

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 1-1 Major Psychological Perspectives

Perspective	Object of Study	Goal of Study	Method of Study
Structuralism	Conscious experience	Analyzing the structure of the mind	Analytic introspection
Functionalism	Conscious experience	Studying the functions of the mind	Introspection and testing
Gestalt psychology	Conscious experience	Demonstrating the active, holistic nature of the mind	Introspection and demonstrations
Psychoanalysis	Unconscious motivation	Studying unconscious motives of behavior	Clinical case studies
Behaviorism	Observable behavior	Controlling behavior	Observation and experiments

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.

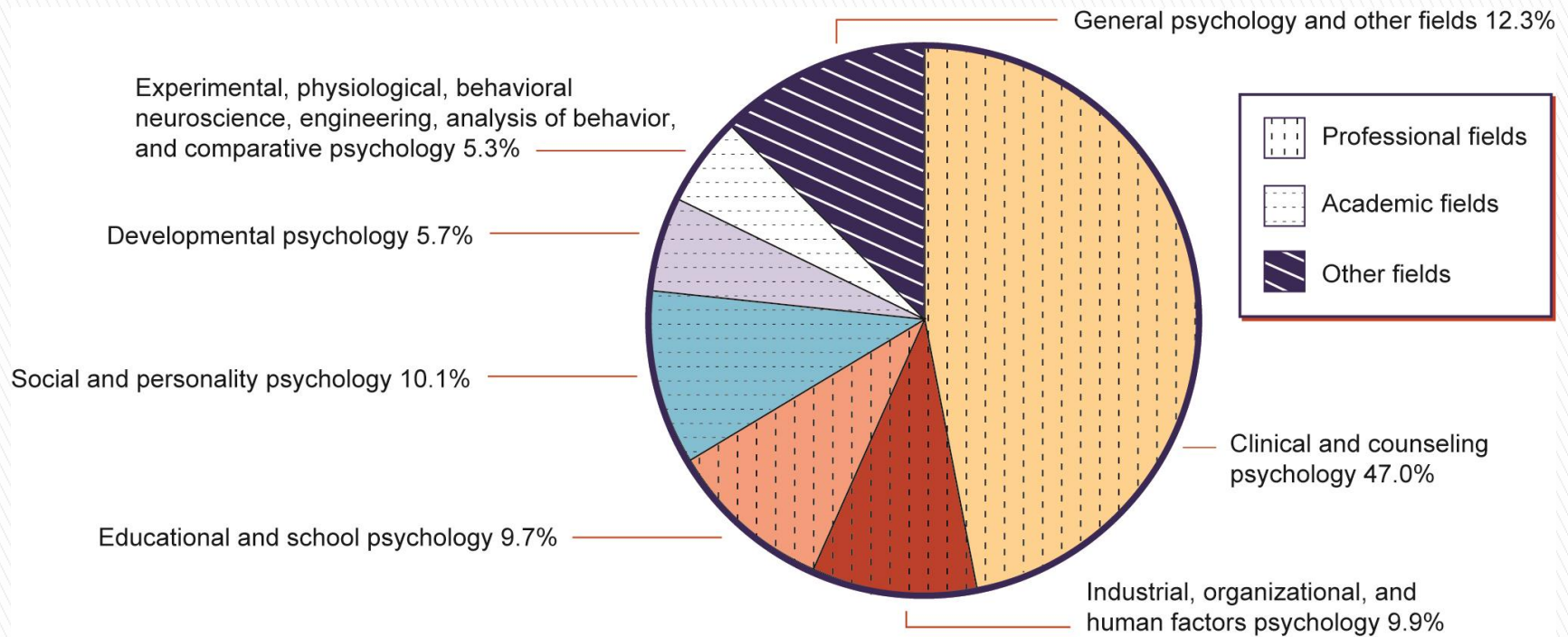


Figure 1-1 Fields of Specialization in Psychology

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?