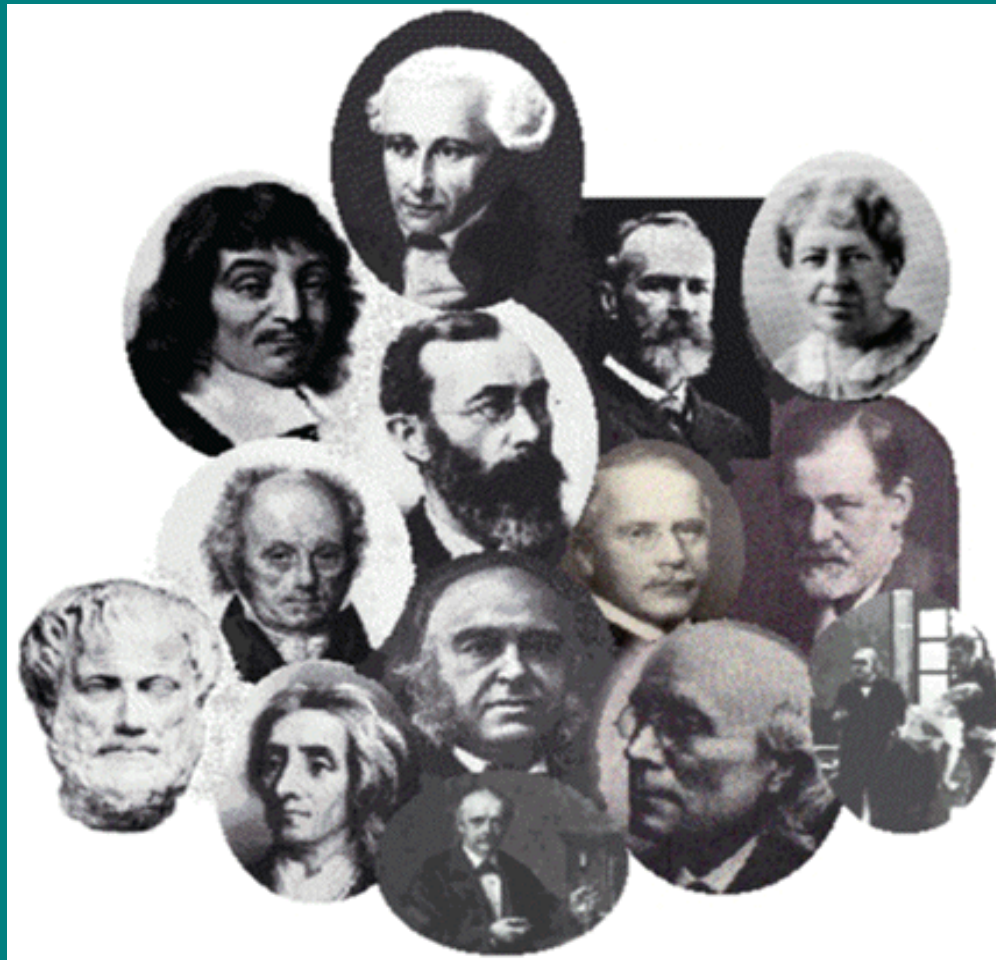


Introduction to Psychology (SSPFR1a & b)



Standard

- **SSPFRI: The student will explain selected historical and contemporary perspectives and practices of psychologists.**
 - A. Define the field of psychology
 - B. Identify key figures in the history of the field of psychology and their major contributions; include Wundt, Freud, Skinner, James, Watson and Rogers.

Essential Question

- What is Psychology and what are the goals of Psychology?
(SSPFR1a)

- **Three common views of psychology:**
 - Client lying on a couch while therapist listens & takes notes
 - Researcher in a white lab coat running rats through a maze
 - Just “common sense” observations of human behavior
- Psychology is different from “common sense” because instead of casual observations, psychologists use rigorous, systematic observation to produce empirical knowledge, which is then used to develop comprehensive theories

Why Psychology?

- Life is like a gigantic, challenging puzzle...a maze with twisting paths, changing goals, surprising obstacles, and dead ends
- Psychology is a tool that can help you find your way through the maze



What is Psychology

- It is the scientific study of behavior and mental process in both humans and animals.
- The study of behavior must be systematic to avoid false conclusions.

Scientific Basis of Psychology

Scientific Method

- Question
- Hypothesis
- Experiment
 - Results
- Conclusions
 - Theory

Wdydwyd?

- **Why did you chose one shirt over the other today?**
- **Why do you prefer blondes or gingers to brunettes (hint: it probably has to do with your parents)?**
- **Why did you chose this class?**
- **Why are you sitting here in class listening quietly (hopefully)?**

Psychology attempts to answer problems.

- Why does a person have reoccurring nightmares?
- Why is a child having problems bonding with a caregiver?
- How does someone overcome an addiction?
- How can a couple improve their relationship?
- Who is the best employee to hire for a job?

Goals of Psychology

- Description: describe or gather information and present what is observed
- Explanation: hypothesis & theories
- Prediction: predict future behaviors
- Influence (Control): behaviors is helpful ways (basic science & applied science)

Answer Essential Question

- Login to Canvas and Complete:
 - Answer EQ (SSPFR1a).

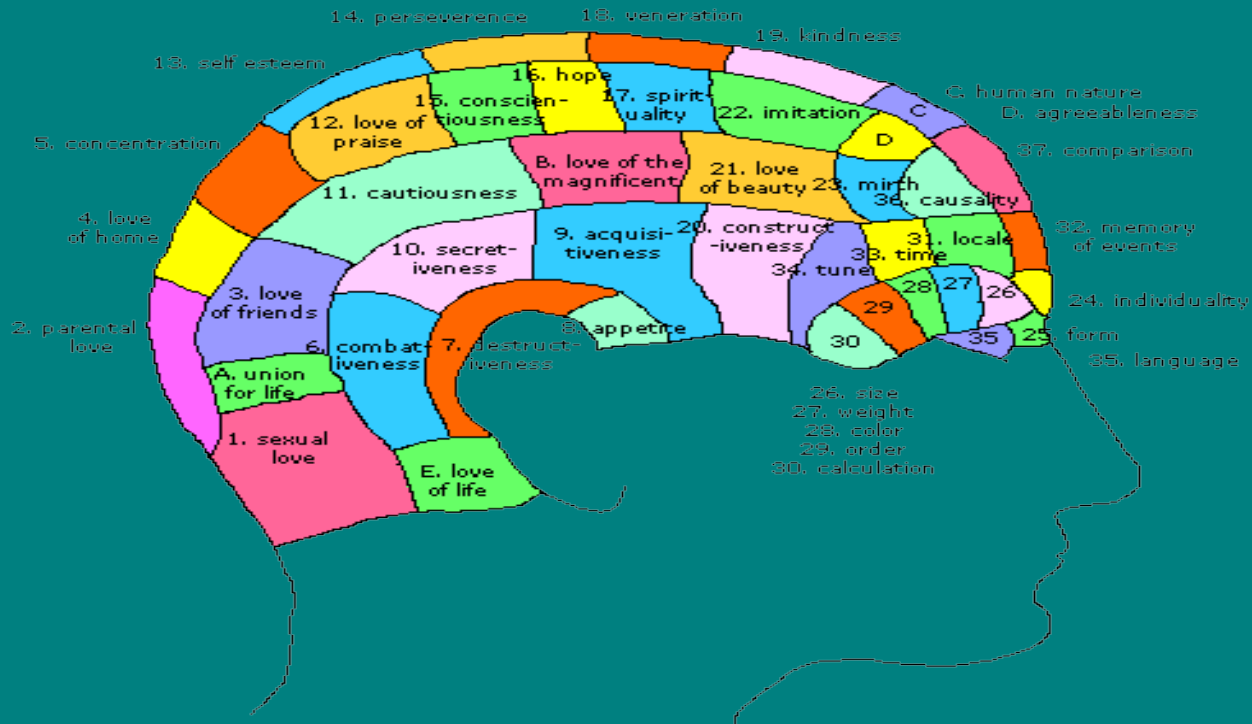
–What is Psychology and what are the goals of Psychology?

Essential Question

- Who are the key figures in the history of the field of Psychology and their major contributions?
(SSPFR1b)

Brief History of Psychology

Phrenological Map



Origins of Psychology

- Nicolaus Copernicus (1473-1543) published the idea that Earth was not the center of the universe
- Galileo Galilei (1564-1642) used telescope to confirm predictions about star position and movement based on Copernicus's work
- Rene Descartes (1596-1650) proposing a link existed between mind and body

Historical Approaches

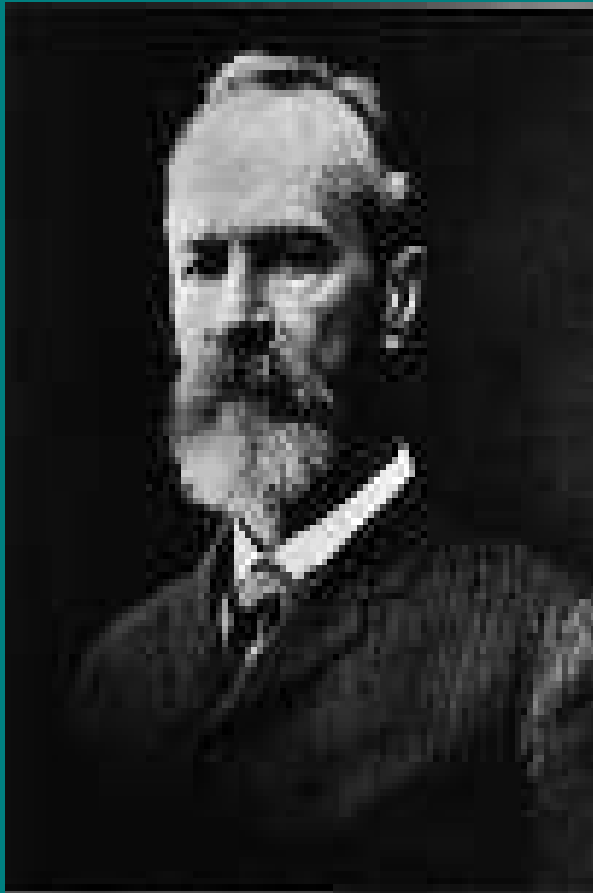
- Structuralism: interested in the basic elements of human experience
- Functionalism: study how people and animals adapt to their environments
- Inheritable Traits: How heredity influences a person's abilities, character, and behavior.
- Gestalt Psychology: studied how sensations are assembled into perceptual experiences.

Wilhelm Wundt (1832-1920)



- Structuralism
- Father of Psychology
- Started the first laboratory to study humans.
- Tried to apply scientific method to the study of the mind.
- Structuralist

William James (1842-1910)



- Functionalism
- Father of Psychology in the United States
- Taught 1st class in psychology at Harvard University in 1875
- Focused on the functions or actions of the conscious mind and the goals or purposes of behavior

Biological Approach

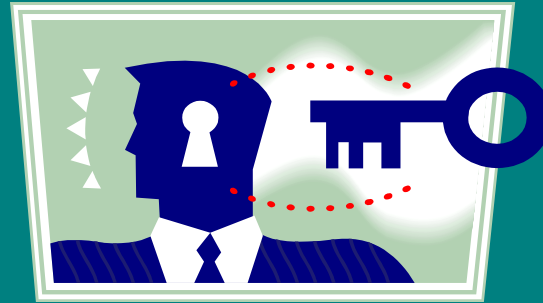
- Focuses on how our genes, hormones, and nervous system interact with our environments to influence learning, personality, memory, motivation, emotions, and coping techniques.

Sir Francis Galton (1822-1911)



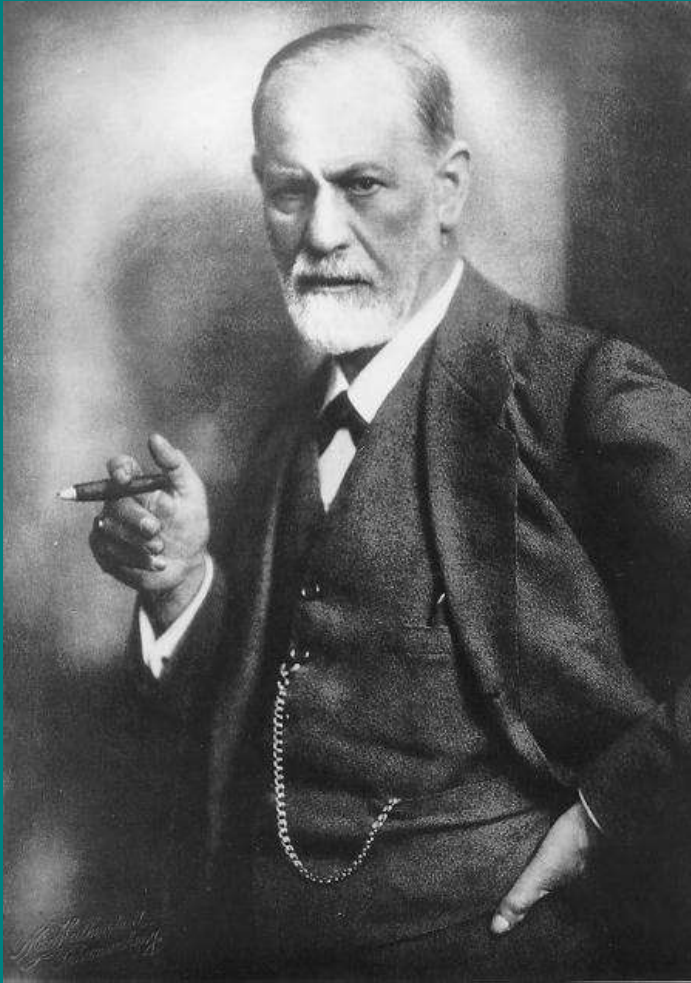
- Mathematician and scientist
- Wanted to understand how heredity influenced a person's abilities, character, and behavior.
- Didn't take into consideration that environment played a part (Nature vs. Nurture)

Psychoanalytic Approach



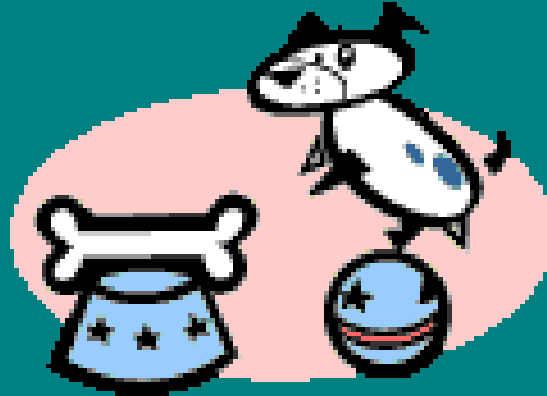
- The basis of psychoanalysis is the concept of a dynamic unconscious mind.
- Stresses the influence of unconscious fears, desires, and motivations on thoughts, behaviors, and the development of personality traits and psychological problems later in life.

Sigmund Freud (1856-1939)



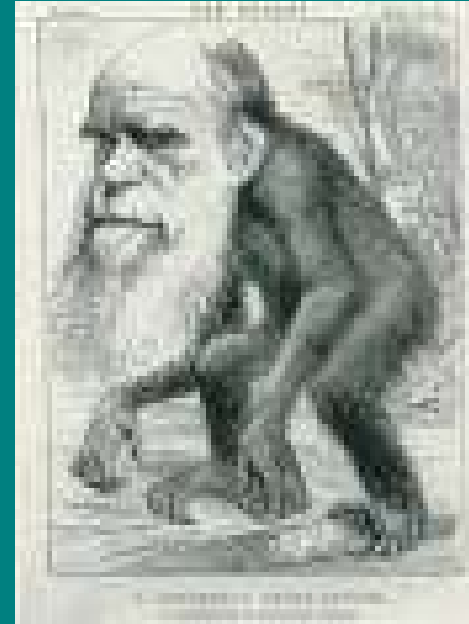
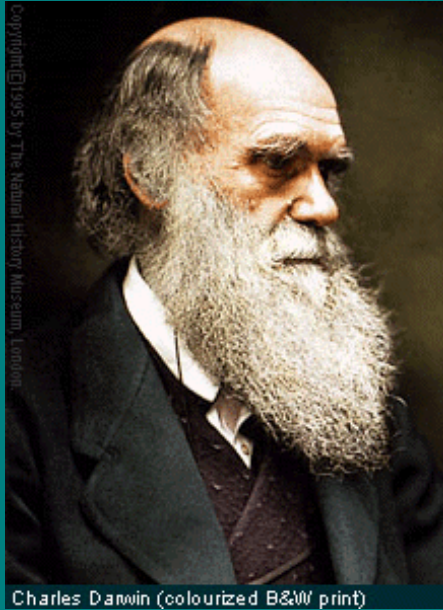
- Freud divided the personality into three functional parts: id, ego, and superego
- Freud believed that there were a number of defense mechanisms that protect the conscious mind from those aspects of reality it may find difficult to accept. The major defense mechanism is repression, which induced a “forgetfulness” for harsh realities.
- Freud made conscious recognition of these forgotten experiences the foundation of psychoanalytic therapy.

Behaviorism



- School of psychology which seeks to explain animal and human behavior entirely in terms of observable and measurable responses to environmental stimuli.
- Therapy intends to shape behavior through a variety of processes known as conditioning.

Charles Darwin (1809-1882)



- Suggested that animals, including humans, had evolved and changed.
- Inspired scientists to study animals in an attempt to understand humans better.

Ivan Pavlov (1849-1936)



- First demonstrated classical conditioning while experimenting on nervous stimulation of gastric secretions in dogs.

John B. Watson (1878-1958)



- **Behavioral psychologist**
- **Studied the impact of learning on human emotion.**
- **What we feel and do depends upon associations and connections we have made.**

B.F. Skinner (1904-1990)



- **Humans are products of learning and association.**
- **We are controlled by our environment, through our responses and consequences of these responses.**

Humanism



- Approach to psychology that emphasizes the basic goodness of humans.
- Believe that the environment does not force us to become anything, but serves as a backdrop for our development.

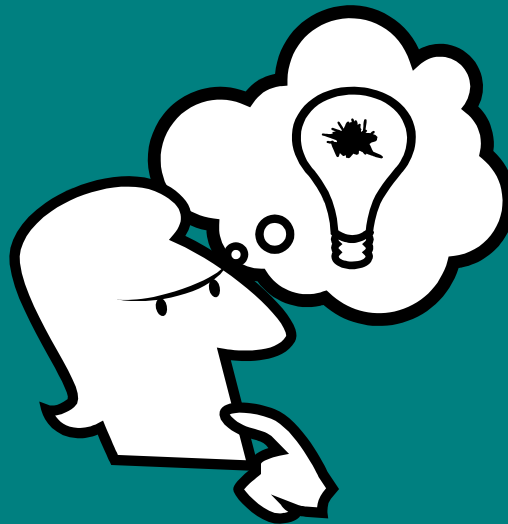
Carl Rogers (1902-1987)



- Father of Humanistic Psychology
- Humans are basically good and will strive to reach perfection (self-actualization)
- Personal growth is internal
- We are in control of our destinies

Cognitivism

- Examines how we process, store, and use information and how this information influences what we attend to, perceive, learn, remember, believe, and feel.



Sociocultural Approach

- Examines the influence of cultural and ethnic similarities and differences on psychological and social functioning of a culture's members.



Why so many approaches?

- By using one or more of these six different approaches, psychologists can look at behavior from different viewpoints and stand a better chance of reaching psychology's four goals: describe, explain, predict, and influence behavior.

Psychology Today...

- Biopsychosocial factors contribute to all behavior.
 - Biological
 - Psychological
 - Social
- Psychology today examines all 3 factors!

Biological Processes

- **Brain chemistry**
- **Predisposition to mental illness**
 - **Toxins in environment**
- **Exposure to pathogens in utero**
 - **“Twin studies” of behavior**

Psychological Dispositions

- **Personality temperament**
- **Life stage development**
 - **Intellectual ability**
 - **Exposure to trauma**
 - **Self-awareness**

Social Factors

- Family of origin
- Peer group responses
- Cultural/Racial background
 - Societal influences

Answer Essential Question

- Login to Canvas and Complete:
 - Answer EQ (SSPFR1b).
 - Who are the key figures in the history of the field of Psychology and their major contributions? (SSPFR1b)