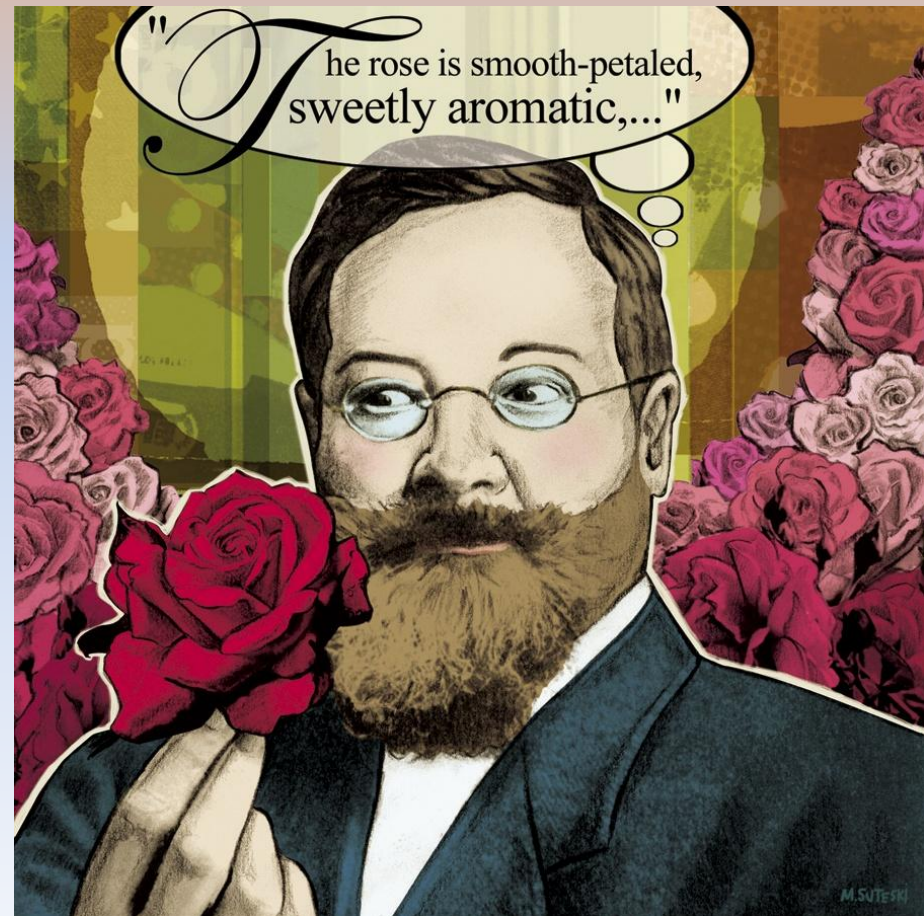
Psychology's Roots

Thinking About the Mind's Structure

- Edward Titchener

- Structuralism

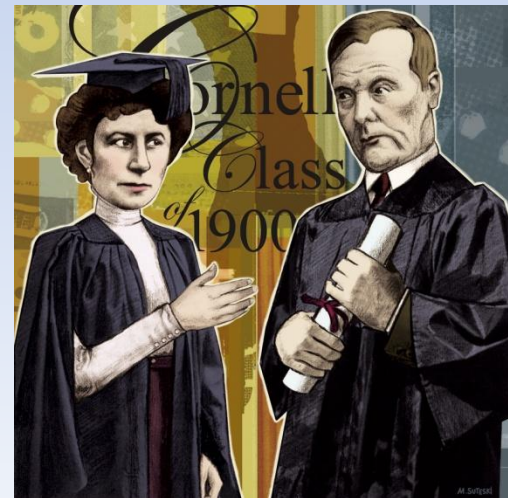
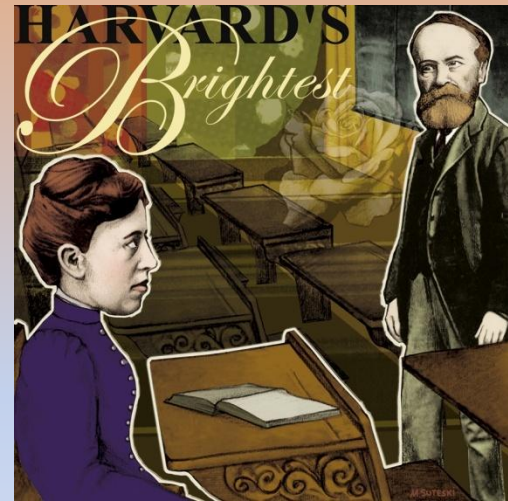
- introspection



Psychology's Roots

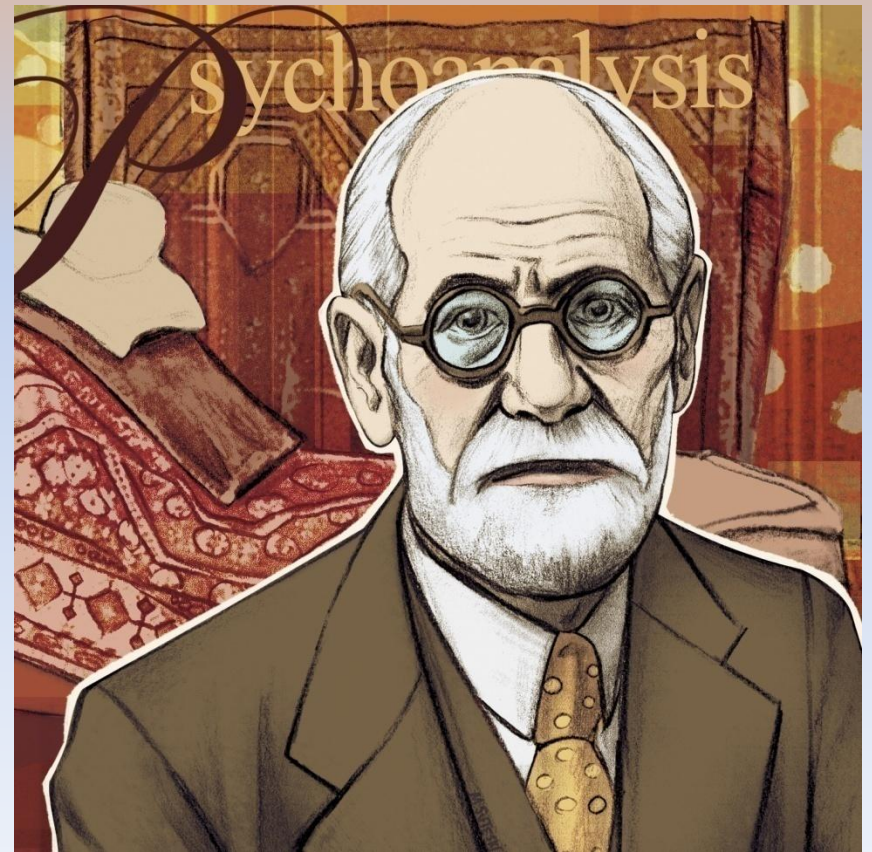
Thinking About the Mind's Function

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



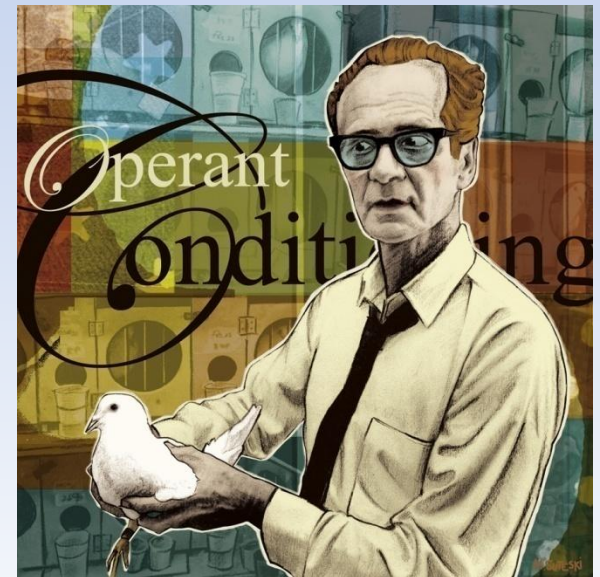
Psychological Science Develops

- Sigmund Freud



Psychological Science Develops

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



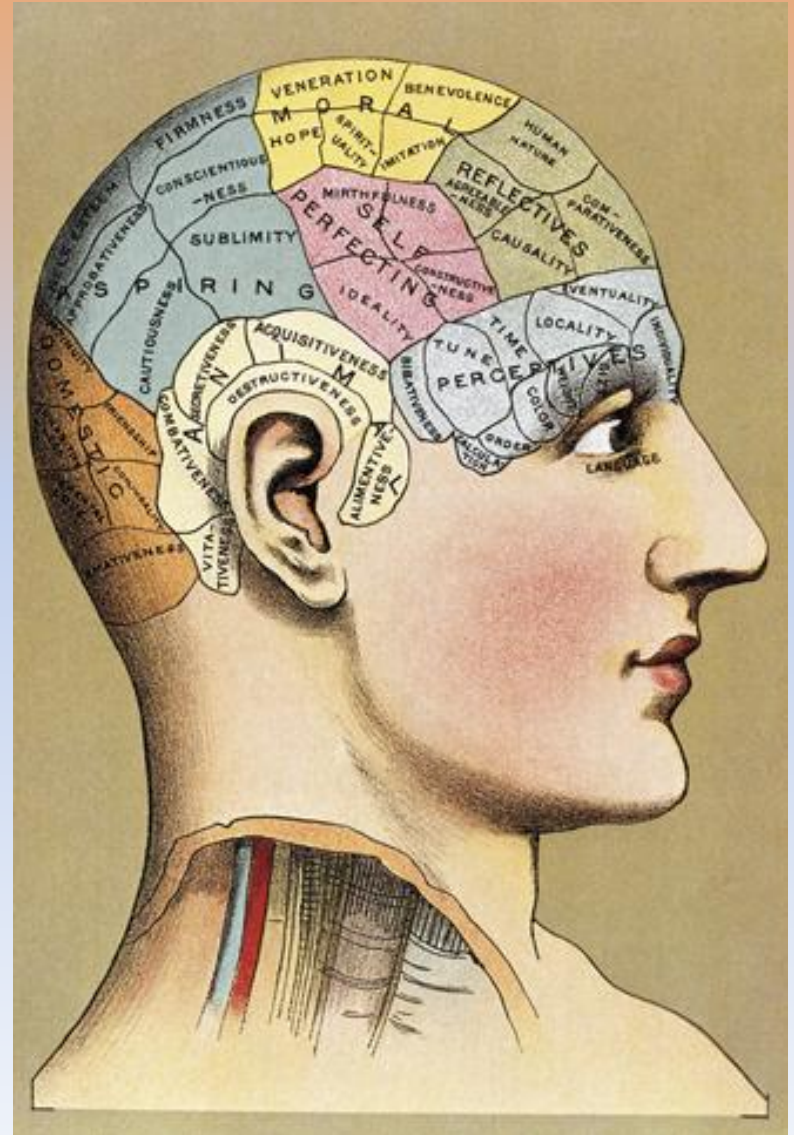
Psychological Science Develops

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



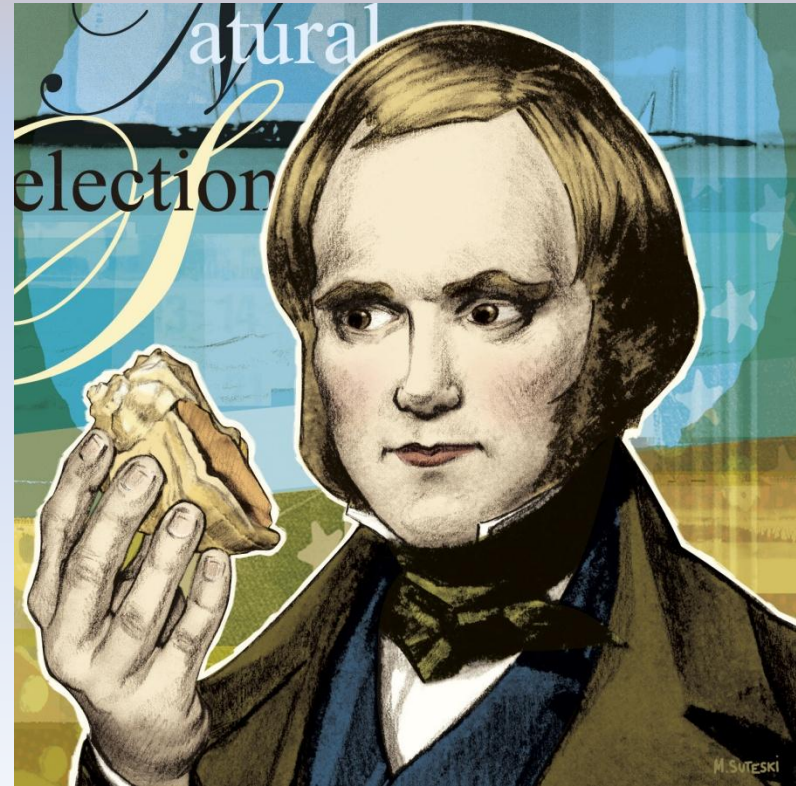
Psychological Science Develops

- Psychology
 - Science
 - Behavior
 - Mental processes



Psychology's Biggest Question

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



Psychology's Three Main Levels of Analysis

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

Psychology's Three Main Levels of Analysis

Biological influences:

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

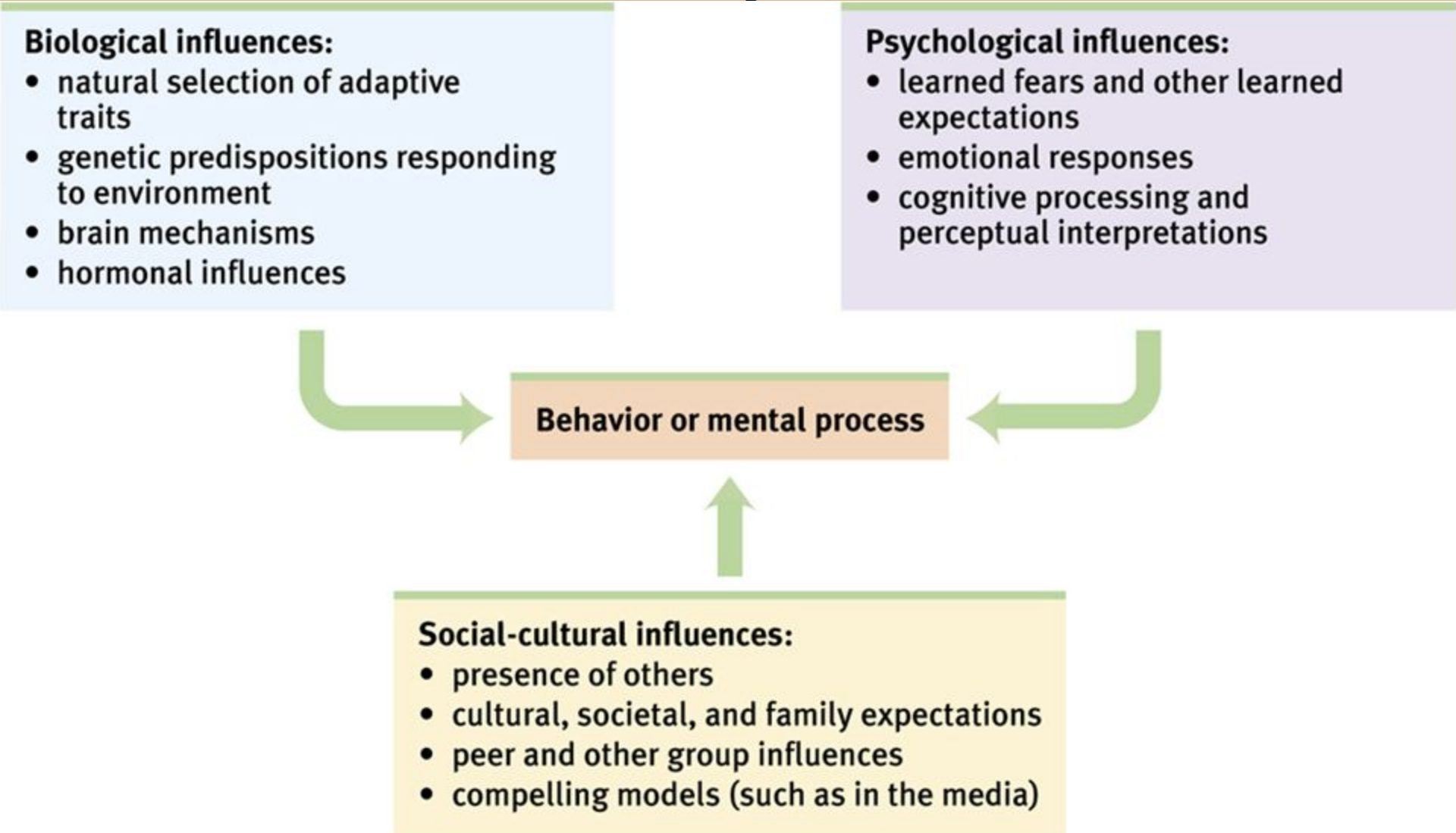
Psychological influences:

- 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)



Psychological Approaches/Perspectives

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

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



Psychology's Subfields

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



Empiricism

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



Structuralism

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



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.



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).



Humanistic Psychology

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



Cognitive Neuroscience

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



Psychology

= the science of behavior and mental processes.



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.



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.



Social-Cultural Psychology

- = the study of how situations and cultures affect our behavior and thinking.
- = the scientific study of how we think about, influence, and relate to one another.

