

Understanding Human Behaviour:

- 1.1 what is psychology, myths and misconception related to psychology.
- 1.2 Methods to study behaviour - observations, interview, correlation, and experimental method.
- 1.3 Perception - stimulus and psychological factors, errors in Perception.
- 1.4. States of Consciousness, sleep, dreams, drugs, meditation and hypnosis.

Baron, R.A (2013) Psychology, New Delhi, Pearson.

1.1

■ What is psychology.

Psychology is the study of mind and behaviour. it encompasses the biological influences, social pressures, and environmental factors that affect how people think, act and feel.

Father of Psychology

Wilhelm Wundt is widely considered the father of Psychology.

Wundt is credited with establishing psychology as

an independent field of study distinct from philosophy and biology.
In 1879, Wundt established the 1st formal laboratory for psychological research at the University of Leipzig.

Myths and Misconception related to Psychology

- 1) Some people are right brained and some people are left brained.

The most misconception is that one side of the brain is mostly dominant. research show that everyone use both sides of their brains equally because though most abilities are based in different regions of the brain they can be carried out by the connections formed between different parts.

fact :- different parts of the brain are responsible for different functions and we use both sides of brain equally.

- 2) Psychology is all about common sense and giving advice

The Complexity of Psychology as a Subject is

often not realised. This has given rise to the misconception that psychology is just common sense and that psychologists charge money just to advice based on common sense. (B) Human behaviour is complex and involves an intricate interaction between thoughts, emotions and actions.

Some processes of the human mind can be seen as common sense but psychology tries to understand the reason behind such behaviours. **fail:-** Psychology is empirical. It is a science that tests hypotheses and theories. $\therefore$ it is not just common sense and advice.

3) Psychological illness is caused by a chemical imbalance in the brain.

Chemical imbalances do affect us in some ways. However, stating that psychological illness is solely caused by this chemical imbalance is an ~~over~~ oversimplification. Anxiety, depression and Schizophrenia are some psychological disorders that are by chemical imbalances in the brain. However, ~~the~~ imbalance is not the only contributing factor. Environment and genetic influence also play a role.

fact:- Lifestyle choices and certain patterns of behaviour can influence mental health. Chemical imbalance is just one factor that leads to psychological illness. They arise from a combination of social, environmental genetic and biological factors.

4. Endorsing Psychology means giving up your religious beliefs.

Psychology is unlike many empirical sciences. Your faith and your belief in psychology can coexist together.

Fact:- Psychology does not ask you to forget your religious beliefs. These can exist simultaneously and vary from person to person.

5. Psychologists can read minds.

Psychology is the study of mind and behaviour it tries to understand our cognition, emotions and actions and how we react to situations in different environments.

fact:- Psychologists try to understand your situations and issues and guide you to find a solution to these issues. They predict that if you

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continue to behave in a certain way or adopt a certain thinking pattern, then you might face certain consequences.

6. Opposites attract

It is a popular belief that opposites attract, that we are like magnets and are drawn towards those who are opposite. Not only is this false.

Similarity between partners is more common in ~~sex~~ relationships than opposite.

fact:- like birds of the same feather indeed flock together. People usually surround themselves and build friendship and relationships with those who are similar to them.

7. Expressing anger is better than holding it in.

it is usually believed that repressed anger can fester and the buildup is like steam building up in a pressure cooker. A common misconception is that venting: anger will give you relief. A sought of purification. But this is not true. Venting might give you temporary relief but that does not address the core problem of your anger. it is a reinforcement of negative emotions.

fact:- The more you vent your anger, the worse you feel.

8. People use only 10% of their brain.

The idea that people only use a small portion of their brain leaving a lot of untapped potential is a common theme. ~~in~~ On general terms, letting 90% of one's brain go to waste would be a pretty inefficient biological strategy and would surely be selected against across generations. Scientists observe that all areas of healthy brain are active all the time depending on the person's engagement in, some areas of the brain become more active than others.

9. Psychologists only deal with mentally challenged people.

Psychologists do not only work with mentally challenged people, but a lot of normal people go for therapy sessions who just want to end their emotional and mental stress.

Not everyone who seeks a psychologist has a psychological disorder.

10. OCD-disorder is just related to organizing things and washing hands.

OCD is characterised by intrusive ~~disorder~~

disturbing thoughts which rush people into following time-consuming rituals to calm down. it can involve intrusive sexual thoughts and image which provoke anxiety and the individual tries to ward them off by doing certain rituals.

1.2

Methods to study behaviour - Observations, interview, correlation and experimental method

Mind body dualism

The philosophical view that mind and body are fundamentally distinct kinds of substance or natures.

① Rene Descartes a french philosopher and mathematician developed a theory of mind. as an immaterial, non-extended substance that engages in various activities or undergoes various states such as rational thought, imagining, feeling (sensation) and willing.

One of the deepest and most lasting legacies of 'Rene Descartes' philosophy is his thesis that mind and body are really distinct - a thesis now called "mind-body dualism". He reached this conclusion by arguing that the nature

mind (i.e., a thinking, non-extended thing) is completely different from that of the body (i.e., an extended, non-thinking thing), and therefore it is possible for one to exist without the other.

Methods for studying psychology

a) Observation

- (i) Systematic observation
- (ii) Naturalistic observation

b) Interview

- (i) Guided interview
- (ii) Non-Guided interview
- (iii) Clinical interview
- (iv) Stress interview

(c) Experimental method

- (i) independent variable
- (ii) Dependent variable
- (iii) Confounding Variable

(d) Correlation

- (a) positive Correlation
- (b) Negative Correlation

a) Observation

The Observation method in psychology is a research technique that involves observing and recording behaviours, events or phenomena in real world settings. It is used to gather data and gain insights into human behaviour, social interactions and other complex phenomena.

- Albert Bandura, a psychologist and learning theorist who 1st proposed social learning theory can be credited for 1st having noted observation and learning.

(i) Systematic Observation

Systematic Observation is a research method used in psychology and other fields to gather data about natural behaviour, occurrences or phenomena. It includes structured, reduces bias, quantitative data collection, Replicable, structured.

- Structured - Systematic observation involves following a structured plan and using standardized tools to collect data.
- Reduces bias - It helps to reduce or eliminate bias.

- in experimental designs, which increases the reliability and validity of the data.
- Quantitative data collection - it involves recording observations in terms of numerical categories or structured codes.
 - Replicable - The data collected through systematic observation can be replicated because it's based on stated procedures and logical approaches.

(ii) Naturalistic Observation

Naturalistic Observation is a research method in Psychology that involves observing people or animals in their natural environment without interfering with their behaviour.

Advantages :-

- * ~~to~~ Naturalistic Observation has high ecological validity because it uses realworld environments and participants behave more authentically when they don't know they are being observed.
- * Used to generate new ideas.
- * The entire situation can be studied
- * More insight is gained.

Disadvantages :-

- * Naturalistic Observation can be less reliable because

it's difficult to control other variables, which can make it hard to repeat the study.
* it can also be time consuming and resource intensive

* not possible to observe all types of behaviour in a natural setting

b) Interview

The interview method is a technique used in psychology to gather data by asking questions to an individual. It can be used in research studies, clinical assessments and therapeutic settings. The interview method can help researchers understand human behaviours and ~~psychological~~ psychological processes by providing insights into subjective experiences.

(i) Structured interview

A structured interview is a quantitative method where the researcher method where the interviewer a set of prepared closed ended questions in the form of an interview schedule, which he/she reads out exactly as worded. Structured interviews are also called. Standardized, patterned or planned interviews.

- ⇒ it is easy to test for reliability
- ⇒ interviews can take place within a short amount of time.
- ⇒ large sample can be obtained within a short period of time.

• Limitation

- ⇒ Structured interviews are not flexible.
- ⇒ Answers from structured interviews lack detail as only closed questions are asked, which generates quantitative data.

(2) Unstructured interview

Unstructured interviews do not use any set questions, instead, the interviewer asks open ended questions based on a specific research topic and will try to let the interview flow like a natural conversation.

The interviewer modifies his or her questions to suit the candidate's specific experiences.

- ⇒ Unstructured interview are more flexible. as questions can be adapted and changed depending on the respondents' answer.
- ⇒ generate qualitative data through the use of open questions.

⇒ They also have increased validity since it gives the interviewer the opportunity to probe for a deeper understanding, ask for clarification and allow the interviewee to steer the direction of the interview.

Limitation

⇒ it can be time-consuming to conduct an unstructured interview and analyze the qualitative data.

⇒ employing and training interviewers is expensive and not as cheap as collecting data via questionnaires.

⇒ Interviews inevitably co-construct data through researchers agenda setting and question-framing. Techniques like open end question provide only limited remedies.

③ Clinical interview

The clinical interview is a critical and commonly used assessment procedure in mental health practice that involves a personal exchange between clinician and client designed to gather information needed for diagnosis and treatment.

4. Stress interview

A stress interview is a type of job interview in which the interviewer intentionally creates a stressful or uncomfortable situation for the candidate. The goal of a stress interview is to see how the candidate handles stress, pressure and unexpected or uncomfortable situations. This type of interview is often used for positions that require ability to perform well under stress.

C. Experimental Method

(1) Independent Variable

the independent variable in psychology is the characteristic of an experiment that is ~~man~~ manipulated or changed by researchers, not by other variables in the experiment.

Eg:- In an experiment looking at the effect of studying on test scores, studying would be the independent variable.

(2) Dependent Variable

A dependent variable is a variable that is expected to change based on the manipulation of an independent variable.

Or

it is something that depending on other factor.

Eg:- A test score, could be dependent variable because it could be changing depending on several factors such as how much studied.

(3) Confounding Variable

A confounding variable that influences both the dependent variable and ~~indepe~~ independent variable, causing a spurious association.

Eg:- Caffeine study - In a caffeine study, the experimental group may have slept more or spent ~~time~~ more time preparing for an exam than control group.

~~Cognitive study~~

D Correlation

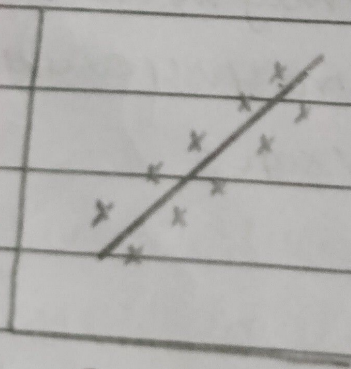
Correlation is the statistical technique that is used to measure and describe a relationship between two variables.

(1) Positive Correlation

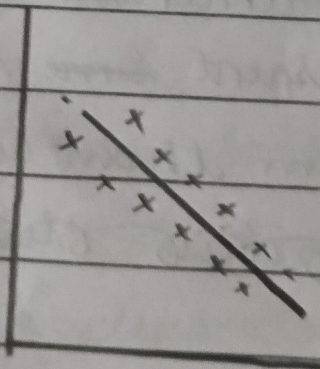
A ~~pos~~ positive correlation is when two variables move in the same direction i.e. when one variable increases, the other also increases as well.

(2) Inverse Correlation

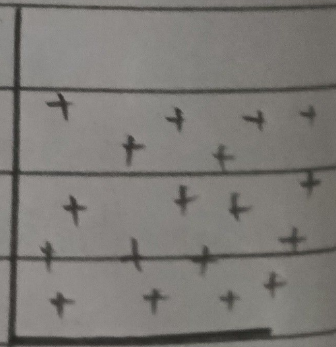
A negative correlation is when two variables have an inverse relationship, meaning that as one variable increases, the other decreases. It is represented by correlation coefficient ~~close~~ between 0 and -1. with a stronger relationship closer to -1.



Positive
Correlation



Negative
Correlation



No
Correlation

Scientific method of Psychology.

- a) Accuracy
- b) Objectivity
- c) Scientism.
- d) Open mindedness.

These four concepts are essential principles in scientific research, including psychology, to ensure reliable and valid knowledge. Together these principles ensure that psychological research remains rigorous, reliable, and capable of evolving as new information emerges.

- a) **Accuracy** :- This refers to the precision and exactness in collecting, measuring and reporting data. In psychology, accuracy is crucial for drawing valid conclusions. Researchers must ensure that their methods and instruments measure what they are supposed to measure and report findings without exaggeration or error.
- b) **Objectivity** :- Objectivity involves being impartial and avoiding personal biases. In psychological research, scientists aim to maintain neutrality and let the data speak for itself. Objectivity

ensures that personal feelings, beliefs or expectations do not distort the interpretation of results.

c) **Skepticism:** Skepticism is the practice of questioning the validity of claims until there is sufficient evidence. In Psychology, researchers critically examine theories and findings, challenging assumptions and seeking solid proof before accepting conclusions. This prevents the acceptance of false or misleading ideas.

d) **Open-mindedness:-** Open mindedness means being receptive to new ideas and willing to revise beliefs when presented with new evidence. In psychology, it encourages scientists to consider alternative explanations and remain flexible in their thinking, which is important for the advancement of knowledge.

Different Schools Of Psychology

- a) Structuralism
- b) Functionalism
- c) Psychosexual development

d) Psychoanalysis

e) Behaviourism

f) Humanism

A Structuralism

* founder :- Wilhelm Wundt and Edward Titchener.

* Focus :- Structuralism was the 1st major school of thought in psychology, aiming to breakdown mental processing into their most basic components.

* Method :- The main method used was introspection where individuals reported their conscious experiences in detail while reacting to stimuli. This was done to analyze the structure of the mind.

* Goal :- Structuralism wants to identify the building blocks of the mind (sensations, feelings, and, images) to understand how these elements combine to form complex mental experiences.

* Criticism :- it was criticized for its reliance on subjective introspection, which was seen as

unscientific and its limited focus on conscious experience, neglecting unconscious process or real world applications.

B Functionalism

- founders : William James [influenced by Charles Darwin's theory of evolution]
- Focus : functionalism emerged as a reaction to structuralism. Rather than analyzing the components of the mind, functionalists focused on the purpose and ~~functionalists focused on~~ functions of mental process - how mental activities help an organism adapt to its environment.
- Key idea : Functionalists were interested in understanding how behaviours and mental processes promote survival and reproduction. They explored topics like emotions, habits and learning.
- * Unlike structuralists, functionalists studied real life behaviours and how the mind functions in everyday situations

opening psychology to areas like child development, education, and behavioral differences.

- Influence : Functionalism paved the way for applied psychology and influenced later schools like behaviourism and educational psychology.

C. Psychosexual Development.

Freudian Theory.

- founder: Sigmund Freud.
- focus : Freud's theory of psychosexual development outlines how personality develops through a series of stages in early childhood, where different parts of the body are the focus of pleasure seeking energy.
- Stages
 - * Oral stage (0-1 year). focus on oral pleasures like sucking and biting. Fixations may ~~also~~ lead to oral habits in adulthood, like smoking or overeating.
 - * Anal stage (1-3 years). focus on control over bowel and bladder movements.

fixations can result in personality traits related to control and orderliness or messiness