

INTRODUCTION TO PSYCHOLOGY

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Definition of Psychology

- “Psychology is the science of behaviour and mental processes.”
- Psychology is science!!! Why and how???
- Behaviour and mental processes!!! What are these???

What is science?

- Refers to a system for making discoveries
- Based on certain assumptions, following a certain approach
- Systematic or orderly
- Empirical evidence
- Limited causality
- Goals of psychology: description, explanation, control, application

PERSPECTIVES IN PSYCHOLOGY

- Early Contributions:
 - Philosophical background
 - Charles Darwin's "Theory of Evolution"
 - Gustav T. Fechner's "Elements of Psychophysics"

Structuralism

- Wilhelm Wundt (1832-1920)
 - “Father of Scientific Psychology”
 - Established a laboratory for psychological research at the University of Leipzig
 - Focus was on the study of structure of consciousness, mental life, immediate experiences

Functionalism

- William James (1842-1910)
 - Emphasized the functions of mental life rather than the structure
 - Emphasized upon the pragmatism – use and significance of consciousness

Behaviourism

- John B. Watson (1878-1958)
 - Subject matter of psychology was considered to be the observable behaviour.
 - Emphasis on the control of behaviour through learning
 - B.F. Skinner – focus on how environmental forces could be used to enhance human welfare
 - Discovery of basic laws of learning

Psychoanalysis

- Sigmund Freud (1856-1939)
 - The analysis of internal and primarily unconscious forces
 - Defense mechanisms
 - Psychodynamic theory: focus on how unconscious and conscious aspects of person influence behaviour

Humanistic Perspective

- Abraham Maslow (1908-1970) proposed that each of us has an inborn force toward self-actualization.
- Emphasized free will, personal growth, and the attempt to find meaning in one's existence

Modern Perspectives

- Cognitive Behaviourism
- Biological Perspective
- Behavioural Neuroscience
- Behavioural Genetics
- Evolutionary Perspective

Ethical Principles

APA code sets forth following broad ethical principles:

- a) Beneficence
- b) Responsibility
- c) Integrity
- d) Justice
- e) Respect

Scientific Principles

- Steps:

Identify problem

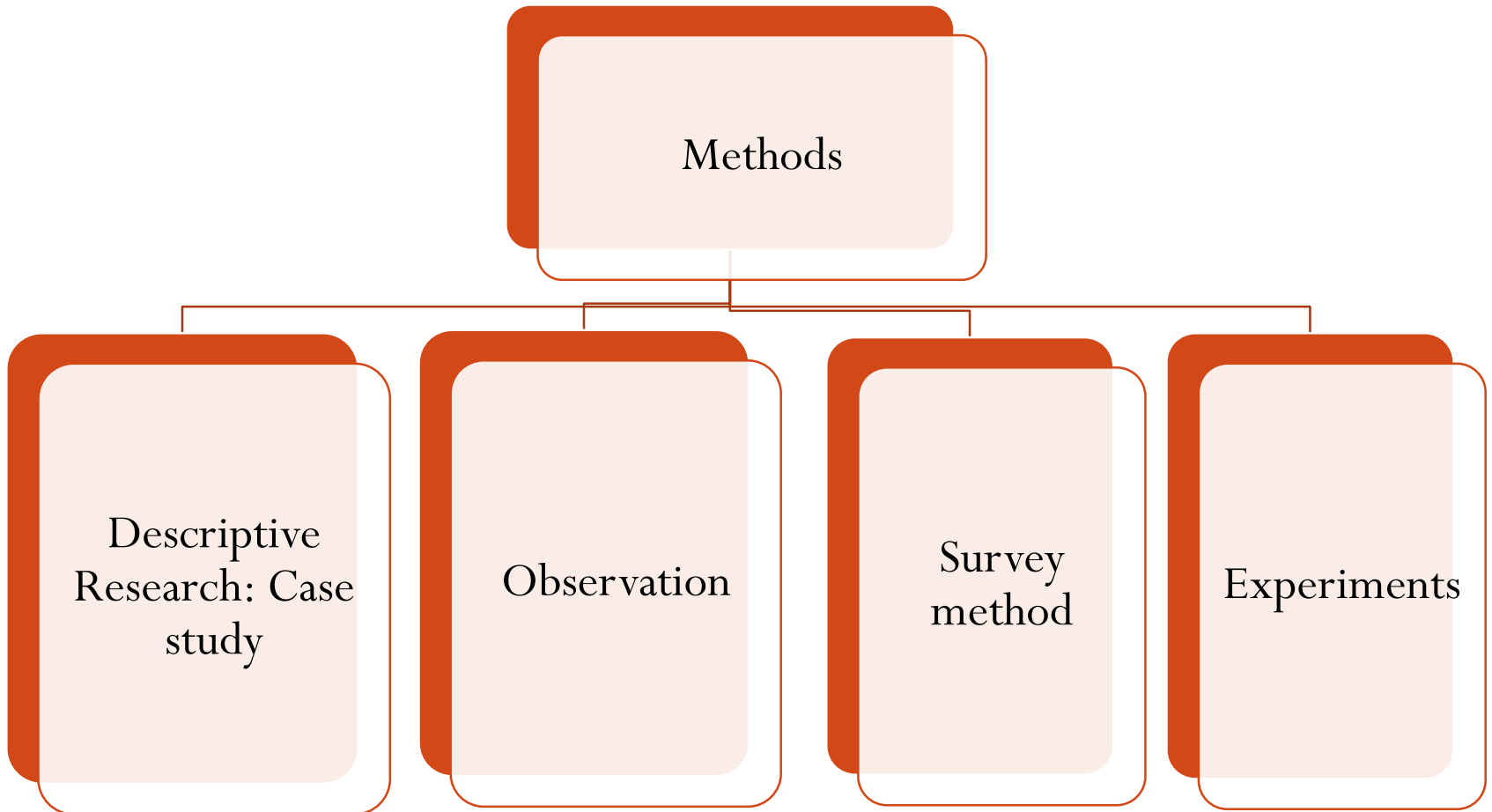
Hypothesis

Test the hypothesis

Analyze Data, draw tentative conclusions, and report findings

Build a body of knowledge

Methods of research



Analysis and interpretation of Data

- Descriptive statistics, measures of central tendency
- Measures of variability
- Inferential statistics
- Meta-analysis

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