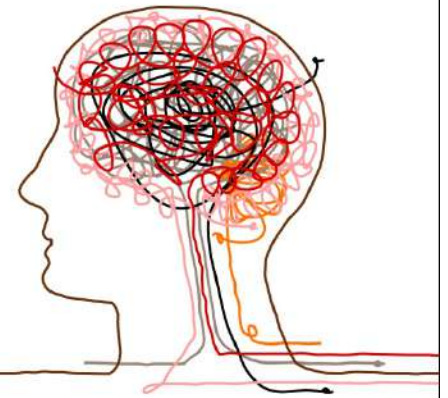


1.1 Roots and Early History



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Fact or Falsehood?

Sigmund Freud established the first psychology laboratory at the University of Vienna, Austria.

false

The science of psychology developed from the more established fields of biology and philosophy.

true

Psychology is best defined today as the study of mental life.

false

William James is associated with functionalist psychology.

true

Behaviorism is primarily concerned with teaching animals how to behave.

false

Improve Your Retention—and Your Grades

HOW CAN PSYCHOLOGICAL PRINCIPLES HELP YOU LEARN AND REMEMBER?

Scientific studies demonstrate a phenomenon called the testing effect:

- Testing boosts retention of material
- Actively processing material and retrieving material helps master it
- **SQ3R** study method is an acronym for five study method steps:
 - survey, question, read, retrieve, review

SQ3R Study Method

Survey

Scan/skim what you are about to read, especially outlines and section heads.

Question

Try to answer each main section's numbered Learning Objective **questions before reading it.**

Read

Actively search for answers to questions, reading only as much as you can absorb. **Read actively.**

Retrieve

Recall what you've read, **in your own words.** **Test yourself** with quizzes.

Review

Review what you've read, **with notes** you've taken and an eye to the concepts and organization of topics.

Improve Your Retention—and Your Grades

Four Additional Tips:

- Distribute study time by scheduling your time for spaced practice, not massed (cramming) practice.
- Learn to think critically by noting people's assumptions and values, evaluating evidence, and assessing conclusions.
- Process class information actively, actively listening for a lecture's main ideas and sub-ideas.
- Overlearn to improve retention; we tend to overestimate what we think we already know.

What is Psychology?

Today's definition:

The scientific study of behavior and mental processes.

Scientific

Answering questions objectively based on observable facts, data, and established methods



Behavior

Observable actions



Mental Processes

Thoughts, feelings, sensations, perceptions, motivations, dreams, subjective experiences



Roots of Psychology Philosophy

Ancient philosophers asked questions about human existence.

Artwork credits, left to right: Leonard de Selva/ Corbis; Gianni Dagli Orti/Corbis; Mansell/Time Life Pictures/Getty Images



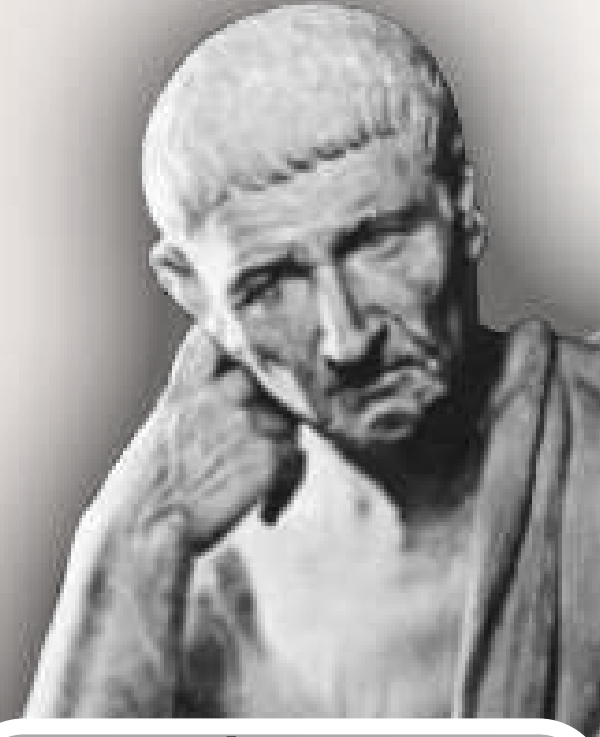
Rene Descartes

Dualism, or the idea that the mind and body are separate entities that interact



Plato

Nativism, or the idea that certain kinds of knowledge are inborn or innate



Aristotle

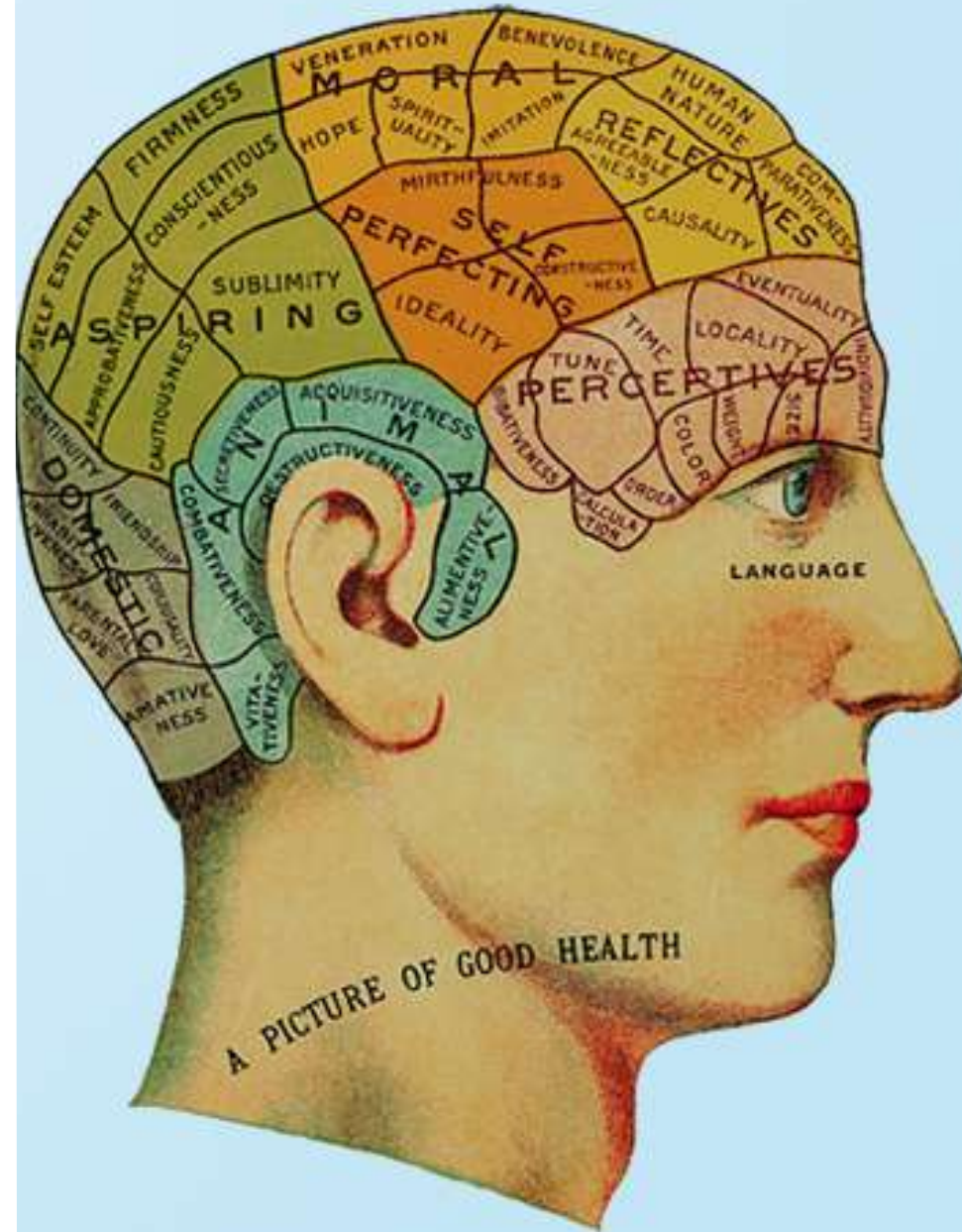
Philosophical empiricism, (focuses on the facts), or the idea that all knowledge is acquired through experience.

Roots of Psychology:

Physiology

The branch of biology that studies the functions and parts of living organisms

- In the 1600s, physiologists begin to study the workings of the brain and its relation to behavior.
- By the 1700s, physiologists find that specific bodily functions can be traced to specific brain areas.
- Some early ideas, such as **phrenology**, did not stand the test of time. Phrenology was debunked but it led to more study of the brain and its parts.



Psychology: A Discipline Is Founded

- Uses scientific methods to study psychological processes
- Wilhelm Wundt
Writes first psych textbook (1874)
- Establishes first psychology research laboratory at the University of Leipzig, Germany (1879)



Wilhelm Wundt (1832-1920)
Leipzig, Germany

Early Schools of Psychology



**Wilhelm Wundt
(1832-1920)**

The Science of Psychology

Wilhelm Wundt promotes the belief that experimental methods should be used to study mental processes.

What is the best way to measure mental processes?



**Edward Titchener
(1867-1927)**

Structuralism

Edward Titchener, a student of Wundt, held that complex conscious experiences could be broken down into elemental parts or structures.

What are the structures of conscious experiences?

Had subjects use self-reflective introspection – “looking inward”

Early Schools of Psychology

Functionalism

Advocated by William James and influenced by Darwin, functionalism focuses on how behaviors *function* to allow people and animals adapt to their environment.

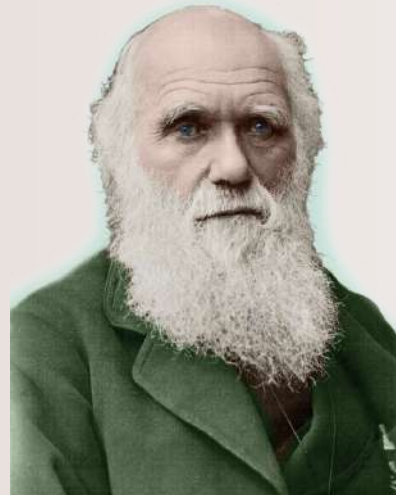
Key questions asked by Functionalists:

- What are the functions of behavior and mental experiences?
- How can psychology be applied to life?



William James
(1842-1910)

As a professor and philosopher, William James was influential in establishing psychology in the United States.



Charles Darwin
(1809-1882)

Although Darwin was a naturalist, his 1859 book ***On the Origin of Species*** influenced psychologists to investigate how behavior allows animals to adapt to their environments.

New Schools

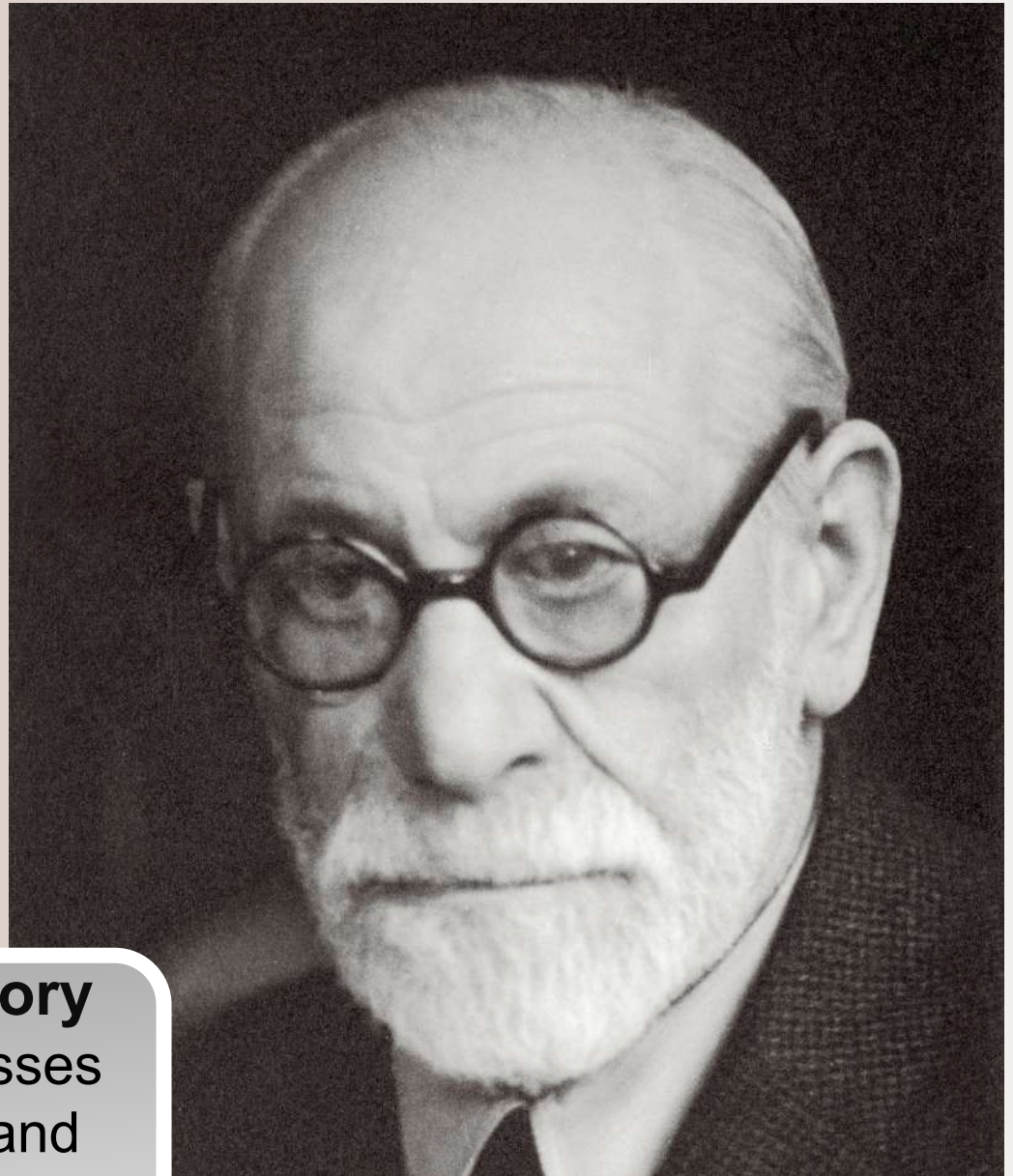
Develop:

Psychoanalysis

- **The Unconscious** is the part of the mind that operates outside of conscious awareness.
- Unconscious conflicts determine behavior and personality.

Psychoanalytic Theory

Unconscious mental processes shape feelings, thoughts, and behaviors

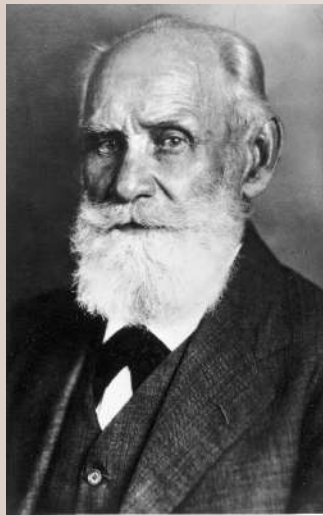


Sigmund Freud

1856-1939

New Schools Develop: Behaviorism

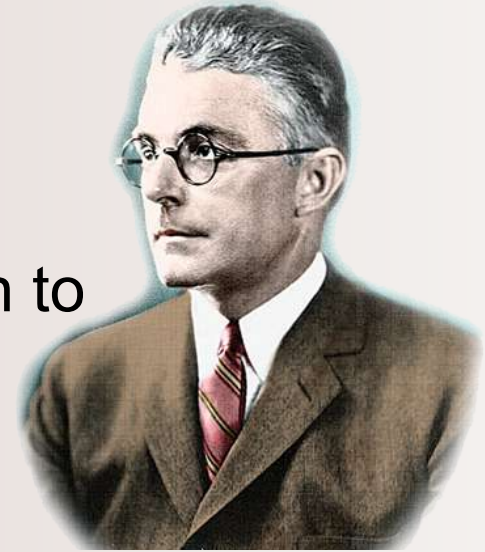
Psychology
redefined as the
scientific study of
observable
behavior



Ivan Pavlov (1849-1936)
discovers conditioned
reflexes.

**John Watson
(1878-1958)**

Extends approach to
human behavior.



B. F. Skinner (1904-1990)
Further experiments on
behavior, learning, and
conditioning.

New Schools Develop: Humanistic Psychology

- Positive potential of human beings is assumed
- Emphasis on self-determination, free will, and the importance of choice
- A reaction to negative implications of Freudian and emphasis on external influences of the behaviorist school

**Carl Rogers
(1902-1987)**



**Abraham
Maslow
(1908-1970)**



New Schools Develop

A return to an emphasis on mental processes and how they influence behavior

Cognitive Psychology
The scientific study of how perception, thought, memory, and reasoning are processed

