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Psychology

PAPERNo.:I (INTRODUCTION TO PSYCHOLOGY)

MODULE No. : II (PSYCHOLOGY: DEFINITION AND MODERN PERSPECTIVES)

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MODULE No. : II (PSYCHOLOGY: DEFINITION AND MODERN PERSPECTIVES)

1. Learning outcomes.

In this module,

- You will comprehend what defines psychology .
- You will learn key concepts in the definition of psychology.
- You will understand what are the basic ideas behind the seven modern perspectives.
- You will get knowledge about what were the important contribution of Watson, Wundt, Skinner, Freud, Maslow, and Rogers .

2.Introduction:

The literal meaning of the word “psychology” shows that psychology is the science of soul (‘psyche’ means soul and ‘logos’ means study.) This is how psychology was originally defined . But about four hundred years ago, “ psyche” was translated as “mind”. So psychology came to be regarded as the science of mind. However, these definitions are no more accepted . Psychology claims to be aa science and science gets its facts from observation. But neither soul nor mind can be observed. So the psychologist is not concerned with them. As a science , psychology owes a great deal to the work of Wundt. He opened the first psychological laboratory at the University of Leipzig in 1879. According to Wundt , psychology is the science of conscious experiences. Conscious Experiences (or simply called consciousness) is what an individual himself aware of. Watson , the founder of the school of psychology called Behaviorism, was totally opposed to the above view point . he held That the subject matter of psychology is observable or overt , behavior. Psychology as a science , cannot deal with what an Individual is privately thinking, or secretly feeling. It can only observe and record what men and animals do . The behaviorist viewpoint met a setback. Sigmund Freud , the founder of the school of psychology called psychoanalysis , Brought out the fact of unconscious motives. That is , Freud pointed out that most of our motives are hidden from us .

3. Definition of Psychology.

Current definition of psychology-

“Psychology is the scientific study of behavior and underlying mental processes”

The above definition needs certain clarifications. These are ,

1. **Behavior-** Behavior includes all of our overt and outward actions and reactions , such as talking , facial expression And movement . In psychology ,behavior is a technical term. It is anything that a person or animal does. It includes all activities Or processes that can be observed and recorded in some way. That is to say ,the term “behavior” includes Observed as well as inferred activities ,e.g bathing and boating , can be observed . but activities like seeing, Hearing , learning , forgetting dreaming and wishing can not be observed. They can be inferred ,from something else that has been observed . for example, from a person’s facial expression (observed behavior) , we can infer that he is angry, afraid , sorry or joyful. In such cases ,we are inferring the inner mental processes from Observed behavior. The behavior of an organism depends upon its nature and upon the situation in which it is placed. That is why it is said that behavior is an attempt at getting adjusted with the environment. Take the simple case breathing .on a Mountain there is less oxygen in the air. So, to get the required amount ,we will have to breath faster. When it is Cold we shiver. Shivering enables us to maintain the body temperature.
2. **Mental processes-** The term mental processes refers to all the internal ,covert (hidden) activity of our mind, Such as thinking, feeling, and remembering. Behavior is also determined by these mental processes that’s shy in psychology mental processes are studied.
3. **Scientific study-** To study behavior and mental processes in both animals and human ,researchers must observe them Whenever a human being observes anyone or anything , there is always a possibility that the observer will see only what he or she expects to see. Psychologists don’t want to let these possible biases cayuse them to make Faulty observations. They want to be precise and to measure as carefully as they can – so they use the scientific method to study psychology.

4.Modern perspectives in psychology. Even in the twenty-five century there is not one single perspective that is used to explain all human behavior and mental Processes. There are actually seven modern perspectives

1.Psychodynamic perspective- Freud’s theory is still used by many professionals in therapy situations. It is far less common today than it was a few decades ago, however, and even those who use his techniques modify them for contemporary use. In the modern psychodynamic perspective the focus may still include the unconscious mind and its influence over Conscious behavior and on early childhood experiences, but with less of an emphasis on sex and sexual motivation and more emphasis on the development of a sense of self ,social and interpersonal relationship and the discovery of other motivations behind a person’s behavior. Some modern psychodynamic practitioners have even begun to link Between neurobiology (the study of the brain and nervous system) and psychodynamic concepts should be fully explored.

2.Behavioral perspective- Like modern psychodynamic perspective , behaviorism is still also very influential . when its primary supporter, John B. Watson, moved on to greener pastures in the world of advertising , B.F. Skinner became The new leader of this field. Skinner not only continued research in classical conditioning ,but he also developed a theory Called “operant conditioning” , to explain how voluntary behavior is learned. In this theory , behavior responses are Followed by pleasurable consequences are strengthened , or reinforced.

3.Humanistic perspective- Often called the “third force” in psychology, humanism was really a reaction to both psychodynamic theory and behaviorism. In contrast to the psychoanalytic focus on sexual development and behaviorism’s focus on external forces in guiding personality development ,some professionals began to developA perspective that would allow them to focus on people’s ability to direct their own lives. Humanistic held the view that People have free will , freedom to choose their own destiny and strive for self-actualization., the achievement of one’s full potential. Two of the earliest and most famous founders of this view were Abraham Maslow (1908-1970) and Carl Rogers (1902 -1987). Today humanism exist as a form of psychotherapy aimed at self -understanding and self-improvement.

4 Cognitive perspective - Cognitive psychology ,which focuses on how people think ,remember, store, and use information ,became a major force in the field in the 1960s.it was not a new idea , as the Gestalt psychologists had themselves supported the study of mental processes of learning. The development of computers (which just happened to make good models of human thinking) and discoveries in biological psychology all stimulated an interest in studying the process of thought. The cognitive perspective with its focus on memory , intelligence, perception ,thought process, problem solving language , and learning has become a major force in psychology.

Within the cognitive perspective ,the relatively new field of cognitive neuroscience includes the study of the physical Working of the brain and nervous system when engaged in memory, thinking and other cognitive processes. Cognitive Neuroscientists use the tool for imaging the structure activity of the living brain ,Such as magnetic resonance imaging (MRI) and Positron Emission Tomography (PET) and etc.

5.Sociocultural perspective – Another modern perspective in psychology is the sociocultural perspective., which actually combines two areas of study : social psychology ,which is the study of : social psychology, which is the study of groups, social roles, and rules of social actions relationships; and Cultural Psychology, which is the study of cultural norms Values and expectations. These two areas are related in that they are both about the effect that people have one or another, either individually or in a larger group such as culture Russian psychologists Lev Vygotsky (1978) also used sociocultural concepts in forming his sociocultural theory of children’s cognitive development. The sociocultural perspective is important because it reminds people that the way they and other behave (or even think) Is influenced not only by whatever they are alone , with friends, in a crowd , or part of a group but also by the social norms ,fads, class differences, and ethnic identity concerns of the particular culture in which they live .

6.Biopsychological perspective- Biopsychology or the study of the logical bases of behavior mental processes , isn’t really as new a perspective as one might think. Also known as new perspective as one might think .Also known as physiological psychology, biological psychology, psychobiology, and behavioral neuroscience, biopsychology is part of the larger field of neuroscience, study of the physical structure ,function and development of the nervous system. AlsoThe previously discussed field of cognitive neuroscience often overlap with biopsychology. In the biopsychological perspective , human and animal behavior is seen as a different result of events in thebody. Hormones, heredity, brain chemicals, tumors and diseases are some areas of biological causes of behaviorandmentalevents. Some of the topics researched by bio-psychologists include sleep ,emotions ,aggression and sexual behavior and learning and memory as well as disorders.

7.Evolutionary perspective- The evolutionary perspective focuses on the biological bases for universal mental characteristic that all humans share. It seeks to explain general mental strategies and traits, such as why we lie, how attractiveness influences mate selection ,why fear of snakes is so common or why people universally like music And dancing. In this perspective , the mind is seen as a set of information – processing machine , designed by the same process of Natural selection that Darwin (1859) first theorized ,allowing human beings to solve the problems faced in the early Days of human evolution -the problems of the early hunters and gathers. For example, evolutionary psychologist (psychology who study the evolutionary origins of human behavior) would view human behavior of not eating substances that have bitter taste (such as poisonous plants) as an adaptive behavior that evolved as early humans Came into contact with such bitter plants. Those who ate bitter plants would die , while those who spit them out survived to pass on their “ I don’t like this taste” genes to their offspring , who would pass on the genes to their offspring , and so on ,until after a long period of time there is an entire population of humans that naturally avoids bitter tasting substances.

5. Summary

- 1.Psychology is the scientific study of behavior and underlying mental processes.
- 2.Main study subject of psychology is behavior and mental processes.
- 3.Behavior includes all of our overt and outward actions and reactions , such as talking , facial expressions and movement .
3. Mental processes refers to all the internal ,covert (hidden) activity of our mind,
- 4.Psychology is the scientific study because in psychology scientific methods are used to study behavior and mental Processes.
- 5 . There are seven modern perspectives in psychology- psychodynamic perspective, behavioral perspective , humanistic Perspective, cognitive perspective, sociocultural perspective, biopsychological perspective. Evolutionary psychology

Power Point Presentation

:https://drive.google.com/file/d/1bifiCE_hyOcFufnZkmj5pIj8kpvhWoMR/view?usp=sharing



Assignment: Test yourself

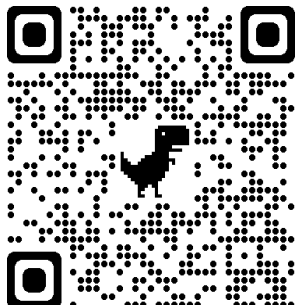
https://docs.google.com/forms/d/1sucZKgmFTfvbckMXpHT3F1vo0JbBzVPgRK_PPfxtTWs/edit?usp=sharing

Know more: Open Resources.

Suggested readings, Video

1. <https://drive.google.com/file/d/1dfcYKWNkxPufhbgHV1vTd1OtYb65xpDr/view?usp=sharing>
2. https://drive.google.com/file/d/1MMwLedL0h9pRKw8Czk6_z5_G_1ax1haU/view?usp=sharing

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Reference books –

1. Atkinson and Hilgard: Introduction to psychology(2003) international student edition
 2. Ciccarelli and Meyer : Psychology- south Asian Ed.(2012) 5th impression , Pearson Education
- Robert Baron: Psychology (2011) 5th Ed, Pearson Education

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