

# Chapter 1: nature of psychology

[Psychology](#)



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CHAPTER 1: NATURE OF PSYCHOLOGY PSYCHOLOGY - It is the scientific study of behavior and mental processes - Greek word: psyche or soul; logos or study RELATION OF PSYCHOLOGY TO OTHER SCIENCES - Anthropology - Biology - Chemistry - Psychiatry - Sociology GOALS OF PSYCHOLOGY - Describe behavior - Predict behavior - Explain behavior - Control or change behavior HISTORICAL DEVELOPMENT OF PSYCHOLOGY (Early Schools of Thought) - Plato — (427-347 B. C.) o He searched for the origin of knowledge by taking a position called rationalism - Aristotle — (384 — 322 B. C.) o Empiricism o Recognized the importance of knowledge Christian and Medieval Eras - Saint Augustine (354-430) o Confessions — discussed the theological basis of memory, emotion, and motivation Renaissance Period (14th-17th century) - Rene Descartes- (1595-1650) o Revived Plato's proposition: Reasoning was the best means of gaining true knowledge o They rejected the authority of theologians to deal with psychological issues - John Locke (1632-1704) o Tabularasa Principle o Blank tablet or slate on which life experiences conveyed through the senses are written Middle of the 19th Century - Herman Von Helmholtz (1821-1894) o Demonstrated through experiments that certain popular beliefs based on rationalism had no scientific basis to speak of - Gustav Fechner (1801-1887) o Interested in the scientific study of mental processes: physical stimulation and mental experiences o Psychophysics — Studies the relationship between the physical characteristics of stimuli and the conscious psychological experience they produce - Herman Ebbinghaus (1850-1909) o Psychology has a long past but only a short history THE BIRTH OF MODERN PSYCHOLOGY - Psychology would achieve its identity as a distinct academic and scientific discipline by 18th century when the German Wilhelm Wundt established the <https://assignbuster.com/chapter-1-nature-of-psychology/>

first psychological laboratory at the University of Leipzig in Germany, 1879 - Wundt is credited as the father of modern psychology

**SCHOOLS OF THOUGHT**

**Structuralism (1832-1920) - Wilhelm Wundt & Edward Titchener**

- o It was the first school of psychology, and focused on breaking down mental processes into the most basic components
- o Introspection – Observing one's own thoughts, feelings, or sensations

**Functionalism (1842-1910)**

- o He came to believe that psychological processes developed through the process of evolution
- o It is an early psychological perspective concerned with how behavior helps people adapt to their environment
- o "Stream of thought, consciousness and subjective life"

**Psychoanalysis (1856-1939)**

- o Sigmund Freud
- o Emphasized the influence of the unconscious mind on behavior
- o Psychic Determinism
- o Unconscious psychological conflicts in the human mind usually related to sex and aggression motivated both normal and abnormal human behavior
- o Freud believed that the human mind was composed of three elements: the id, ego, and superego.

**Behaviorism (1878-1958)**

- o John B. Watson
- o Rejected the study of the mind and mental experiences to explain human behavior
- o It suggests that all behavior can be explained by environmental causes rather than by internal forces
- o It is focused on observable behavior

**Humanistic Psychology**

- o Abraham Maslow, Carl Rogers, Victor Frankl
- o Focused on each individual's potential and stressed the importance of growth and self-actualization
- o The fundamental belief was that people are innately good, with mental and social problems resulting from deviations from this natural tendency

**Gestalt Psychology (1880 – 1943)**

- o Max Wertheimer, Kohler
- o It is a school of psychology based upon the idea that we experience things as unified wholes
- o Instead of breaking down thoughts and behavior to their smallest elements, the gestalt

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psychologists believed that you must look at the whole of experience o  
According to the gestalt thinkers, the whole is greater than the sum of its  
parts TABLE SPECIALTY AREAS IN PSYCHOLOGY o Experimental psychology o  
Conducts research on sensation, perception, learning, motivation, and  
emotion. o Developmental psychology o Researches how we develop  
cognitively, socially, and emotionally over the life span. o Biopsychology o  
Researches the biological processes that underlie behavior, including  
genetics and heredity, chemicals in the brain, and hormones in the body. o  
Personality psychology o Researches how people differ in their individual  
traits, how people develop personality, whether personality traits can be  
changed, and how these qualities can be measured. o Forensic psychology o  
Works with mental health issues within the context of the legal system. May  
study a certain type of criminal behavior such as rape or murder, or maybe  
asked to determine a person's competence to stand trial. o Cross-cultural  
psychology o Investigates cultural similarities and differences in  
psychological traits and behaviors. o Health psychology o Researches ways  
to promote health and prevent illness. May be concerned with issues such as  
diet and nutrition, exercise, and lifestyle choices that influence health. o  
Educational psychology o Researches how people learn and how variables in  
an educational environment influence learning. May develop materials and  
strategies to enhance learning. o Clinical psychology o Researches, assesses,  
and treats children, adolescents, and adults who are experiencing difficulty  
in functioning or who have a serious mental health disorder such as  
schizophrenia. o Counseling psychology o Researches, assesses, and treats  
children, adolescents, and adults who are experiencing difficulties. o School  
psychology o Assesses students' psychoeducational abilities and shares test  
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results with teachers and parents to help them make decisions regarding the best educational placement for students.

- o Sports psychology
- o Investigates the mental and emotional aspects of physical performance.

PSYCHOLOGY IN THE PHILIPPINES

- o In the Philippines, psychology is believed to have been taught as early as the 17th century in the University of Santo Tomas and University of San Carlos in Cebu.
- o UST is also believed to be the first school in the Philippines to offer undergraduate, masteral and doctoral degrees in psychology.
- o The first Department of Psychology ever established in the Philippines was in University of the Philippines in 1926, under the headship of Agustin Alonzo, who received his doctorate in experimental psychology from the University of Chicago.

PIONEERS OF PSYCHOLOGY IN THE PHILIPPINES |

NAME	SCHOOL AND YEAR GRADUATED	AFFILIATION	
Sinforoso Padilla	University of Michigan, 1928	University of the Philippines	
Jesus Perpiñan	Iowa State University, 1933	Far Eastern University	
Elias Bumatay	University of Texas, 1944	National University	
Estefania Aldaba Lim	University of Michigan	Philippine Women's University	
Alfredo Lagmay	Harvard University, 1955	University of the Philippines	
Mariano Obias	Stanford University, 1955	Caltex Philippines	
Jaime Bulatao, SJ	Fordham University, 1961	Ateneo de Manila	

- o Dr. Agustin Alonzo o PhD in Experimental Psychology, University of Chicago, 1926
- o 1st Head of the UP Psychology Department
- o Dr. Isidro Panlasigui o PhD in Education, University of Iowa, 1928
- o Succeeded Dr. Agustin Alonzo
- o Dr. Estefania Albada — Lim o First Filipino PhD in Clinical Psychology
- o Began the Psychology Program in PWU
- o Fr. Jaime Bulatao, S. J. o PhD in Clinical Psychology, Fordham University, 1961
- o First Head of Ateneo De Manila University Department of Psychology

RESEARCH METHODS OF PSYCHOLOGY

- o Experimental Method —

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to discover the effect of an independent variable (the variable manipulated) on a dependent variable (the variable being measured) o Quasi-experimental Method — similar to the experimental method except that random assignment of participants is not possible o Correlational Method — determines whether two or more variables are associated or related to each other o Naturalistic Observation Method — observation of phenomenon of interest as it occurs naturally o Survey Method — employs written questionnaire or interview o Standardized Tests — requires respondents to answer series of questions in a standardized test o Case Studies — descriptive record of an individual's experiences or behavior o Archival Research Method — traces written records, statistical archives and physical traces of the subjects of research o Indigenous Research Method — pagmamasid, pakikiramdam, pagtatanong-tanong, pagsubok, pagdalaw-dalaw, pakikisangkot ETHICAL ISSUES IN RESEARCH o Respecting the rights of human research participants involves: o Informed consent is an explanation of a study and the responsibilities of experimenter and participant o Confidentiality of study information must be maintained o Debriefing refers to explaining the research process to the participants at the end of the study o Deception involving participants must be justified o Animal research must be justified and must minimize discomfort and pain CURRENT PSYCHOLOGICAL PERSPECTIVES o Biological o Focuses on the functioning of the brain, genes, nervous system, and endocrine system o Psychodynamic/Psychoanalytic o Behavior is explained in terms of past experiences and motivational forces o Behaviorist o Key figures : John Watson, B. F. Skinner o Observable behavior that can be objectively recorded o Humanistic o Key Figures: Carl Rogers, Abraham Maslow o Emphasizes an <https://assignbuster.com/chapter-1-nature-of-psychology/>

individual's phenomenal world and inherent capacity for making rational choices and developing to maximum potential

- o Cognitive
- o Emphasize the role of mental processes —perception, thinking, and memory — that underlie behavior
- o Evolutionary
- o Roles of inherited tendencies that have proven adaptive in humans
- o Socio-cultural
- o The role of social and cultural influences on behavior