

# History and Approaches

● it has methods for studying phenomena

● it has four primary goals

## What Is Psychology?

(is the scientific study of behavior and mental processes)

- describe
- explain
- predict
- control

- studied nonphysical structure (i.e., thought, experiences, emotions, etc.) of the human mind
- used objective introspection to study processes that were the result of physical sensations
- first attempt to bring objectivity and measurement to psychology

● A relatively new science that formally began in 1879 when Wilhelm Wundt ("father of psychology") established the first psychological laboratory in Leipzig, Germany

was a student of Wundt's

● **Structuralism**  
founded by Edward Titchener

- expanded Wundt's original ideas; believed every experience could be broken down into individual emotions and sensations
- applied introspection method to thoughts as well as physical sensations

● **Functionalism**  
founded by William James

- influenced by Darwin's ideas about natural selection—focused on how the mind allows people to function in the real world
- interested in how behavioral traits could aid in survival
- influenced development of evolutionary psychology
- has elements in educational psychology and industrial/organizational psychology

## Psychology Then: The History of Psychology

(has roots in several disciplines, including philosophy, medicine, and physiology, and has developed through several perspectives)

● **Gestalt psychology**  
founded by Max Wertheimer

did not believe that psychological events could be broken down into smaller elements; could only be understood as a whole, entire event; has influenced field of cognitive psychology and a form of psychological therapy, Gestalt therapy

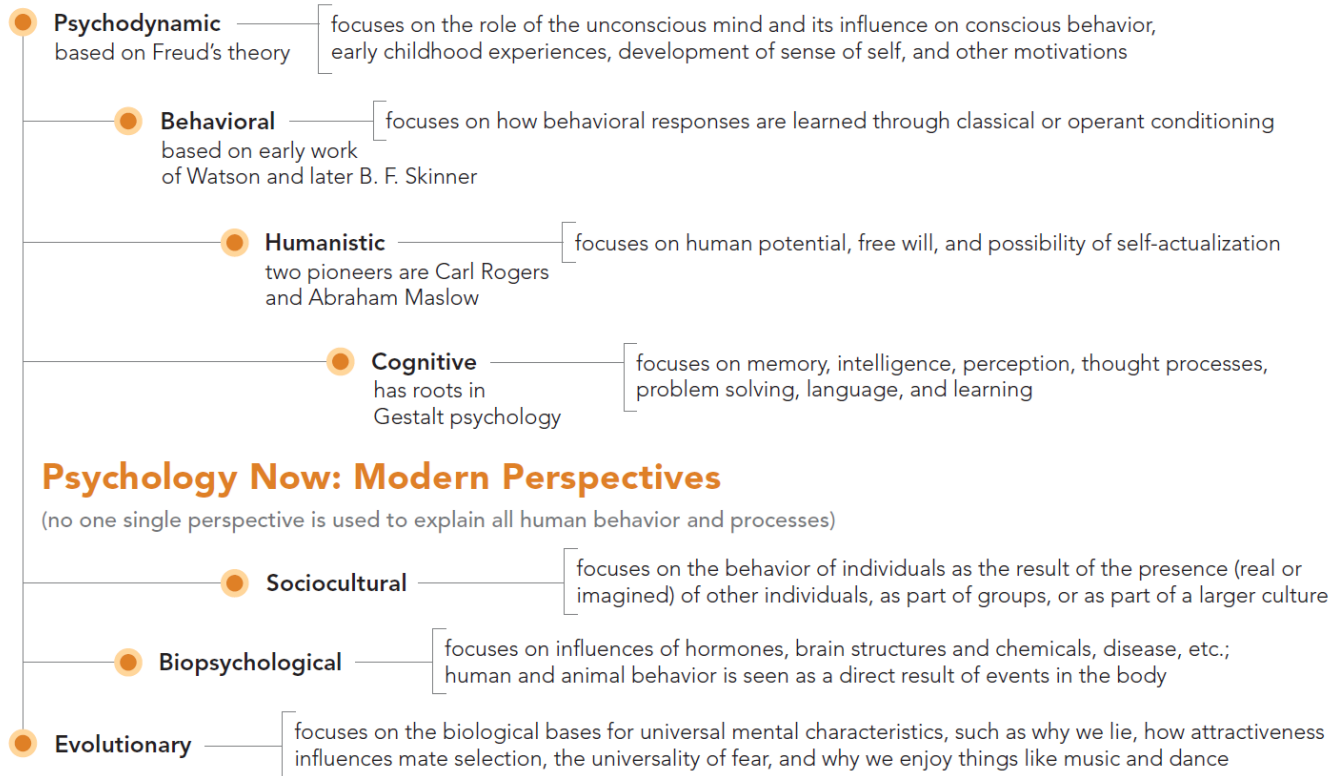
● **Psychoanalysis**  
ideas put forth by Sigmund Freud

stressed importance of early life experiences, the role of the unconscious, and development through stages

● **Behaviorism**  
associated with work of John B. Watson, who was greatly influenced by Ivan Pavlov's work in conditioning/learning

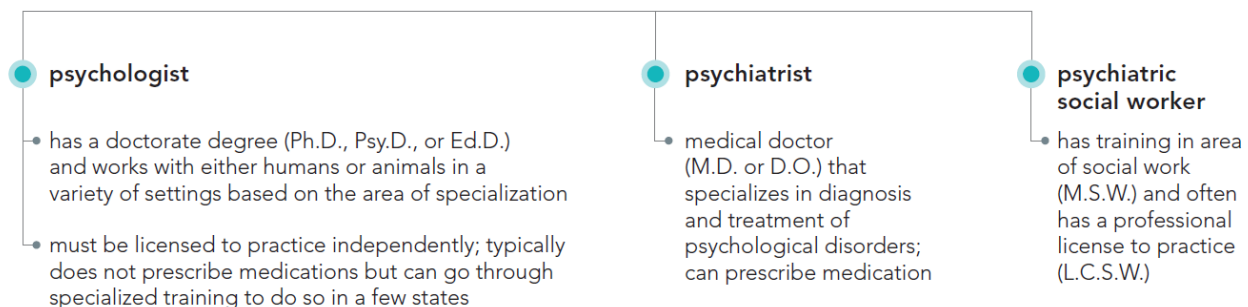
wanted to bring focus back on scientific inquiry and believed only way to do so was to focus on observable behavior and ignore "consciousness" issue; early work examined phobias

# History and Approaches

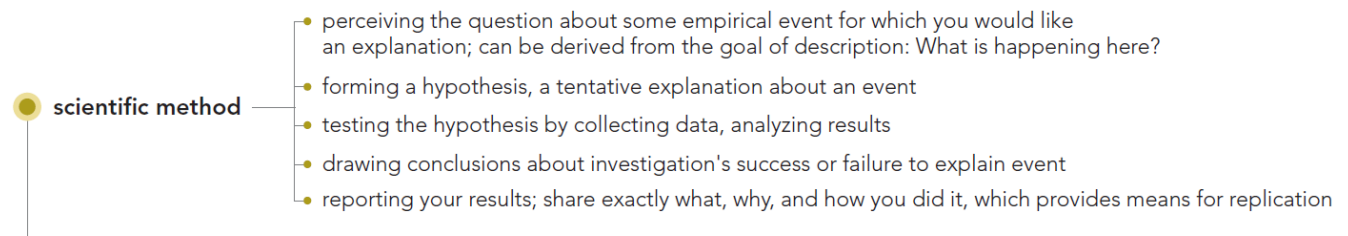


## Psychological Professionals and Areas of Specialization

(people working in the field of psychology have a variety of training experiences and different focuses)

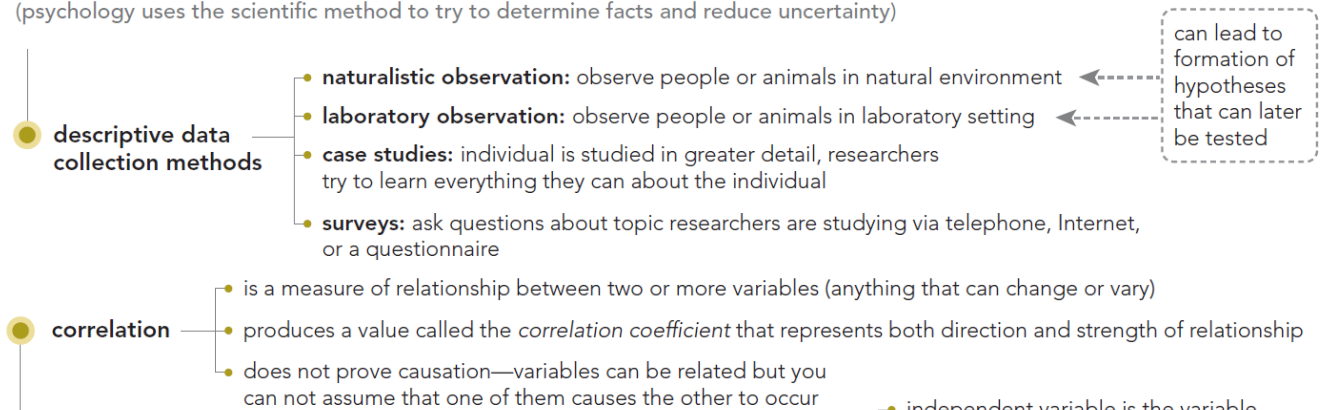


# Research Methods



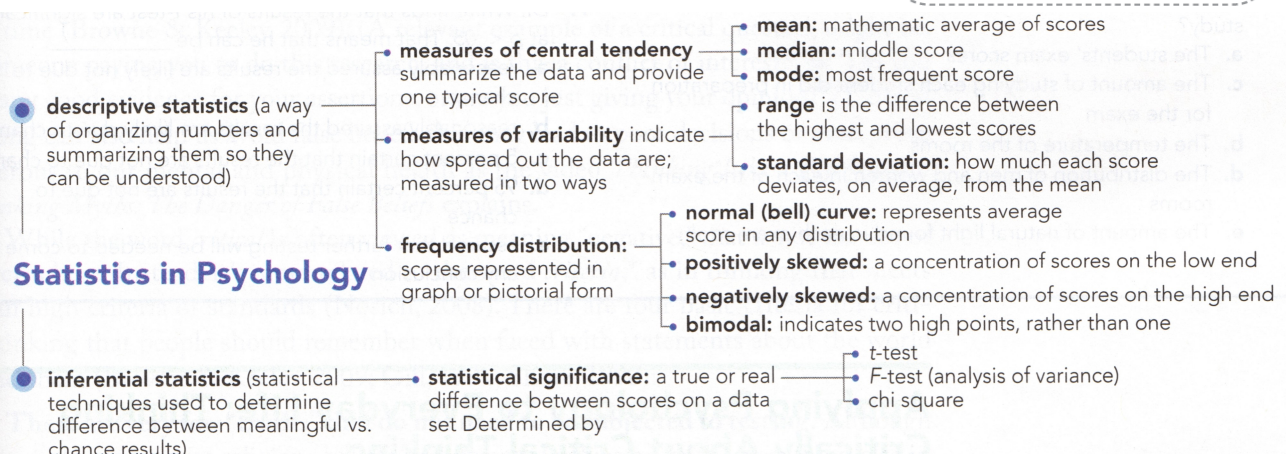
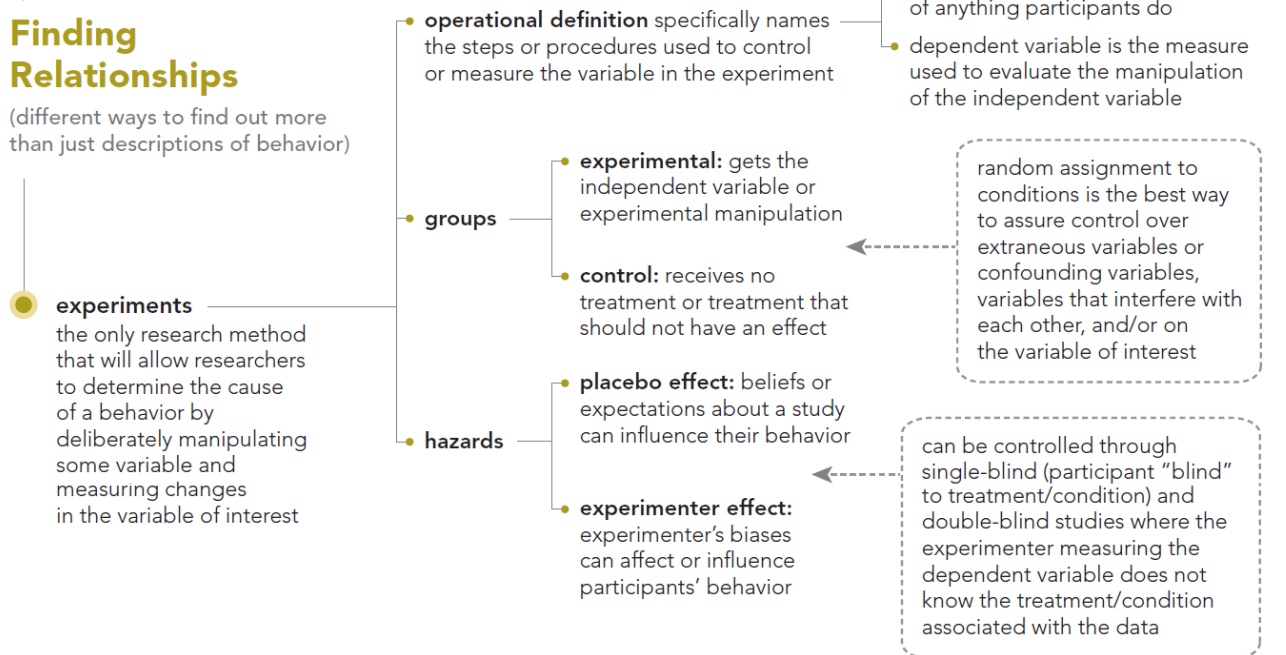
## Psychology: The Scientific Methodology

(psychology uses the scientific method to try to determine facts and reduce uncertainty)

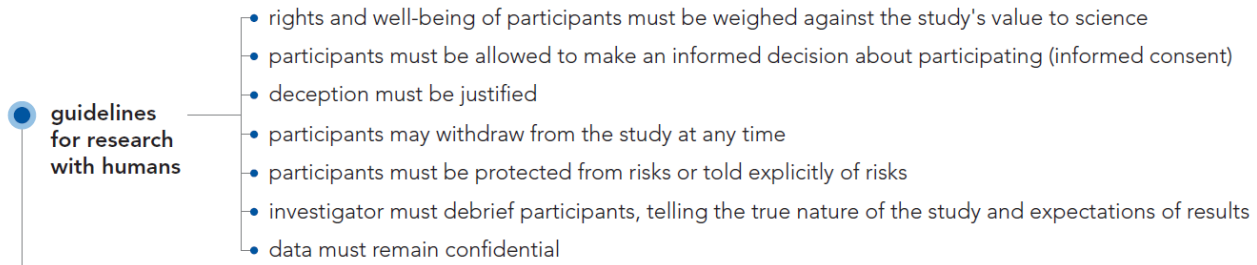


## Finding Relationships

(different ways to find out more than just descriptions of behavior)

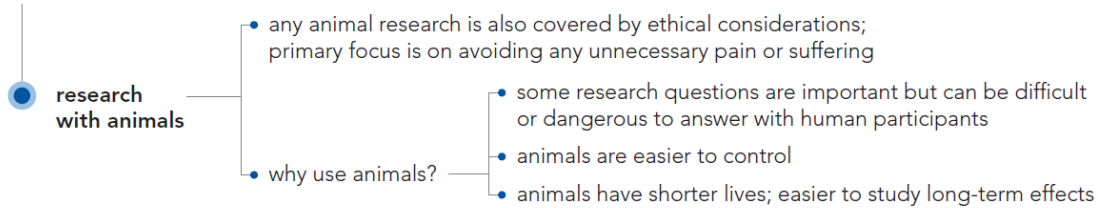


# Research Methods



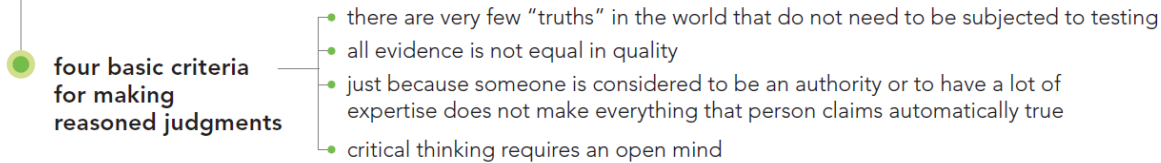
## Ethics of Psychological Research

(psychological scientists have a primary goal of protecting the health and welfare of their animal or human participants)



scientific thinking can be applied to many real-world situations

## Thinking Critically About Critical Thinking



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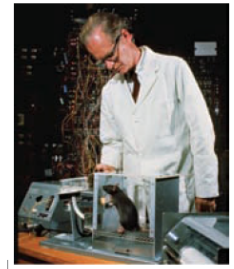
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## Psychology Now: Modern Perspectives

(no one single perspective is used to explain all human behavior and processes)



**Psychodynamic**  
based on Freud's theory

**Behavioral**  
based on early work of Watson and later B. F. Skinner

**Humanistic**  
two pioneers are Carl Rogers and Abraham Maslow

**Cognitive**  
has roots in Gestalt psychology



**Sociocultural**

**Biopsychological**

**Evolutionary**

## Psychological Professionals and Areas of Specialization

(people working in the field of psychology have a variety of training experiences and different focuses)

psychologist

psychiatrist

psychiatric social worker



1.6

1.7

1.8

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**scientific method**

- perceiving the question
- forming a hypothesis
- testing the hypothesis
- drawing conclusions
- reporting your results

**descriptive data collection methods**

- naturalistic observation
- laboratory observation
- case studies
- surveys



## Psychology: The Scientific Methodology

(psychology uses the scientific method to try to determine facts and reduce uncertainty)

1.9

1.10

1.11

1.12

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**correlation**

- is a measure of relationship between two or more variables
- produces a value called the *correlation coefficient*
- does not prove causation

**experiments**

the only research method that will allow researchers to determine the cause of a behavior by deliberately manipulating some variable and measuring changes in the variable of interest

- **operational definition** specifically names the steps or procedures used to control or measure the variable in the experiment
- **groups** include both experimental and control
- **hazards** may include the placebo effect, experimenter effects, and extraneous variables

## Finding Relationships

(different ways to find out more than just descriptions of behavior)

1.13

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**guidelines for research with humans**

- rights and well-being of participants must be weighed against the study's value to science
- participants must be allowed to make an informed decision about participating (informed consent)
- deception must be justified
- participants may withdraw from the study at any time
- participants must be protected from risks or told explicitly of risks
- investigator must debrief participants, telling the true nature of the study and expectations of results
- data must remain confidential

## Ethics of Psychological Research

(psychological scientists have a primary goal of protecting the health and welfare of their animal or human participants)

**research with animals**

1.14

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scientific thinking can be applied to many real-world situations

## Thinking Critically About Critical Thinking

**four basic criteria for making reasoned judgments**

- there are very few "truths" in the world that do not need to be subjected to testing
- all evidence is not equal in quality
- just because someone is considered to be an authority or to have a lot of expertise does not make everything that person claims automatically true
- critical thinking requires an open mind