

Psychology (systems and theories)



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Psychology is always faced criticism in terms of whether it is a true science or pseudoscience. Psychology must be a branch of science, since both are based on a knowledge acquired by virtue of detailed study. The term ‘ psychology’ is formulated from the Greek word ‘ psyche’ which implies ‘ soul or self or mind’ and ‘ logos’ means ‘ study’; therefore together called as ‘ study of the soul’. The term science is derived from the Latin word ‘ scientia’ which implies ‘ knowledge’. According to the American Heritage Dictionary psychology is a branch of science connected with understanding human and animal behavior through mental and emotional processes. The science acquires knowledge through systematic study of observation, experimentation of an event or a phenomenon of interest. The hypothesis developed which is based on observation is investigated thoroughly by designing and carrying out series of experiments. Then, the experimental results are analyzed and explained in a systematized manner. The conclusions of the result verify the theory proposed related to observed event. Thus, in a scientific research, hypothesis is verified and a theory or the principle of the phenomenon is established. Every psychological research is evaluated as science. The scientific methods are applied to study human behavior to get accurate understanding of past, present and future behavior. The psychology scientifically studies emotional processes related to perception, cognition, personality, behavior and interpersonal relationships. The psychologist scientifically intervenes a particular behavior by playing with the parameters and tries to get expected results through predicted behavior. The problems faced are structured according to a particular theory or scientifically acceptable principle. The experiments are designed by manipulating a situation. In the experimental procedures, the individual’s

response to a particular condition is observed. The individual's reaction is a data in scientific terms and is a measure of effect when subjected to a particular cause. The dependable parameters are varied to get set of data which is further analyzed. Likewise, the sample is also exposed to different circumstances to create a databank of situation and responses. Standards and controls as used in scientific research are also used to compare the results in psychological research. The control groups are exposed to neutral condition and sample groups are exposed to manipulated condition. Sometimes double blind studies are carried out like a drug clinical trial. The psychology also applies nonscientific methods to carry out experimental procedure. The nonscientific methods involve surveys and questionnaires along with the nonobjective or subjective methods like introspection and psychoanalysis. The psychological research involves investigation of human being by human being and is therefore influenced by biased thoughts. It gives the different angle or dimension to the same problem. Variance of error above 2% is not acceptable in an analytical science while tolerable error variance limit is quite large in psychology. These factors consider psychology as a pseudoscience. On the other hand, in psychology more sophisticated scientific techniques and more powerful statistical methods are used on large sample size to come to a reliable conclusion. Psychologist develops theories for normal and abnormal behavior, though mental disorders and emotional problems are the main areas of focus. The psychology has number of theories involving psychoanalytic, neo-Freudian, gestalt, cognitive behavior therapy, humanistic psychology and transactional analysis; based on core concept, intellectual history and set of basic assumptions. A system psychology explains the data related to theories with

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a specific approach like blending of mental elements or it might focus on working of mental operations etc. Based on the selected approach, problem selection is done, scientific methods are tested which is followed by careful observation, analysis of the results and then the conclusions are drawn. All these methodologies indicate that psychology is nothing but a true science.