

Video summary

[Psychology](#)



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Video Summary Video Summary The video talks about psychology and how it can help us understand thought processes and personality of human beings.

The video is a short introduction to psychology and its basic concepts. It discusses history of psychology and its origin from later 19th century.

Different perspectives of psychology are also elaborated in the video.

The video discusses 5 approaches or perspective of psychology namely biological approach, psychodynamic approach, behavioral approach, cognitive, and humanistic approach. Biological approach attempts to understand human behavior through the functioning of brain and biological processes. It focuses on genetics, hormones, and nervous system, and how they influence human behavior and thought processes. The aim is to study biological processes in order to gain insight on the why human beings behave in the way they do.

Psychodynamic approach is a famous psychological perspective forwarded by Sigmund Freud that explains human behavior through childhood influences and experience. It also stresses on the unconscious mind and sexual drives to explain human thought process and behavior. Behavioral approach talks about how external stimuli can have an effect on the human behavior. Behavioral psychologists like B. F. Skinner focused on reinforcements and punishments, and argued that human behavior can be shaped through manipulating stimuli to which one is exposed.

The cognitive approach, as the name suggests, focuses on cognitive functions and how memory and experiences of the past play a role in shaping human behavior. Cognitive approach also stresses on expectations and their role on shaping future memories and behavior. The humanistic approach assumes that all human beings are inherently good and their

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behavior is always naturally directed towards positive ends. Humanistic psychologists argue that by fulfilling one's own need one can achieve happiness and satisfaction.

References

What is Psychology? (2013). Education-Portal. Retrieved on March 23, 2013 from <http://education-portal.com/academy/lesson/what-is-psychology.html>