

Psychology 40S

Introduction

Vocabulary

Psychology

Hypothesis

Theory

Basic Science

Applied Science

Scientific Method

Structuralist

Functionalist

Psychoanalyst

Behaviourist

Humanist

Cognitivist

Psychobiologist

Subfields of Psychology:

- clinical
- counseling
- developmental
- educational
- community
- industrial
- educational

Overview of Psychology

Psychology is the scientific study of behaviour and mental processes that is tested through scientific research.

- When applied to humans psychology covers everything people think, feel and do.
- Psychologists differ on which types of behaviour they feel are most important, but they agree that the study must be systematic.

ex) The 3 blind men and the elephant.

The Goals of Psychology

Overall, psychologists seek to do four things:

1. Describe

2. Explain

3. Predict

4. Influence

1. Describe

The first goal is to gather information about the behaviour being studied and present what is known.

2. Explain

The second goal is to explain why people behave the way they do.

Hypothesis: an educated guess psychologists make about some phenomenon.

Theory: a complex explanation based on findings from a number of hypotheses and experiments.

3. Prediction

The third goal is to predict, as a result of accumulated knowledge, what and person will do, and what they will think in various situations.

4. Influence

Some psychologists seek to use their research to influence behaviour in helpful ways.

Basic Science: pursuit of knowledge for its own sake, discovering more about human behaviour.

Applied Science: using psychological principles to solve more immediate problems.

Ancestors of Psychology

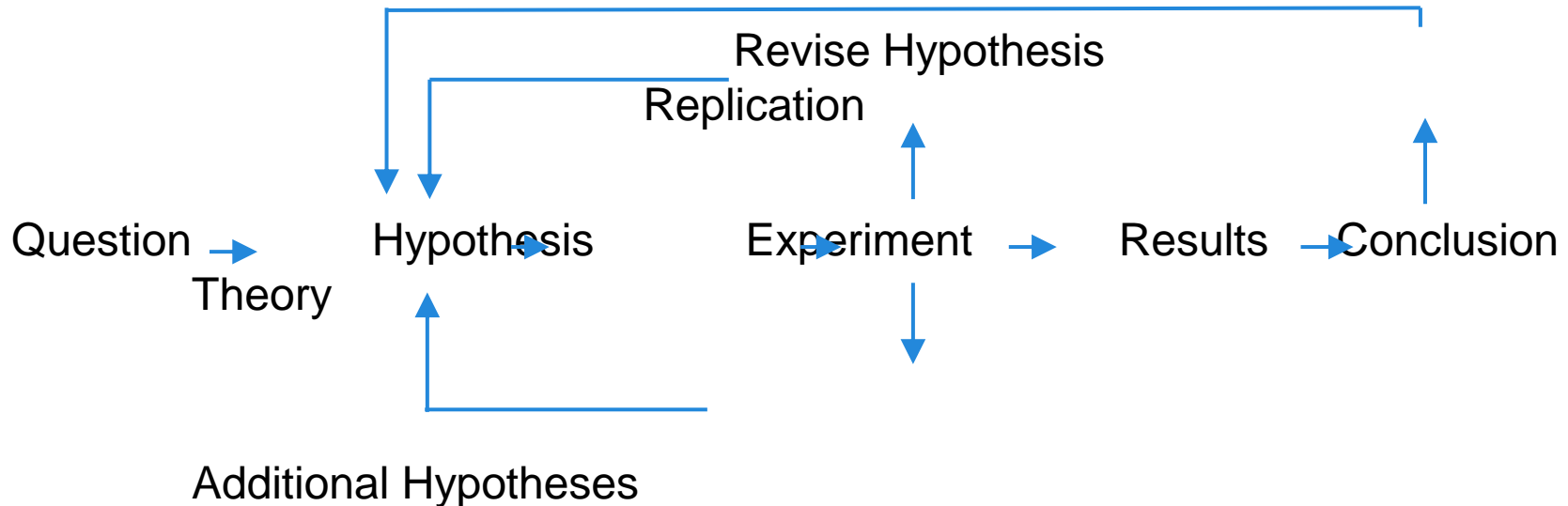
- In the early 1800s there was no distinct, scientific field of psychology.
- Early psychology were concerned with the nature of the mind, its relationship to the body, and how ideas are formed and molded.
- Early disciplines of psychology included:
 - **Phrenology**: theory based on the assumption that bumps on the skull reflect a person's character.
 - **Psychophysicists**: interested in how information from the physical world was translated into mental experiences.

Wilhelm Wundt

- Wilhelm Wundt proposed that the psychological experience is composed of compounds (sensations and feelings) much like in chemistry.
- He set up the first psychology laboratory in Leipzig, Germany in 1879 to test his statements with scientific data.
- The procedure he used, called ***introspection***, grew into the scientific method used today.
- Wundt is considered to be the Father of Psychology

The Scientific Basis of Psychology

Psychologists use the ***Scientific Method*** to accurately collect data for their research.



Psychological Approaches

Historical Approaches	Contemporary Approaches
<ul style="list-style-type: none">- Structuralism- Functionalism- Inheritable Traits- Gestalt Psychology	<ul style="list-style-type: none">- Psychoanalytic Psychology- Behavioural Psychology- Humanistic Psychology- Cognitive Psychology- Biological Psychology- Sociocultural Psychology

Historical Approaches

Structuralism: Interested in the basic elements of human experience.

Functionalism: Studied the function of consciousness in helping organisms adapt to their environment.

Inheritable Traits: Investigate how a person's heredity and environment interact to influence their behaviour

Gestalt Psychology: Studied the nature of perception and how sensations interact to form whole patterns (or *Gestalt* in German).

Contemporary Approaches

In groups, create a concept map to explain one of the 6 contemporary approaches to psychology.

- psychodynamic
- behavioural
- humanistic
- sociocultural
- cognitive
- biological
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Approach	Important People	What Influences Behaviour	Sample Research Question
PSYCHO-ANALYTIC	Freud	Unconscious motivations	Does excessive drinking stem from an unconscious conflict or unmet need?
BEHAVIOURAL	Pavlov, Skinner	Events in the environment (reward and punishment)	Is alcoholism learned? Can it be unlearned?
HUMANISTIC	Maslow, Rodgers	Individual choices, meeting needs such as love, safety, and self-fulfillment	What causes someone to choose alcohol? For what inadequacy are they trying to compensate?

Approach	Important People	What Influences Behaviour	Sample Research Question
COGNITIVE	Piaget, Chomsky	How we process, store, and retrieve information	What thought pattern precedes excessive drinking? Can it be altered to change drinking behaviour?
BIOLOGICAL		Biological factors	Is alcoholism a disease? What are the genetic factors?
SOCIO-CULTURAL		Ethnic and cultural factors	How does alcoholism differ between cultures, genders, etc.?

Careers in Psychology

Psychologists are people who have been trained to observe, analyze, and evaluate behaviour. As the field has grown, it divided into a number of subfields:

- clinical psychology
- counseling psychology
- developmental psychology
- educational psychology
- community psychology
- industrial/organizational psychology
- experimental psychology

What do Psychologists do?

- conduct research
- study social development
- teach and provide services to students
 - directly (teaching)
 - indirectly (consulting with school staff/admin)
- promote physical and mental health
- study the work environment and performance issues