

## Introduction to Psychology

Jun 5-7:22 AM

### Definition

- Psychology – study of human and animal behavior and mental processes
- How people think
- How people feel
- How people behave

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### Experiencing Psychology: How Much Do You Know About Behavior?

Indicate whether you believe each statement is true (T) or false (F).

1. People are either left-brain or right-brain thinkers.	T	F
2. Genes only affect people during prenatal development.	T	F
3. For most people, intelligence peaks in their late 30s or early 40s.	T	F
4. During sleep, the brain is mostly resting and inactive.	T	F
5. Feeling good can make you smile, but not the reverse.	T	F
6. Expressing pent-up anger reduces feelings of aggression.	T	F
7. Most relationships follow the idea that "opposites attract"	T	F

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### The Goals of Psychology

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    graph TD
      A[To Describe Behavior] --> B[To Explain Behavior]
      B --> C[To Predict Behavior]
      C --> D[To Control or Change Behavior]
    
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### History of Psychology

- 5000 BCE - Assyria - studied dreams
- (falling dream and being chased)
- Ancient greeks – people were dominated by the gods

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### Philosophy

Plato (427-347 BC) to Rene Descartes (1596-1650)

\*Relationship between mind/body and Knowledge/experience

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### John Locke 1632- 1704

- Empiricism – all knowledge obtained from observation and experience
- Tabula Rosa – blank slate



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Eventually

Philosophy + physiological understanding of brain = psychology

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### Sir Francis Galton 1869

- Hereditary influences
- Believed in nature
- Began nature vs. nurture debate

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von Helmholtz

Made a connections between processing time

Figured out it took a person longer to respond to touching of toe than thigh

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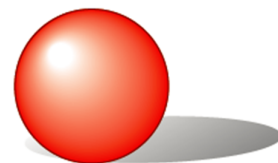
### Psychology as a Science

- Wilhelm Wundt (1879)
- founder of psychology
- Physiologist but interested in studying the mind
- First psychology lab measured with a machine reaction times
- \*structuralism

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### Structuralism – Introspection

- ▶ The personal observation of our own thoughts, feelings, and behaviors
  - Ignore what this object *is*, and instead, describe your conscious experience of it



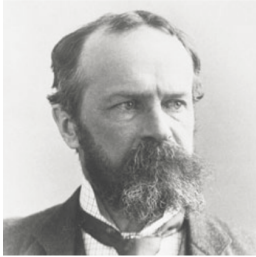
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Functionalism – William James (1842–1910)

- ▶ Key idea: our consciousness serves an adaptive purpose by helping us survive





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William James - Functionalism

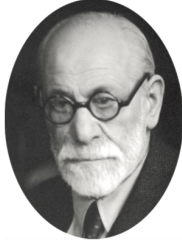
- interested in conscious mind - why we do things
- Thinking, feeling, remembering

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Psychodynamic Theory – Sigmund Freud (1856–1939)

- ▶ Key idea: our behavior is deeply influenced by unconscious thoughts, impulses, and desires
  - Many unconscious drives are sexual or destructive in nature.





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Behaviorism – James B. Watson (1878–1958) and B. F. Skinner (1904–1990)

- ▶ Key idea: our behavior is learned, observable, and measurable







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B.F. Skinner 1940's


- Operant conditioning
- Train a voluntary response
- Ideas used to toilet train, lose weight, quit smoking

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Humanistic Psychology – Abraham Maslow (1908–1970) and Carl Rogers (1902–1987)

- ▶ Key idea: we have free will to live more creative, meaningful, and satisfying lives



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**Humanistic Psychology**

People are innately good

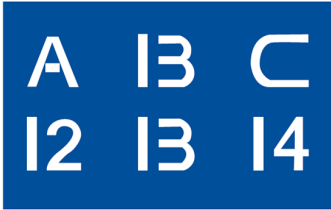
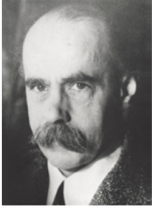
People strive to improve

Only bad when corrupted by society

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**The Gestalt Viewpoint – Max Wertheimer (1880–1941)**

▶ Key idea: to understand consciousness, we must study the whole, not just its component parts

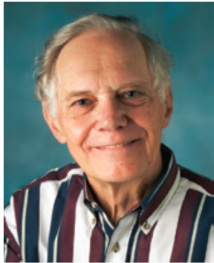



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**Cognitive Psychology – Ulric Neisser (1928–2012)**

▶ Key idea: how our brain processes information influences how we behave



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**7 Perspective of Psychology**

Biological - physical mechanisms of behavior

Evolutionary - behavior of survival

Cognitive Psychology - thinking/processing information

Socioculture - social environment/culture

Behavioral - observable and measurable

Psychodynamic - unconscious influences

Humanistic - Free will

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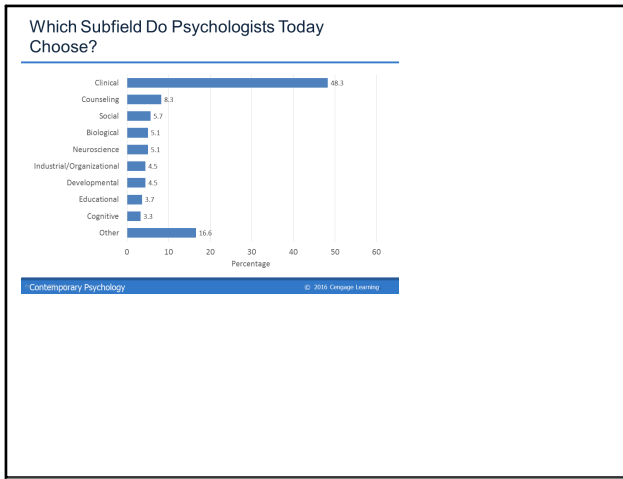
**Integrating the Perspectives**

▶ The eclectic, or integrated, approach

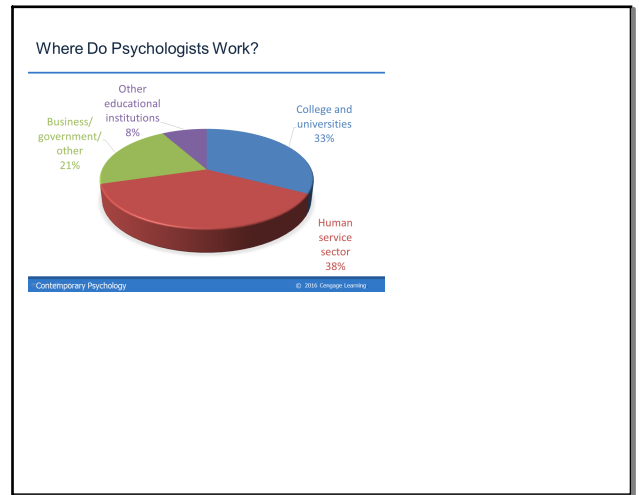
- Combining several perspectives provides a more complete picture of behavior
- For example, anxiety may be described as:
  - A change in brain chemistry
  - A learned behavior
  - An adaptive response
  - A product of unresolved feelings
  - Rooted in a dissatisfaction with one's self

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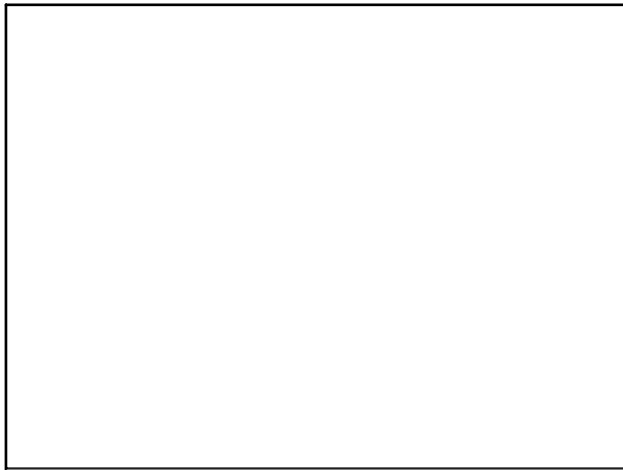
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