

Free essay about understanding sources of knowledge in psychology

[Experience](#), [Belief](#)



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The development of Psychological knowledge is aimed at addressing particular life issues. Therapists use knowledge in both contemporary and historic perspectives in perusing their duties and purposes. The types of psychological knowledge are derived from four sources. These are scientific, legal popular and ideological or value based sources.

Scientific knowledge

This is the knowledge obtained from scientific research, observation, measurements and facts evaluation. It entails the integration of various research methodologies and procedures cautiously examined to provide verifiable and reliable evidence. Specifically, this type knowledge forms the basis of most of the psychological work of great philosophers. However, the history of scientific knowledge acceptance varied greatly among supporters of the discipline. For instance, Democritus suggested that it is due to atom movement in varying speeds and shapes that cause emotional states. This idea is contrary to that of a Descartes, a French thinker who associated emotions with animal spirits in the vascular system. John Watson described

emotions as an end result of learned reactions. All these ideas represented scientific knowledge developed to the relevant science of their times.

Popular beliefs

This knowledge manifests popular norms and beliefs commonly referred to as folk theories. It carries a significant part in influencing the behavior of people. This is because beliefs represent an everyday psychology form generated for and by the people. The major source of this type of knowledge is assumptions of and shared concepts about certain behaviors and experience. Some beliefs have a broad application. For example, people believe in the ability of a dream as a tool to predict the future. However, the hypothesis of certain beliefs carries sense to a particular group of people and irrelevant to others. The application of popular beliefs in human lives receives much support from science. Conversely, most of human beliefs are consistently inaccurate and contradict scientific knowledge.

Ideological knowledge

This type of knowledge originates from human values and behaviors. Stabilized perceptions and non-folk beliefs about the world have significance in the foundation of ideological knowledge. Examples of ideological knowledge includes, the natural perception of good versus evil, right versus wrong, and the purpose of living for human beings. Ideological knowledge entails guided traditional principles that receive great support from powerful authorities. This is because ideological beliefs are generally accepted, applicable and require no factual scrutiny. No evidence can be produced to support them but their existence is behind questionable. For example,

people believe that soul exists as a non-material immortal substance. Others believe in good moral behaviors as a necessity to avoiding misfortunes in their lives. Most people favor ideology as supposed to science. This makes the power of ideological beliefs.

Legal knowledge

This type of knowledge forms judgment basis to psychological issues. It is established by legal prescription authorities. They include regional tribal leaders, spiritual and even states governments. Legal knowledge defines peoples' personality and the ability to incorporate life situations to make appropriate decisions of life. Such decisions may involve matters about life and death, sanity, marriage and so forth. For instance, in almost all regions and nations of the world, it is legal that people can get married once above eighteen years. This has the psychological impact in that people begin to think of marriage at the exact age and above. Their conscience tells them that it is inappropriate to thing about marriage at sixteen years or earlier.