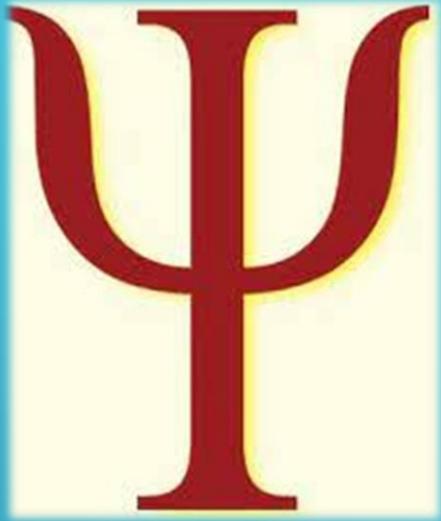




## UNIT 1

# FOUNDATION TO PSYCHOLOGY



**What  
is  
Psychology**



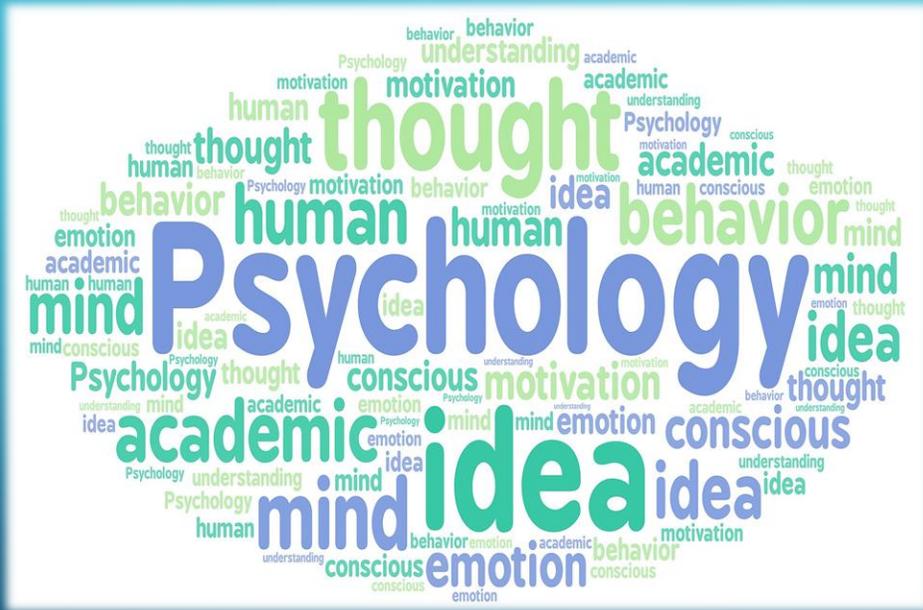


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**Psychology**

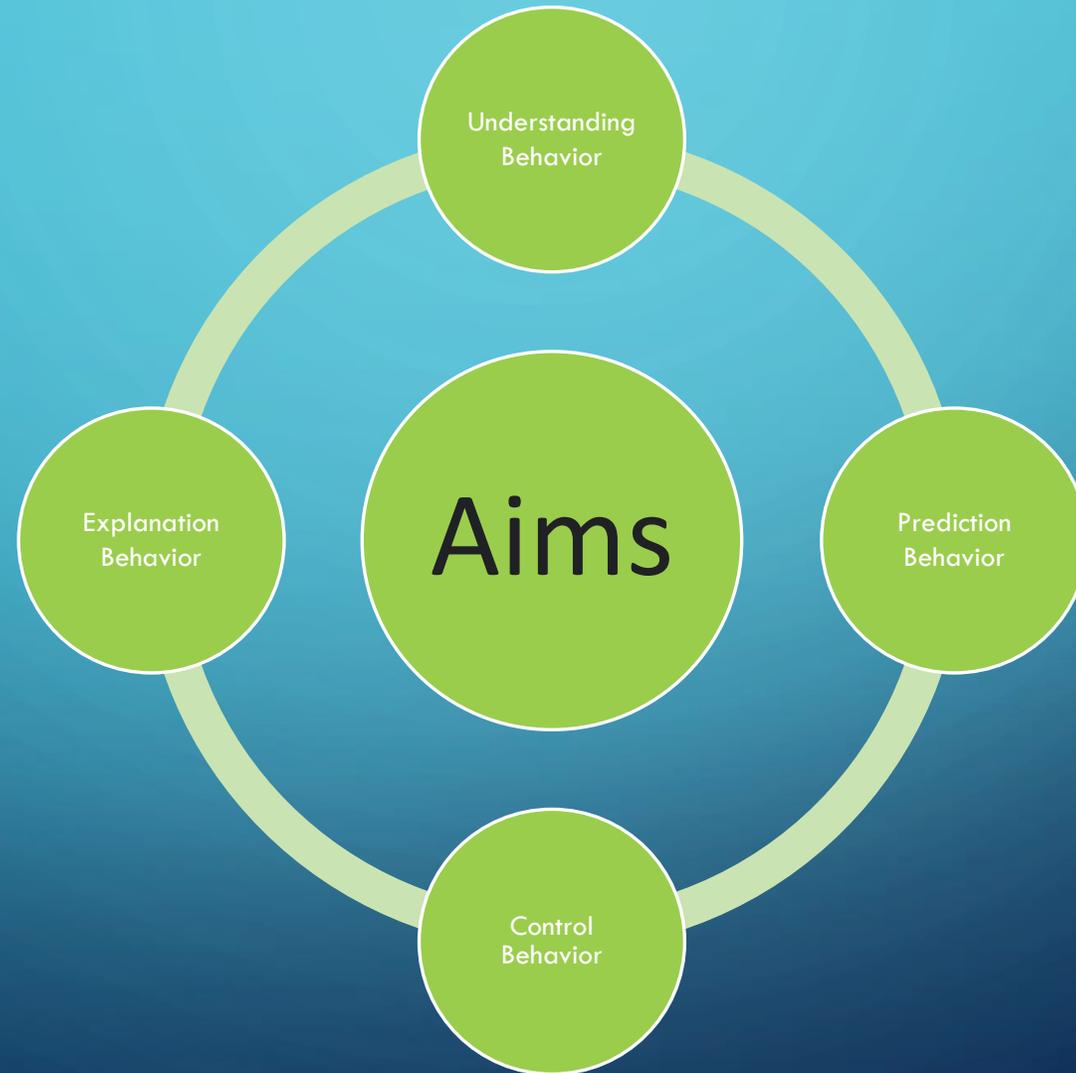
# Psychology ?



The study of the mind and behavior, with many branches and career opportunities

Psychology is the science that focuses on studying thoughts, feelings, and behaviors.

# Aims of Studying Psychology



**Behavior is ?**



## Behavior is ?



Every human action, both physical and mental which can be observed directly or indirectly

Behaviour is how someone acts. It is what a person does to make something happen, to make something change or to keep things the same. Behaviour is a response to things that are happening: internally - thoughts and feelings. externally - the environment, including other people.

# Types of Human Behavior



## Overt Behavior

- walk, smiling
- talking, sitting

## Covert Behavior

- thoughts, emotions
- perception, attitude



# Branches or Sub-Fields of Psychology

```
graph TD; A[Branches or Sub-Fields of Psychology] --> B[Basic Area]; A --> C[Applied Field]; B --> B1[Developmental Psychology]; B --> B2[Child psychology]; B --> B3[Social psychology]; B --> B4[Abnormal Psychology]; B --> B5[Cognitive psychology]; C --> C1[Clinical Psychology]; C --> C2[Counseling]; C --> C3[Health Psychology]; C --> C4[Industrial psychology]; C --> C5[Educational psychology];
```

## Basic Area

- Developmental Psychology
- Child psychology
- Social psychology
- Abnormal Psychology
- Cognitive psychology

## Applied Field

- Clinical Psychology
- Counseling
- Health Psychology
- Industrial psychology
- Educational psychology

# Branches of Psychology

## Pure Psychology

General Psychology

Abnormal Psychology

Social Psychology

Experimental Psychology

Physiological Psychology

Para Psychology

Geo Psychology

## Applied Psychology

Educational Psychology

Clinical Psychology

Industrial Psychology

Legal Psychology

Military Psychology

Political Psychology

Criminal Psychology

# Different Fields of Psychology

Biopsychology

Educational Psychology

Clinical Psychology

Industrial-Organizational Psychology

Social Psychology

Sports Psychology



# Psychological Concept

- ✧ *Structuralism*
- ✧ *Functionalism*
- ✧ *Behaviorism*
- ✧ *Psychoanalysis*
- ✧ *Gestalt*

# *Structuralism*

## **STRUCTURALISM:**

**THE FIRST  
SCHOOL OF  
PSYCHOLOGY**



## **Structuralism Psychology**

- Meaning
- Definition
- Essay

# Structuralism—Wilhelm Wundt

Definition: School of Psychology that stresses the basic units of experience and combinations in which they occur.



Wilhelm Wundt:

Physiologist and Philosopher

Founded the first experimental psychology laboratory in 1879—Leipzig Lab.

Argued that the mind must be studied objectively and scientifically.

Main concern was with techniques used for uncovering natural laws of the human mind—HE WAS IN SEARCH FOR THE BASIC UNIT OF THOUGHT.

# Structuralism--Titchener

Student of the Leipzig lab

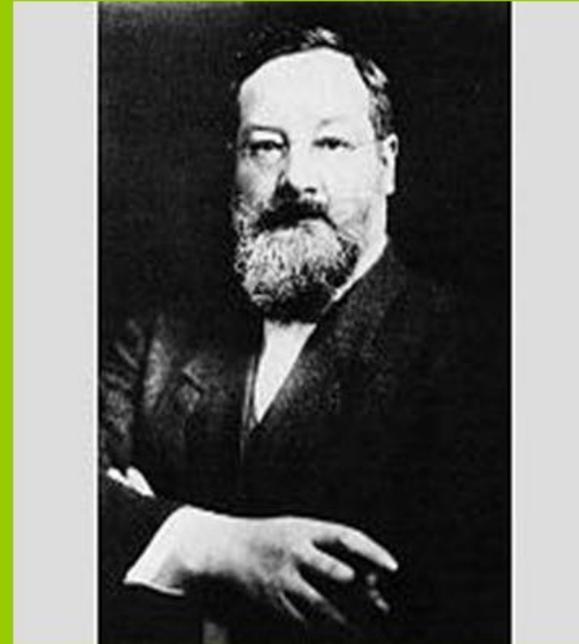
Viewed that human conscious experience could be understood by breaking it down into components:

- ✓Physical sensations (lights & sounds)
- ✓Affections of feelings
- ✓Images (memory and dreams)

Psychology's role is to identify these elements and show how they are combined within the conscious mind.

Titchener's approach:

1. Train subjects in introspection and reporting techniques
2. INTROSPECTION: looking inside oneself and try to describe what's going on—understanding oneself.
3. Trained observers introspected and reported what they experienced
4. Try to formulate general theories based on their subjects' reports.



## Methods of study

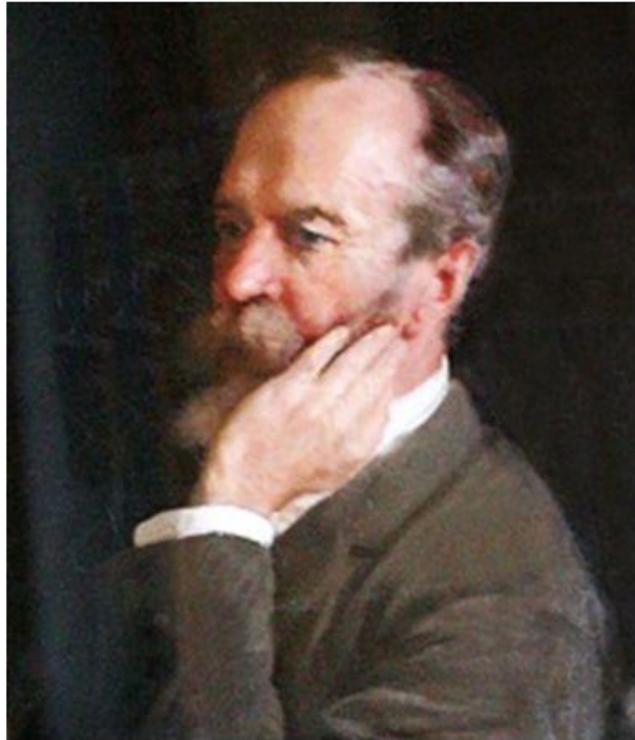
- Simplifying the understanding of consciousness by breaking it down into smaller categories. eg. Thoughts, feelings, sight, sounds, etc.
- Organising them by how they are interrelated with each other
- Making a hypothesis and then testing the hypothesis to see if it's true.



# *Functionalism*

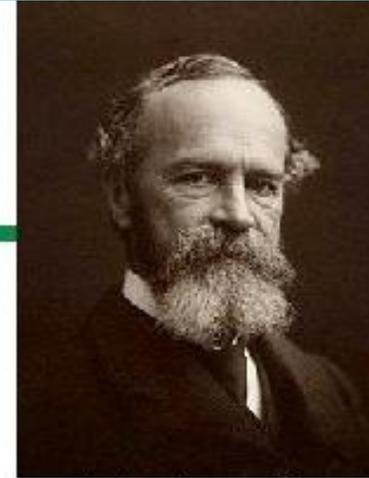


## William James (**Functionalism**)



- This approach says our mind is a product of our environment
- How we behaviorally and mentally adapt
- Studied animals
- Influenced by Darwin & natural selection
- Consciousness cannot be studied.

# Functionalism

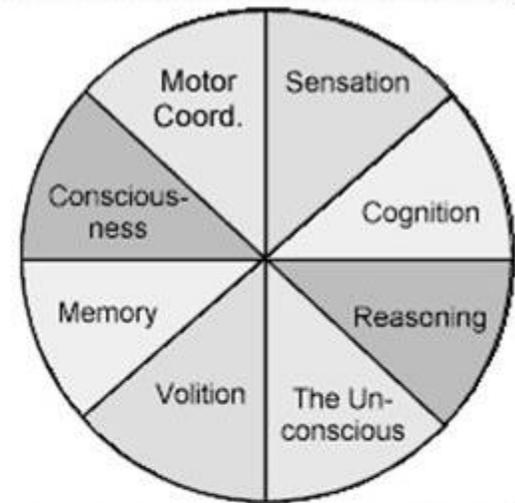


- **William James**
  - Rejects Structuralism
  - Influenced by Darwin
- **Functionalism** –theory of mental life and behavior that is concerned with how an organism uses its perceptual abilities to function in its environment.
- Functionalists wanted to the whole system of mental processes rather than focusing on the tiny elements elements of consciousness
- Functionalism also emphasized individual differences, which had a profound impact on education.

# Functionalism

- Functionalism- A theory that emphasized the functions of consciousness and the ways consciousness helps people adapt to their environment.
- Inspired by Darwin and wanted to know what “function” consciousness served to us a species
- James thought that psychology should explain how people adapted-or failed to adapt-to everyday life outside the laboratory.

The parts of the functionalist view of psychology

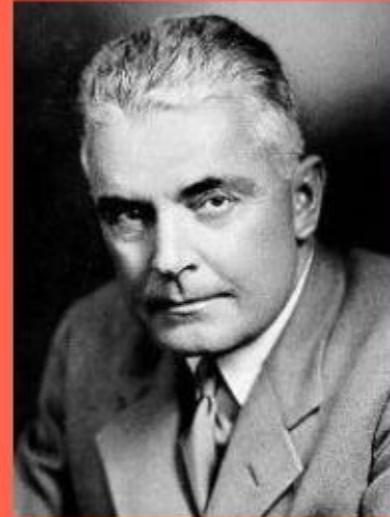


# *Behaviorism*



# John B. Watson

- “Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I guarantee to take any one at random and train him to become any type of specialist I might select- doctor, lawyer, artist, merchant-chief and, yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors.”



- Known for publishing an article titled “Psychology as the Behaviorist Views It” also called “The Behaviorist Manifesto”.

Jan. 1878- Sept. 1958

# Behaviorism

- Behaviorism is an approach to psychology based on the belief that all human actions and responses can be explained in terms of reflexes conditioned by reward and punishment.
- Behaviorists look at learning as an aspect of conditioning and will advocate a system of rewards and targets in education.

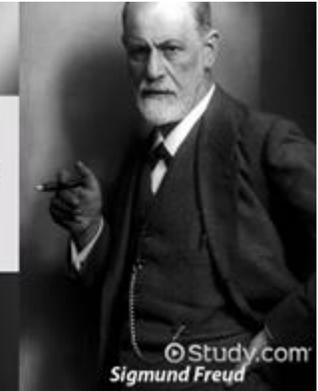
## Behaviorism

- **Behaviorism** is a systematic approach to the understanding of human and animal behavior.
- It assumes that the behavior of a human or animal is a consequence of that individual's history, including especially reinforcement and punishment, together with the individual's current motivational state and controlling stimuli.
- Behaviorists give importance to inheritance in determining behavior, and also on environmental factors.
- Behaviorism combines elements of philosophy, methodology, and psychological theory.

# Psychoanalysis

## psychoanalysis

*a school of psychology developed by Sigmund Freud in the late-1800s, though it has since drifted from mainstream psychology*



© Study.com  
Sigmund Freud



## Psychoanalysis

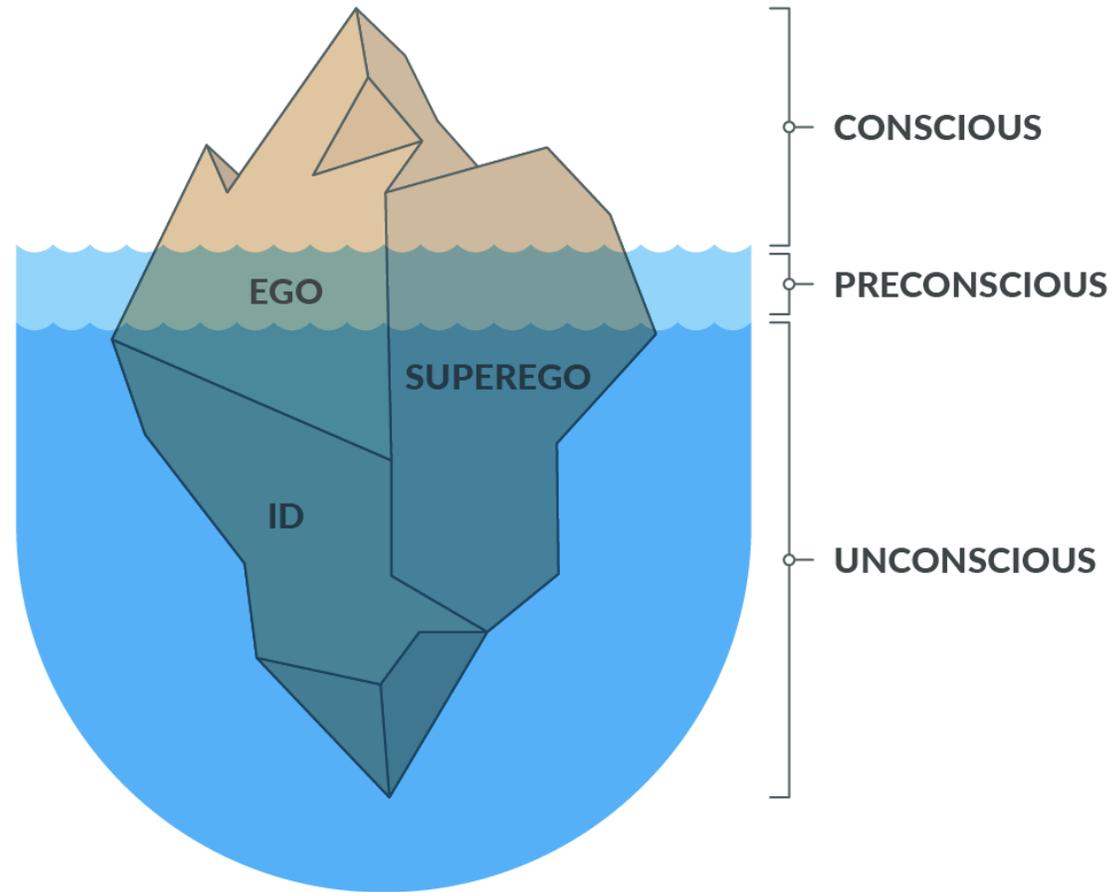
Psychoanalysis was founded by Sigmund Freud. Freud believed that people could be cured by making conscious their unconscious thoughts and motivations, thus gaining “insight”.

The aim of psychoanalysis therapy is to release repressed emotions and experiences (i.e. make the unconscious conscious)

Psychoanalysis is commonly used to treat depression and anxiety disorders.

It is only having a **cathartic** (i.e. healing) experience can the person be helped and "cured".

## Freud's Model of the Mind



# Basic tenets of Freud's psychoanalytic theory

- Three levels of consciousness
  - Conscious: what we're thinking about or experiencing at any given moment
  - Preconscious: what we can readily call to consciousness (memories, knowledge)
  - Unconscious: thoughts, desires, and impulses of which we're not aware; this is the largest level of consciousness.

# Freud's Psychoanalytic Theory

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- Id: predetermined set of psychological needs, drives, instincts
  - Seek pleasure, avoid pain
- Superego: internalization of the moral principles/rules of society
  - "conscience"
- Ego: awareness of one's self and ability to interact with the world
  - Balances id and superego

## A. How do you explore the unconscious part of the mind?

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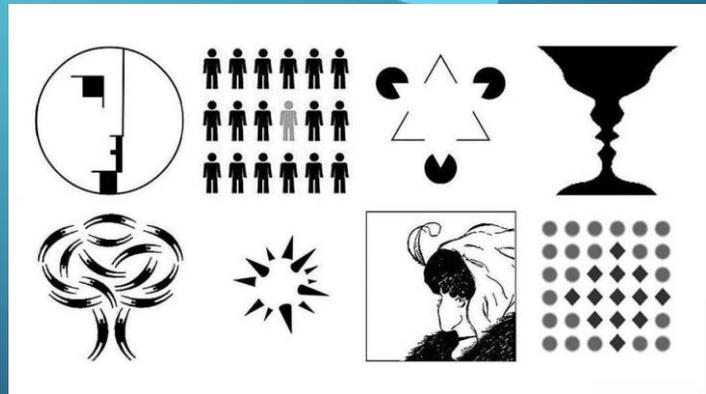
- **Psychoanalysis:** People are supposed to talk about anything that they think of so psychologists can analyze the deeper meaning.



# Psychoanalytic Theory of Personality

- Sigmund Freud
- Levels of Awareness
- Components of Personality
- Defense mechanisms
- Psychosexual stages
- Criticisms and take home message

# *Gestalt*



## The founders of gestalt psychology.



Max Wertheimer  
(1880-1943)



Wolfgang Kohler  
(1887-1967)



Kurt Koffka  
(1886-1941)

## **Max Wertheimer (1880-1943)**

- The beginning of Gestaltism is attributed to Wertheimer in 1910.
- While riding a train on a vacation, he comes up with the idea that perceptions have structures that sensory stimuli do not have.
- In other words, he started exploring the idea that perceptions contain unique properties which do not come from nor exist in the environment (stimulus).

# Gestalt theory

- The phi phenomenon was not a discovery, as motion pictures had been around for decades.
- It was Wertheimer's explanation of the phenomenon which constituted the scientific contribution. The explanation, though, will take a few slides.
- To follow up his finding, Wertheimer created a set of three blinking lights. The middle light blinked, then the two outside lights blinked.

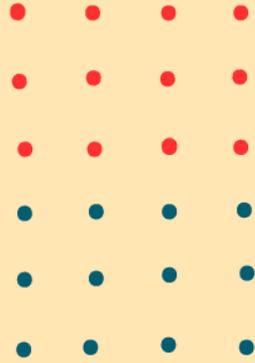
# Gestalt Theory

- The Gestalt Laws suggest that our perception organises the parts of a stimulus into a 'whole'
- For example, we saw how we perceive groups and continuous lines using the laws of proximity, continuity and similarity. Because of figure-ground we separate 'objects' from 'backgrounds'
- Select **two examples** of illusions we have studied in the last few weeks, and **explain them** using Gestalt theory, use the worksheet to help you.

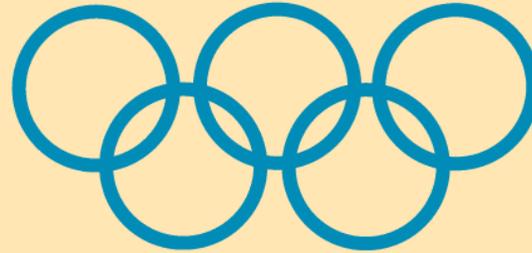
# Gestalt Theory

- ❑ Law of Closure — The mind may experience elements it does not perceive through sensation, in order to complete a regular figure (that is, to increase regularity).
- ❑ Law of Similarity — The mind groups similar elements into collective entities or totalities. This similarity might depend on relationships of form, color, size, or brightness.
- ❑ Law of Proximity — Spatial or temporal proximity of elements may induce the mind to perceive a collective or totality.
- ❑ Law of Symmetry (Figure ground relationships)— Symmetrical images are perceived collectively, even in spite of distance.
- ❑ Law of Continuity — The mind continues visual, auditory, and kinetic patterns.
- ❑ Law of Common Fate — Elements with the same moving direction are perceived as a collective or unit.

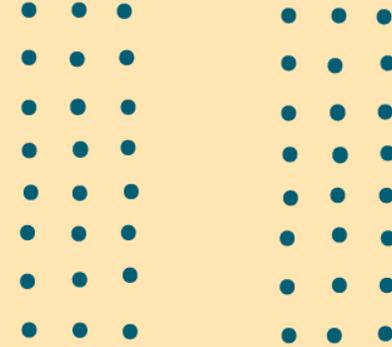
# Examples of the Gestalt Laws



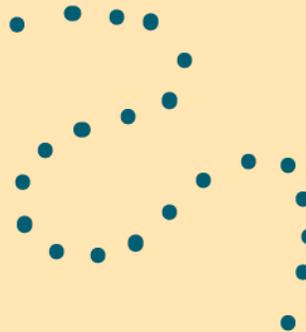
Law of Similarity



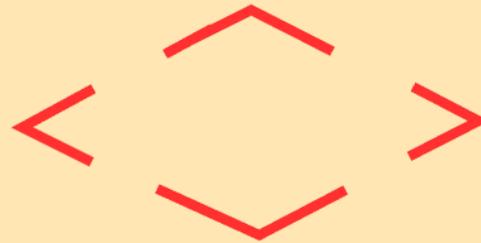
Law of Pragnanz or the Law of Good Figure



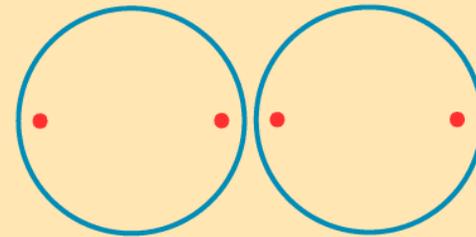
Law of Proximity



Law of Continuity



Law of Closure



The Law of Common Region

# Methods of Studying Psychology

1 Introspection

2 Observation

3 Experimental



4

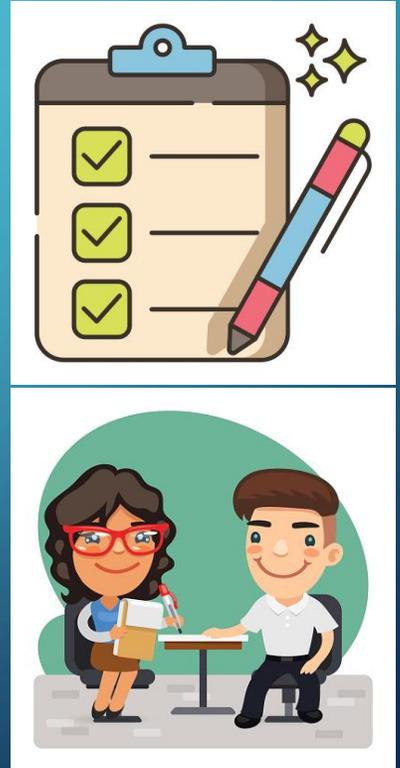
Survey

5

Testing

6

Interview



7 Clinical

8 Case study

9 Questionnaire

10 Cross-Section Study





*Thank You*

