

General Psychology

Chapter 1: Nature and
Scope of psychology

MFA

Definition of Psychology

- Derived from the Greek word **psyche** and **logos**, meaning **soul** and **study**, to the Greeks, psychology is simply a study of soul.
- Is defined as the scientific study of the human behavior of living organism, with special attention to human behavior.

Definition of Psychology

- The science seeking to describe, understand and predict the behavior of an organism.
- A science that deals with the study of mind and behavior.
- Psychology is a science that gathers facts systematically, organizes them into general principles and formulates theories out of these factual data.

Behavior

- As defined psychologically, refers to actions or activities of the individual.

Classification of Behavior

Overt

Obviously manifested action, activities and behavior.

Covert

Hidden or those actions, activities and behavior not visible to the naked eye.

Classification of Behavior

Conscious

Acts within the level of one's awareness.

Unconscious

Acts that deeply embedded in one's subconscious, unaware actions.

Classification of Behavior

Simple

Behavior that involves only few neurons,

Complex

Complicated and involves more number of neurons.

Classification of Behavior

Rational

Exercised with sanity or reason.

Irrational

Committed for no apparent reason or explanation.

Classification of Behavior

| | |
|--------------------|---|
| Voluntary | Done with full volition, will and control |
| Involuntary | Processes within our body that go even while we asleep or awake without our control and manipulation. |

Fundamental Characteristics of Human Behavior

- ***Human behavior follows an orderly pattern.*** Change in a person's life has a degree of order and regularity in its nature.
- ***Human behavior can be known.*** Human behavior can be observed.

Fundamental Characteristics of Human Behavior

- ***Knowledge of human behavior is tentative but superior to ignorance.*** We must pursue knowledge to be able to improve human conditions.
- ***Natural phenomena have natural causes.*** Science rejects the beliefs in supernatural forces to cause events.

Fundamental Characteristics of Human Behavior

- ***Nothing is self-evident.*** Truth must only be claimed and established when they are demonstrated objectively.
- ***Knowledge is derived from the acquisition of experiences.*** Knowledge is a product of experiences.

Goals of Psychology

- To **explain or understand** why organism behave in certain ways.
- To **predict** how organism will behave in the future.
- To **control** behavior

Historical Background of Psychology

Pre Historic / Traditionally

- Gods and spirits were attributed the power to direct or cause such events, activities and behavior of men.

Historical Background of Psychology

Greek Influence

○ Democritus

Believed that the human mind and body is composed of atoms which could circulate freely and which enabled it to penetrate the whole body.

According to him, atoms from our environment enter through our sense organ enabling us to perceive the world around us.

Historical Background of Psychology

○ Plato

The mind or soul has a distinct power and is God-given.

The soul is composed of three parts:

Head – exerts reason

Heart – noble impulses

Diaphragm – own passions and desires

Historical Background of Psychology

o Aristotle

He believed that at birth, the mind is a **tabula rasa**, a blank sheet and that the experiences one encounters during one's lifetime are impressed on the mind.

Distinguished three functions of the soul:

1. **Vegetative** – concerned with basic maintenance of life.
2. **Appetitive** – concerned with motives and desires.
3. **Rational** – governing function.
4. Introduces **common sense**,

Historical Background of Psychology

o Galen

Believes that differences in behavior is attributed to the vital fluids / juices of the body:

- ❖ **Blood : Sanguine** – cheerful
- ❖ **Phlegm: Phlegmatic** – sluggish / flat affect
- ❖ **Black Bile: Melancholic** – sad
- ❖ **Yellow Bile: Choleric** – bad temper

Historical Background of Psychology

Medieval Period

o St. Augustine

He introduced and used the method of **Introspection** (*the description of one's own conscious process*).

Historical Background of Psychology

Pre – Modern Period

- **Rene Descartes**

Formulated a theory of mind-body interaction.

- **John Locke**

Introduced the **Idea** as the unit into which all experiences may be analyzed.

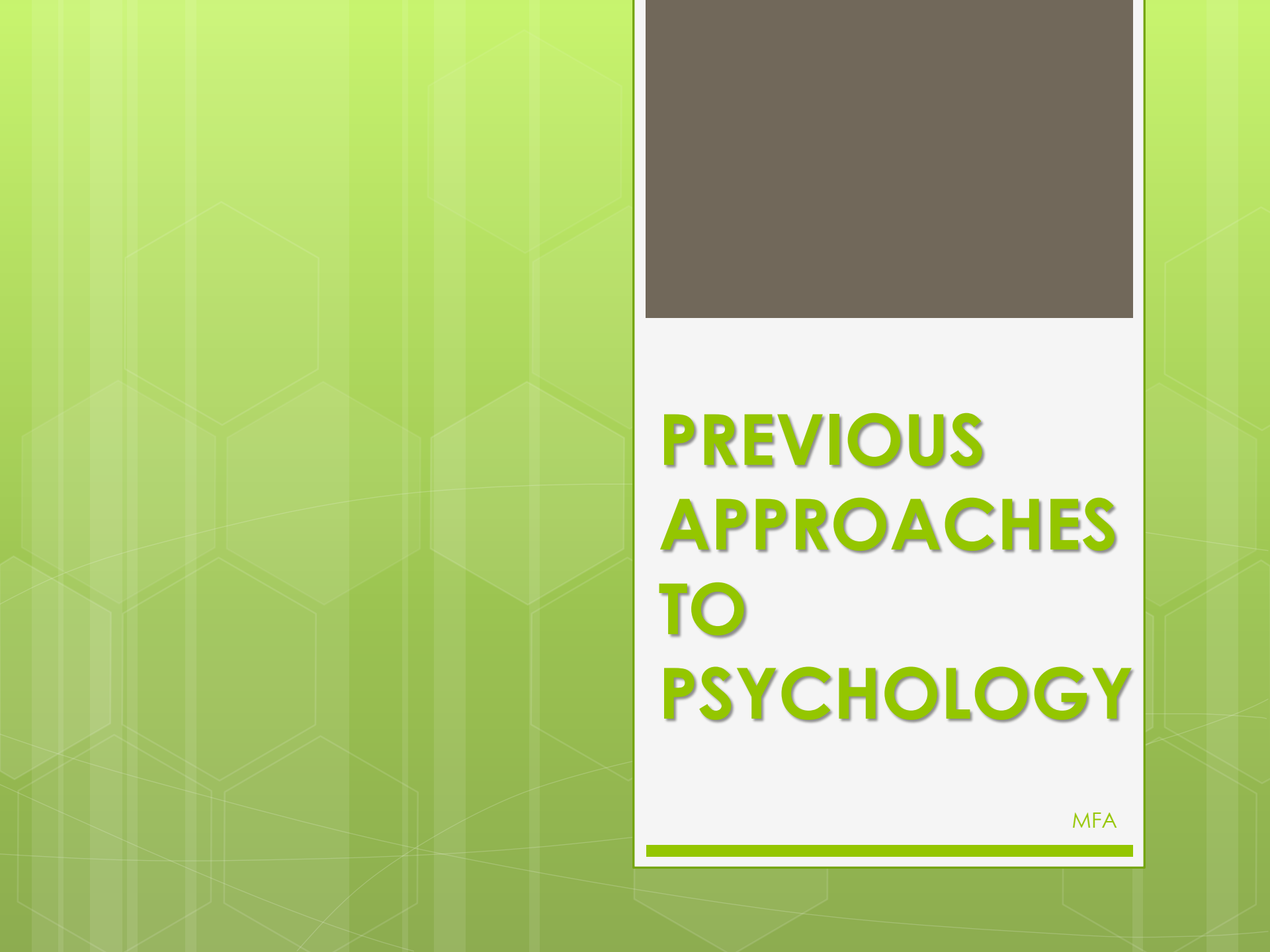
Historical Background of Psychology

Scientific Psychology

o Wilhelm Wundt

A German psychologist, founded his Psychological Laboratory at Leipzig, Germany which earned for the title of “Father of Scientific Psychology”

He first undertook through the experimental approach, a systematic, scientific body of knowledge about man’s interaction with his environment.



PREVIOUS APPROACHES TO PSYCHOLOGY

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STRUCTURALISM (1875 – 1930)

- Was developed in Germany in the 19th century.
- Its main leaders were Wilhelm Wundt and later, Edward Bradford Titchener.
- The structuralist, were primarily concerned with discovering the structure of the mind.
- They believed that the mind is made up of building blocks in the various types of sensation and perception and that these building blocks could be discovered through introspection or looking into one's own mind.
- Introspection, which required subjects to look inward and observe and report on the working of their mind.

FUNCTIONALISM (1890 - 1930)

- John Dewey, William James, James Rowland and Harvey Carr were the chief exponents of this school of thought.
- They held the view that it is not the “structure” that should be of prime importance but the “function”.
- Functionalism was the study of the function, use and adaptability of the mind in changing environment.
- To understand human behavior processes, the functional psychologist developed the technique of longitudinal research, which consists of interviewing, testing and observing one person over a long period of time.

GESTALT (1912 – 1940)

- Kurt Koffka , Wolfgang Kokler and Max Wertheimer founded the Gestalt school which maintained that psychology should study the whole pattern of behavior or experience or the perception of organized configuration.
- Emphasized that perception is more than the sum of its parts and studied how sensations are assembled into meaning perceptual experiences

PSYCHOANALYSIS (1900 – present)

- Sigmund Freud, a famous physician and psychiatrist attempted to find the cause and cure of personality disorder.
- Psychoanalytic theory stressed the role of motives and cravings, often hidden and repressed in the subconscious mind, which result in abnormal behavior.
- Freud asserted that the sex urges in the unconscious constitute the main human drive, this is known as the libido theory

BEHAVIORISM (1913 – present)

- Was founded by John B. Watson.
- He rejected introspection as psychological technique because its results could not be scientifically verified by other psychologist.
- Held the concept that the subject matter of psychology should be the “*objective observable actions of the organism*”

HUMANISTIC (1950 – present)

- **Carl Rogers and Abraham Maslow emphasized the unique qualities of humans, especially their freedom of choice and decision making, as well as their potential for personal growth.**

COGNITIVE (1950 – present)

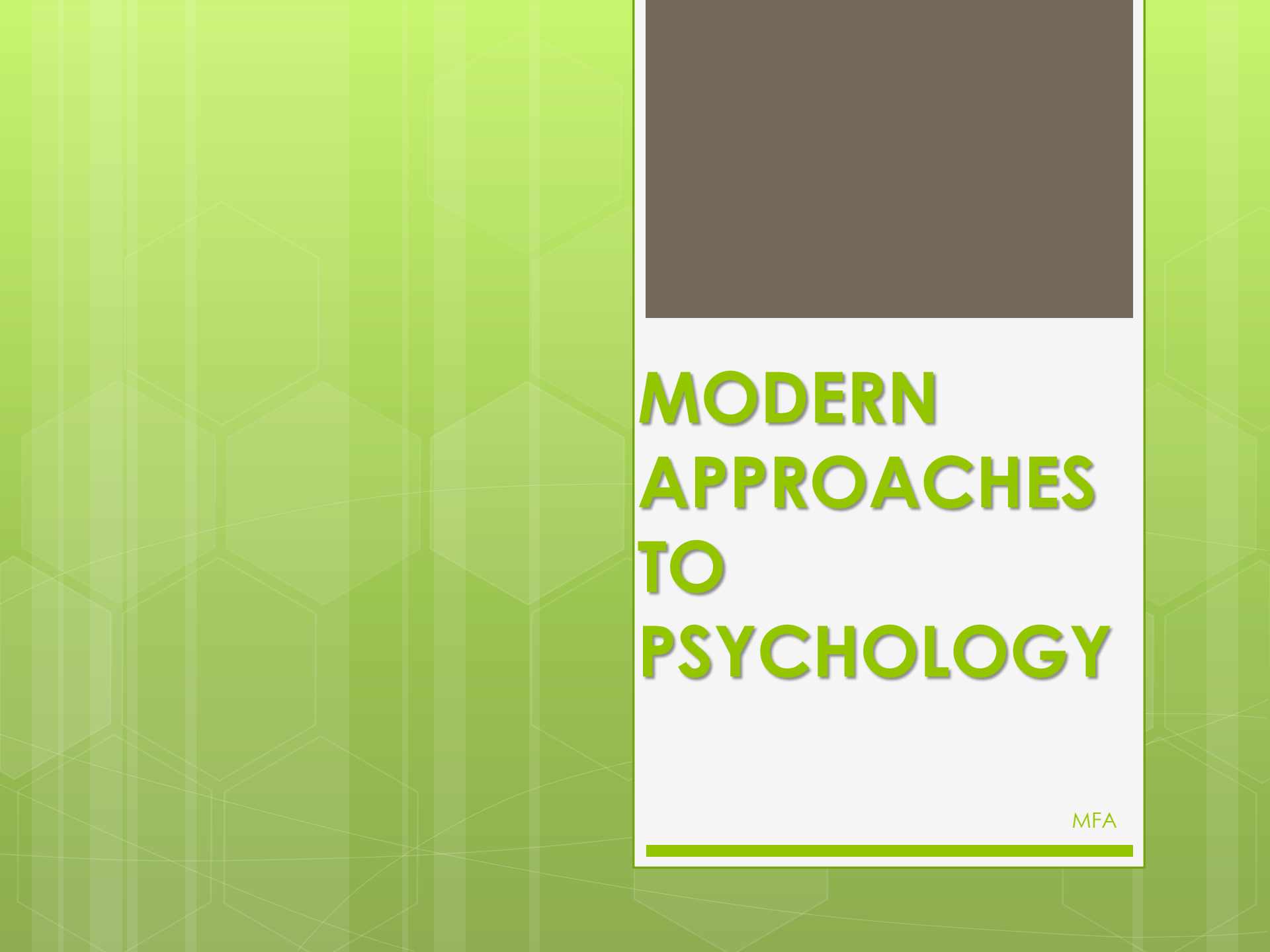
- **Jean Piaget, Noam Chomsky and Herbert Simon focused on thought and mental processes.**
- **Human behavior cannot be fully understood without analyzing how people acquire , store and process information.**

BIOLOGICAL (1950 – present)

- **James Olds and Rogers Sperry theorized that much of human and animal behavior can be explained in terms of bodily structure and biochemical processes**

PURPOSIVISM

- William McDougall is the proponent of this approach.
- He believed that objects, movements and behavior have a definite purpose and that the ductless glands in people produce hormones which give them purpose.
- Purposivism placed an importance on hormones in life.



MODERN APPROACHES TO PSYCHOLOGY

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Psychobiological Approach

- Focuses on how our genes, hormones and nervous system interact with our environments to influence learning, personality, memory, motivation, emotions and coping techniques.

Cognitive Approach

- Examines how we process, store and use information and how this information influences what we notice, perceive and remember.

Behavioral Approach

- Studies how organisms learn new behavior or modify existing one depending on whether events in their environments rewards or punish these behaviors.

Psychoanalytic Approach

- **Stresses the influence of unconscious fears, desires and motivations on thoughts, behaviors and the development of later personality traits and psychological problems.**

Humanistic Approach

- Emphasizes that each individual has great freedom in directing his or her future, a large capacity for personal growth, a considerable amount of intrinsic worth and enormous potential for self-fulfillment.

Cross – Cultural Approach

- Examines the influence of cultural and ethnic similarities and differences on psychological and social functioning.



BRANCHES OF PSYCHOLOGY

MFA

General Psychology

- **Presents the basic and fundamental principles of human behavior.**
- **It explains How and Why of person's behavior from a scientific viewpoint.**

Comparative Psychology

- Deals with the behavior and mental processes of the different species

Genetic or Development Psychology

- This is a field of study regarding human development and the inheritance and development of traits and abilities.

Dynamic Psychology

- **Mental phenomena are studied in terms of internal drives and motives as causes of behavior**

Physiological Psychology

- **Studies the functions of the nervous system and other bodily structures in the behavior of organism.**

Abnormal Psychology

- This deals with behavioral disorders like physical handicaps, nervous disorders, speech impairments, mental aberrations and others.

Educational Psychology

- This concerned with the application of psychological principles to the problems of education like teacher preparation, motivation and teaching process, evaluation of teaching.

Industrial or Personnel Psychology

- Deals with psychological principles applied to human problems of industry and business, government and military service, occupational selection and job training, morale and placement, forms of test and plant management.

Social Psychology

- **The object of investigation of this area is “the interaction of human beings and man’s relation with family and the larger social institutions with reference to leadership and attitude formation.**

Therapy and Counseling

- **This study includes the use of principles to the task of alleviating and preventing mental illness.**

Human Engineering

- **This field adapts machines and processes to the capabilities and limitations of human beings – the reverse of fitting men to work conditions.**

Clinical Psychology

- **This study uses concepts and methods in the diagnosis and treatment of maladjustment and mental disorders in clinical setting – like behavior abnormalities ranging from reading or spelling to major mental disorders.**

Psychometric Psychology

- Concerned with the application of mathematical procedures to the problems of psychology like testing, the use of norms, central tendencies and the like.

Legal Psychology

- Deals with the application of psychological knowledge in the field of law relating to the study of human behavior.