

Ch 1 Introducing Psychology

Sec 1: Why Study Psychology?

Psychology – the scientific study of behavior and mental processes

1. Cognitive – area that deals with the mind and its processes
2. Physiological – area that deals with biological processes

Four Goals of Psychology

1. Description – gather info about behavior and present what is known
2. Explanation – seek to explain why people behave the way they do
 - a. Hypotheses – educated guess
 - b. Theory – complex explanation based on numerous experimental findings
3. Prediction – using the info gathered and then predicting what behaviors will occur in similar situations
4. Influence – being able to influence or control certain behaviors in helpful ways

Applied vs. Basic Science

1. Applied Science – using what you already know to explain behaviors

2. Basic Science – conducting research to find out new causes for behaviors
 - a. Scientific Method – gathering info and answering questions so that errors and biases are minimized

Sec 2: A Brief History of Psychology

History of Psychology – Ancient Greeks

1. Decided that their lives weren't controlled by the gods but instead by their own minds
 - a. People were rational
2. Began to study human behavior
3. Began to rely on observation as a mean for knowing their world which set the stage for the development of the sciences and psychology

Historical Approaches

1. Structuralism – interested in the basic elements of human experience (conscious mental experiences)
 - a. Wilhelm Wundt – German physiologist, 1879 established the first psyc lab
 - i. Introspection – Wundt's method of self-observation in which individual's report their thoughts and feelings
 - ii. Method attracted others thus carrying on the tradition of systematic research

- iii. Wundt is generally acknowledged for establishing psychology as separate formal field of study
- 2. Functionalism – study of how humans adapt to their environments to ensure survival
 - a. William James – “Father of Psychology” in the U.S., taught first psych class at Harvard
 - b. Rather than focusing on the structure of the mind (Wundt), James focused on the functions of the conscious mind and the purposes of behavior

Sigmund Freud – Austrian physician, believed unconscious motives and conflicts are responsible for behavior (psychoanalysis)

- 1. Free Association – patient says everything that comes to mind no matter how absurd or irrelevant it seems
 - a. FAs are interpreted to reveal operation of unconscious processes
- 2. Dream Analysis – applied same techniques as FAs to dreams
- 3. Kept records and developed case studies to form personality theories (Id, Ego, Superego)
- 4. Controversial Ideas

Sec 3: Psychology as a Profession

Fields of Psychology

1. Psychologist – person who has been trained to observe and analyze behavior patterns
 - a. Clinical Psychologist - doctorate
 - b. Counseling Psychologist - doctorate
 - c. School Psychologists
 - d. Personality Psychologists
 - e. Social Psychologists
 - f. Developmental Psychology
 - g. Educational Psychology
 - h. Community Psychology
 - i. Industrial/Organizational Psychology
 - j. Environmental Psychology
 - k. Experimental Psychology
 - l. Forensic Psychology
 - m. Health Psychology

Psychiatry – medical specialty that involves the study, diagnosis, and treatment of mental disorders