Chapter 1

The Nature of Psychology
Psychology

- The science of behavior and cognitive processes
- Relies on scientific method
The Historical Context of Psychology

The Roots of Psychology

*The Philosophical Roots of Psychology*

- Aristotle: Empiricism
- St. Augustine: *Confessions*
- Descartes: Rationalism
- Francis Bacon: Modern scientific attitude
- John Locke: Empiricism and *tabula rasa*
- Immanuel Kant: Compromise between rationalism and empiricism
The Roots of Psychology (continued)

The Physiological Roots of Psychology

- Hermann von Helmholtz: Neural speed
- Pierre Flourens: Brain function
- Gustav Fechner: Psychophysics
- Charles Darwin: Evolutionary theory
- Francis Galton: Differential psychology
- James Cattell: Mental test
The Founding Schools of Psychology

- Wilhelm Wundt: Father of psychology, 1879
- Structuralism
  - Edward Titchener: Analytic introspection
- Functionalism
  - William James: Stream of consciousness
The Growth of Psychology

*Gestalt Psychology*
- Max Wertheimer: *Gestalt*, phi phenomenon

*Psychoanalysis*
- Sigmund Freud: Psychoanalysis, psychic determinism

*Behaviorism*
- John Watson: “Stimulus-response” psychology
- B. F. Skinner: Reinforcement, consequences of behavior
<table>
<thead>
<tr>
<th>Perspective</th>
<th>Object of Study</th>
<th>Goal of Study</th>
<th>Method of Study</th>
</tr>
</thead>
<tbody>
<tr>
<td>Structuralism</td>
<td>Conscious experience</td>
<td>Analyzing the structure of the mind</td>
<td>Analytic introspection</td>
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<tr>
<td>Functionalism</td>
<td>Conscious experience</td>
<td>Studying the functions of the mind</td>
<td>Introspection and testing</td>
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<td>Gestalt psychology</td>
<td>Conscious experience</td>
<td>Demonstrating the active, holistic nature</td>
<td>Introspection and demonstrations</td>
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<td>of the mind</td>
<td></td>
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<tr>
<td>Psychoanalysis</td>
<td>Unconscious motivation</td>
<td>Studying unconscious motives of behavior</td>
<td>Clinical case studies</td>
</tr>
<tr>
<td>Behaviorism</td>
<td>Observable behavior</td>
<td>Controlling behavior</td>
<td>Observation and experiments</td>
</tr>
</tbody>
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Section Review: The Historical Context of Psychology

1. How did the work of 19th-century scientists lead to the emergence of psychology as a science?
2. What were the contributions of functionalism to psychology?
3. What was Gestalt psychology’s main criticism of structuralism?
4. What prompted the emergence of behaviorism?
Contemporary Perspectives in Psychology

The Humanistic Perspective
- Abraham Maslow: Self-actualization
- Carl Rogers: Person-centered therapy

The Cognitive Perspective
- Jean Piaget

The Biopsychological Perspective
- Wilder Penfield: Brain stimulation
- Roger Sperry: Hemispheric specialization
- Behavioral genetics
- Evolutionary psychology
The Sociocultural Perspective

- Avoidance of ethnocentrism
- Cross-cultural psychology
- Multicultural psychology
- Cultural psychology
- Ethnic psychology
Section Review: Contemporary Psychological Perspectives

1. In what way does the cognitive approach combine aspects of Gestalt psychology and behaviorism?
2. What are three areas of interest to psychologists who favor the biopsychological perspective?
3. Why has the sociocultural perspective become influential?
The Scope of Psychology

- As psychology has evolved as a science, its fields of specialization have multiplied and its educational and training requirements have become formalized.
- Psychologists work in a variety of fields in academic and professional settings.
Figure 1-1 Fields of Specialization in Psychology
Academic Fields of Specialization

- Basic versus applied research
- Experimental psychology
- Behavioral neuroscience
- Comparative psychology
- Developmental psychology
- Personality psychology
- Social psychology
Professional Fields of Specialization

- Clinical psychology
- Counseling psychology
- Psychiatry
- Health psychology
- Industrial/organizational psychology
- School psychology
- Educational psychology
- Sport psychology
- Forensic psychology
- Environmental psychology
- Peace psychology
Section Review: Professional Fields of Specialization

1. What is the difference between basic and applied research?
2. How does psychiatry differ from psychology?
3. What is the nature of peace psychology?