

What is Psychology?

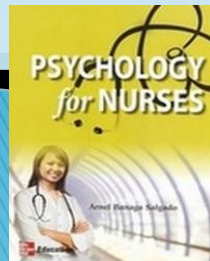
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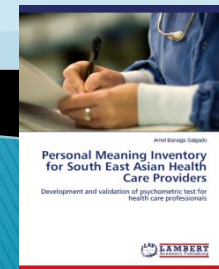
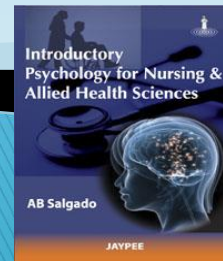
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EXPECTED LEARNING OBJECTIVES

After studying this chapter, you are expected to:

1. identify the relationship of psychology and the nursing practice.
2. trace the development of psychology as a behavioral science;
3. determine the great contributions of the schools of thought towards the development of psychology as a science; and



PSYCHOLOGY

- ▶ What is Psychology?
 - The word *psychology* derives from Greek roots:
 - *Psyche* – “soul” or “mind,” *Logos* – “word”
- ▶ Psychology is the systematic study of behavior and experience



Psychologists' Goals

- ▶ We study psychology in order to understand, explain, and predict behavior
- ▶ What are the major philosophical issues relevant to this study?



The Major Philosophical Issues

- ▶ Free will versus determinism – are the causes of behavior knowable? Is behavior predictable?
 - Free will – the belief that behavior is caused by an individual's independent decision making
 - Determinism - the assumption that everything that happens has a determinant (cause) in the observable world



Major Philosophical Issues

- ▶ The mind-brain problem: How is experience related to the organ system called the brain?
 - Dualism - the belief that the mind is separate from the brain but controls the brain and (through it) the whole body
 - Monism - the view that conscious experience is generated by and therefore is inseparable from the brain



Major Philosophical Issues

▶ The nature-nurture issue

- How do differences in behavior relate to heredity and environment?
- Some scientists assume the larger proportion of differences in potential and behavior are due to genetic influences



Major Philosophical Issues

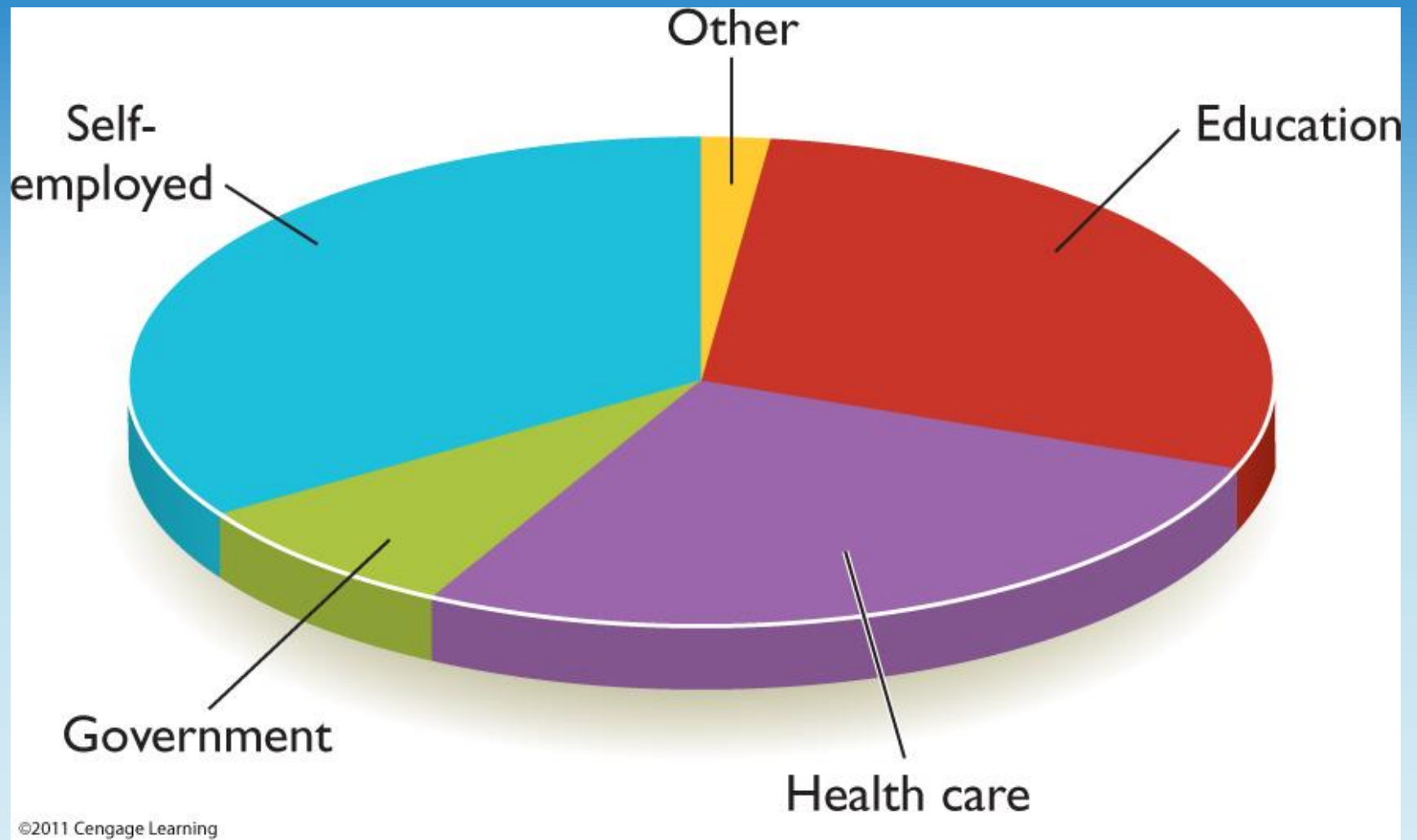
- ▶ The nature-nurture issue
 - Others assume that most differences relate to aspects of the environment such as culture, expectations, and resources
 - This issue arises in virtually every field of psychology. Knowledge gained through research provides few simple answers



What Psychologists Do

- ▶ Psychology is an academic, non-medical discipline that includes many branches and specialties
 - The educational requirements can vary, but generally involve study beyond the bachelor's degree
 - A master's degree, or a Ph.D./Psy.D. (doctor of psychology) are common terminal degrees in the discipline





What Psychologists Do

- ▶ There are many specialties in the broad science of psychology. Psychologists practice in three main areas:
 - Service providers to individuals
 - Service providers to organizations
 - Teaching and research



What Psychologists Do

- ▶ Service providers to individuals
 - Clinical psychologists have advanced degrees in psychology. They help people with mental and emotional problems
 - To better understand their clients, clinical psychologists receive training in intellectual and psychological testing used in diagnosis and treatment



What Psychologists Do

- ▶ Service providers to individuals
 - Psychiatrists are trained as medical doctors
 - In addition to training in psychology, they are educated in how to use prescription drugs to treat psychological distress



What Psychologists Do

- ▶ Service providers to individuals
 - Psychiatric nurses receive standard nursing education plus additional training in the care of emotionally troubled individuals
 - They mainly work in medical clinics and hospitals



What Psychologists Do

- ▶ Service providers to individuals
 - Psychiatric and clinical social workers combine training in social work with specialized knowledge related to treatment of and advocacy for the well-being of emotionally disturbed people in the larger community



What Psychologist Do

- ▶ Service providers to individuals
 - Psychoanalysts are psychotherapists who use mental health treatment strategies that are based on the theories and methods pioneered by Sigmund Freud
 - Freud believed that an unconscious component of the human mind affects our functioning in day-to-day life



What Psychologists Do

- ▶ Service providers to individuals
 - Counseling psychologists have advanced degrees in psychology. They help people with educational, vocational, marriage, health, and other important life decisions. They are trained in psychotherapy and some types of psychological testing



What Psychologists Do

- ▶ Service providers to individuals
 - Forensic psychologists provide advice and consultation within the criminal justice system



What Psychologists Do

- ▶ Service providers to organizations
 - Industrial/Organizational psychologists study people's behavior in the workplace using a combination of social, cognitive, and motivational psychology principles, as well as psychological tests



What Psychologists Do

- ▶ Service providers to organizations

- Industrial/Organizational psychologists

Sample question: Workers in two departments at an aerospace engineering firm are withholding information from each other. This is detrimental to morale and productivity. How can this be stopped without firing or moving any employees?



What Psychologists Do

- ▶ Service providers to organizations
 - An ergonomist, or human factors specialist, facilitates the design of machinery and equipment so that the average user can operate them efficiently and safely.

Sample question: How can the design of a clerical workstation be improved to minimize the possibility of employees' sustaining repetitive stress related injuries?



What Psychologists Do

- ▶ Service providers to organizations
 - A school psychologist specializes in the psychological condition of the students, typically in K-12.
 - School psychologists use combinations of developmental, learning, and motivational principles, as well as educational and psychological tests to create educational plans for individual students



What Psychologists Do

- ▶ Service providers to organizations
 - School psychologists

Sample question: Does a fourth-grade student's declining grades indicate the presence of a learning disability or an emotional problem?



What Psychologists Do

- ▶ Teaching and research
 - Most teaching psychologists work in colleges and universities
 - Most psychologists who teach also engage in research and writing
 - Some psychologists are employed in full-time research positions



What Psychologists Do

- ▶ Major categories of psychological research:
Developmental psychology
 - A developmental psychologist studies how behavior, personality and performance change with age
 - Sample questions: What do people do or know as adults that they do not know as children? Is this due to biological changes, increased experience, or both?



What Psychologists Do

- ▶ Major categories of psychological research:
Learning and motivation
 - A learning or motivation psychologist investigates how behavior relates to outcomes of past behaviors and to current motivations
 - Sample question: Do predictable rewards produce better learning than less consistent rewards?



What Psychologists Do

- ▶ Major categories of psychological research:

Cognitive psychology

- A cognitive psychologist studies the processes of thinking and acquiring knowledge
- Sample question: What do “experts” in a field know or do that sets them apart from other people?



What Psychologists Do

- ▶ Major categories of psychological research:
Biological psychology or neuroscience
 - A biological psychologist explains behavior in terms of biological factors, such as anatomy, electrical and chemical activities in the nervous system, and the effects of drugs, hormones, genetics and evolution.
 - Sample question: How does brain damage from drug abuse change nervous system functioning (and, by extension, behavior)?



What Psychologists Do

- ▶ Major categories of psychological research:
Evolutionary psychology
 - An evolutionary psychologist tries to explain behavior in terms of natural selection pressures promoting behaviors that lead to success in reproduction and survival
 - Sample question: What forces led to selection for human language abilities?



What Psychologists Do

- ▶ Major categories of psychological research:
Social psychology
 - A social psychologist studies how an individual influences and is influenced by other people
 - Sample questions: How do demands and expectations of authority figures influence our behavior? How strong is the human tendency to conform?



What Psychologists Do

- ▶ Major categories of psychological research:
Cross-Cultural psychology
 - A cross-cultural psychologist compares the behavior of people from different cultures
 - Sample questions: How does culture affect taste preferences? Which cultures place more emphasis on group interests and how does that affect behavior?



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - In all cultures and throughout history people have wondered about the nature of human thought, action and experience
 - The great writers of every civilization are widely read because they provide us with compelling descriptions and make profound observations of human behavior



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - William Wundt, a physician who did research on the workings of the senses, established the first psychology laboratory in Leipzig, Germany, in 1879
 - Although other psychology experiments had been done, this was the first laboratory devoted exclusively to psychological research



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - Edward Titchener was a student of Wundt who immigrated to the United States in 1892
 - He developed the approach he called **structuralism**
 - The researcher describes the structures that compose the mind – producing sensations, feelings and thoughts



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - Titchener presented a stimulus to his subjects and asked them to analyze its separate features
 - There was no feasible way to check the accuracy of his subjects' observations – his methods were eventually abandoned
 - Researchers eventually became more interested in describing and analyzing observable behaviors



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - William James wrote *The Principles of Psychology* (1890)
 - He was interested in how the mind produces behaviors rather than its composition
 - He rejected the methods of Wundt and Titchener and called his approach functionalism



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - Typical questions from a functionalist perspective include:
 - ✓ How does a person recall the answer to a question?
 - ✓ How does a person inhibit an undesirable impulse?
 - ✓ Can a person attend to more than one task at a time?



Psychology Then and Now

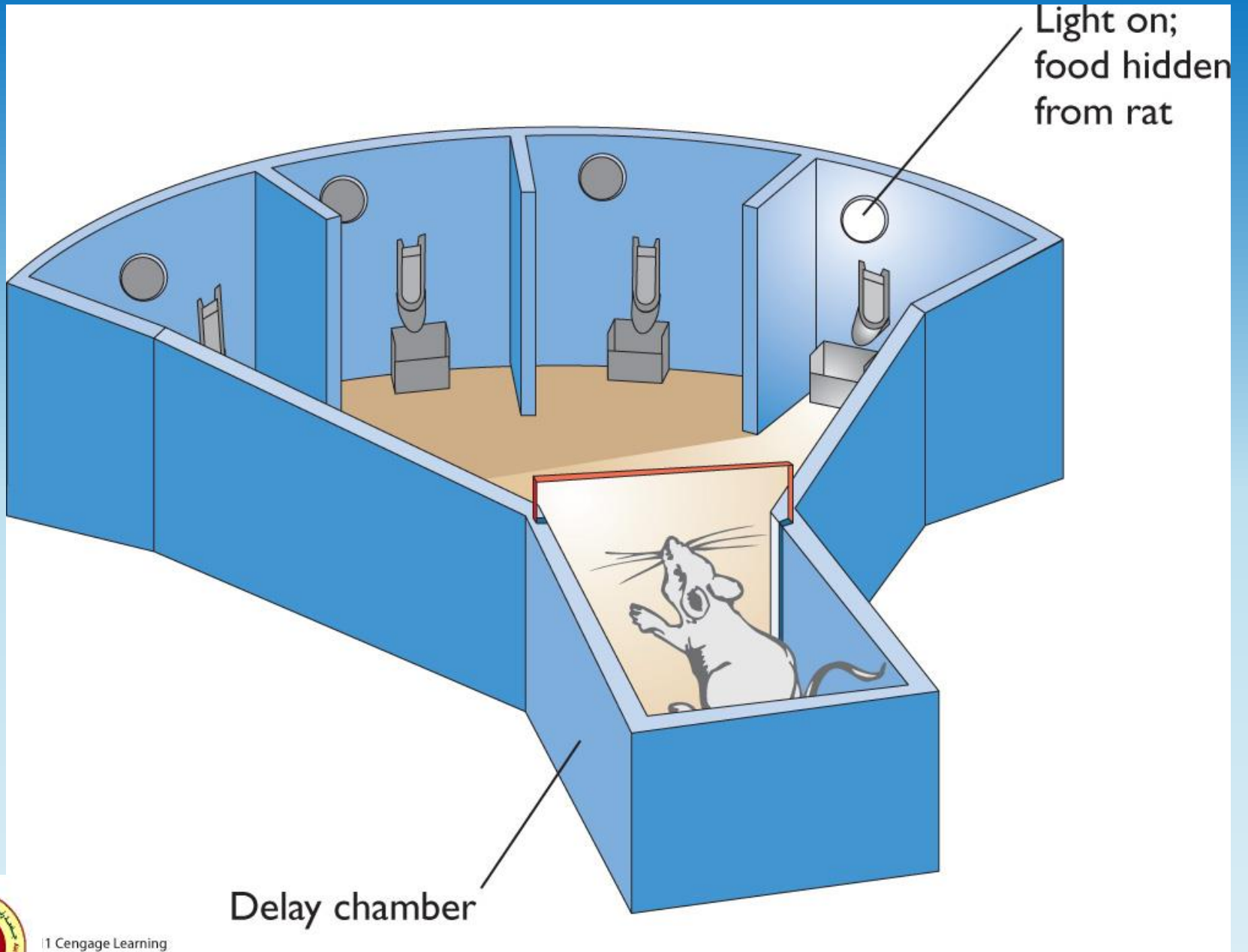
- ▶ The early era and the roots of psychology
 - The works of Darwin had an enormous impact: The Origin of Species (1859); The Descent of Man (1871)
 - Scientists had to consider basic features held in common by animals, such as thinking and emotions
 - Comparative psychologists use this perspective, as specialists who compare different animal species



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - Early comparative psychologists devised experiments to measure animal intelligence, such as:
 - ✓ The delayed-response problem
 - ✓ The detour problem
 - ✓ Pattern recognition





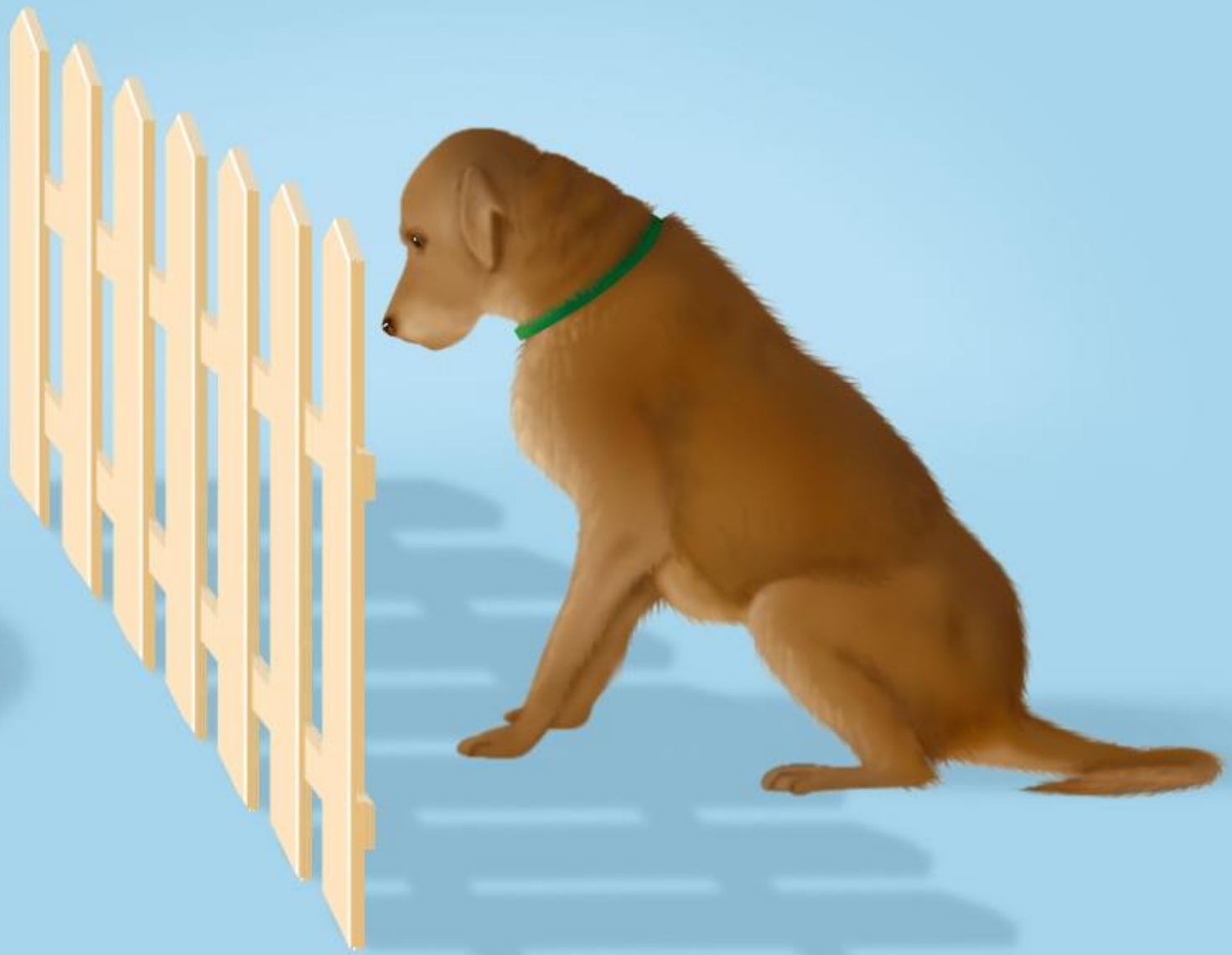
Light on;
food hidden
from rat

Delay chamber





Food



arning



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Psychology Then and Now

- ▶ The early era and the roots of psychology
 - According to the research of comparative psychologists, some species appeared to be gifted in certain tasks and highly deficient in others



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - **Francis Galton** investigated how heredity influenced variations in cognitive abilities
 - He found that sons of famous and talented men were more likely to be accomplished and explained this as due to the influence of heredity
 - He tried to develop an intelligence test but failed



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - **Alfred Binet**, working for the French government devised the first useful intelligence test in 1905 to identify children in the public school system who might be in need of special services
 - His test was imported to the United States after his death, and was the “template” for the development of many IQ and other psychological tests



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - While structuralism was eventually abandoned, **behaviorism** is a field of psychology that concentrates on measurable behaviors and not mental processes
 - Behaviorists seek to study observable behaviors usually associated with learning



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - *“Psychology as the behaviorist views it is a purely objective experimental branch of natural science. Its theoretical goal is the prediction and control of behavior.”*

John B. Watson, 1913



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - Straightforward questions posed by early behaviorists have been replaced by complex questions inferred aspects of behavior
 - Modern behaviorists no longer hope to discover “simple universal principles of behavior.”
 - Principles of behaviorism are still useful to modern psychologists



Psychology Then and Now

- ▶ The early era and the roots of psychology
 - In presenting psychoanalytic theory, Sigmund Freud proposed the existence of an “unconscious mind” rooted in our animal origins
 - Much of psychoanalytic theory has been rejected as unscientific but psychology is still influenced by Freud’s ideas about treatment of psychological distress



Recent Trends in Psychology

- ▶ Academic and applied psychology
 - There is thriving research including the scientific study of consciousness
 - Applied fields of psychology are booming. These include:
 - ✓ Health psychology
 - ✓ Forensic psychology (dealing with issues of mental competence for trial, and accuracy of eyewitness testimony)



Recent Trends in Psychology

- ▶ The role of women in psychology
 - At first, women's roles were limited
 - Mary Calkins did graduate-level study at Harvard
 - She never received the PhD that she earned from Harvard, but she continued to research, study memory, and become the president of the American Psychological Association





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Recent Trends in Psychology

- ▶ Cross-cultural psychology and human diversity
 - In examining psychological issues, scientists now consider culture
 - Psychologists recognize that mental illness is partly culturally and socially defined
 - Behaviors may be more or less adaptive in the context of one's culture



Recent Trends in Psychology

- ▶ Cross-cultural psychology and human diversity
 - Homosexuality once was considered a psychological disorder. It is no longer thought of as such despite continuing controversy
 - Psychoanalytic theories are irrelevant in cultures where children are routinely raised by relatives other than mother or father.



Recent Trends in Psychology

- ▶ An evolving science:
 - We have changed radically as a species, and we have changed our world creating new challenges to our survival
 - Psychology can't provide simple answers. But psychologists work to help us better understand ourselves, find the best solutions, and change ourselves when it is in our best interest to do so

