

Psychology notes

MODULE: 01

Definition of psychology :

The scientific study of relationship between brain and behaviour.

● Wilhelm Wundt is considered as the "father of psychology" for establishing the first psychology laboratory in Leipzig, Austria.

Mind body dualism : mind control body, body control mind.

RESEARCH METHODS IN PSYCHOLOGY

1. Observation method :

➡ It is a fundamental method of research used to gather data and gain insights into various phenomena.

➡ It is two types,

- **Naturalistic:** It involves observing subjects in their natural environment without interfering with their behavior.

- **Systematic:** it involves observing and recording behaviors or events in a structured way.

2. Interview method :

➡ Interview method is a technique used to gather data in a psychological study.

➡ It is two types; guided and non-guided.

- **Guided interview:**

it is also known as a guideline interview, is a semi-structured, open-ended interview technique in psychology that uses a guideline to help the interviewer (like predetermined questions are used.)

▪Non guided interview:

non-guided interview method in psychology is an unstructured interview, which is a flexible, open-ended conversation that allows the participant to guide the interview (donot use any predetermined questions.)

➡ **clinical interview** is a conversation between psychologist and client that is intended to help the psychologist diagnose and treat the patient.

➡ **Stress Interview** is a type of job interview in which the interviewer intentionally creates a stressful or uncomfortable situation for the candidate.

3. Experimental method :

➡ it is a scientific approach to research or scientific form of collecting evidence, that involves manipulating variables to determine their effect on other variables (elements that we put under study.)

➡ Variables are 3 type ;

- **Independent variable** ; it's not influenced by any other variables in the study. Independent variables are also called: Explanatory variables

- **Depended variable** ; dependent variable is a variable that depends on the values of other variables, and is expected to change when the independent variable is manipulated.

- **Confounding variable** ; variable that may influence the relationship between the independent and dependent variables.

4. Correlation method :

➡ is a non-experimental research method that measures and assesses the relationship between two or more variables.

★ +ve and -ve correlations are there.

SCIENTIFIC STUDY

1. Accuracy ;

It refers to the closeness of a measured value to the true value

2. Objectivity;

the idea that multiple people who independently study an event should reach similar conclusions.(Something that free from biase.)

3. skepticism;

is a critical thinking attitude that involves questioning the validity of research studies and their conclusions.

4. Open-mindedness;

the willingness to consider a variety of perspectives, ideas, and information, even if they conflict with your own beliefs.

SCHOOLS OF PSYCHOLOGY

1. Structuralism ;

➡ structuralism focused on breaking down mental processes into their most basic components.

➡ Wilhelm Wundt and Edward Titchener were major thinkers associated with structuralism.

➡ Structuralists used introspection to analyze the inner processes of the human mind, but the subjectivity of this method led to unreliable results.

2. Functionalism ;

➡ Functionalism focused on how mental activities helped an organism fit into its environment.

➡ William James was a key figure in functionalism.

➡ James believed that introspection could be used to study mental activities, but he also used more objective measures.

3. Behaviorism ;

➡ Behaviorism focused on studying behavior or responses in a measurable and objective form.

➡ Behaviorists believed that all behaviors are the result of experience and that people can be trained to act in a particular manner.

➡ Behaviorism became the dominant school of thought in psychology from about 1920 through the mid-1950s.

4. Gestalt psychology ;

➡ Gestalt psychology emerged as a reaction to structuralism and focused on the organization of perceptual experiences.

➡ Gestalt theory emphasizes that the whole of anything is greater than its parts.

★ Major perspectives in psychology

1. Behavioral ;

➡ This perspective focuses on how a person's environment and learned behaviors influence their actions.

➡ Behaviorism is a theory that states that all behaviors are learned through interaction with the environment.

2. Cognitive ;

➡ This perspective focuses on mental processes like thinking, remembering, and problem-solving.

➡ It views humans as information processors.

3. Biological ;

➡ This perspective considers how genes, evolution, and environmental factors influence behavior.

➡ It has contributed to understanding memory, sexual orientation, and mental disorders.

4. Psychodynamic ;

➡ This perspective looks at how childhood experiences and unconscious impulses affect behavior. (It is rooted in the work of Sigmund Freud.)

5. Evolutionary ;

➡ This perspective can help uncover the predispositions that cultural differences build on.

6. Sociocultural ;

➡ This perspective emphasizes the role of social norms and cultural learning in shaping behavior, thoughts, and feelings.

7. Humanistic ;

➡ This perspective gives special importance to how a person can reach their full potential.