

UNIT 1

# THE STORY OF PSYCHOLOGY

FYBA

“OUR BRAIN IS BY FAR THE MOST COMPLEX  
PHYSICAL OBJECT KNOWN TO US IN THE ENTIRE  
COSMOS.”

–GINGERICH

‘The Sense of Wonder about the inner world!’

By I/C PRINCIPAL SUCHITRA A. NAIK  
VPM’s Joshi-Bedekar College, Thane

TECHNICAL ASSISTANT: AISHWARYA CHAVAN (TYBA, PSYCHOLOGY) and ROHIT JAYAVANT (TYBCOM)

# Complexity of Human behaviour

Heredity



➤ Genetic make up

Environment



➤ Physical

➤ Social

➤ Cultural

# What is Psychology?

Psychology is a science which has a long past but a short history

A brief history of Psychology as a science:

- **Ancient** Greek Philosopher Aristotle is considered as the pioneers to have begun 'study of mind'.
- In **Indian tradition** too, we find references to the study of mind been done.  
For eg. Manache Shlok by saint Ramdas Swami
- **Modern beginning of Psychology**
  - University of Leipzig, Germany
  - Wilhelm Wundt and his two students
  - Experiment – study of time lag between one hearing the sound of a bell and pressing the telegraph key.  
He thus, established the first laboratory of psychology.

# Psychologists

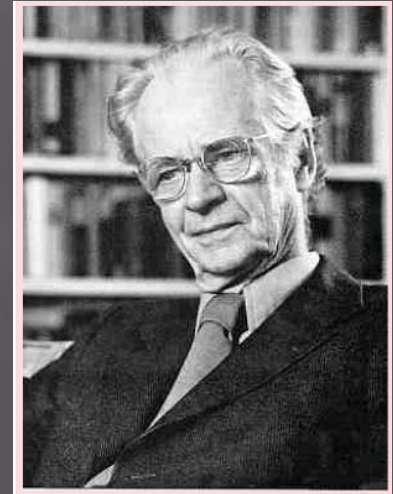


William James

Wundt



Watson and Skinner



# Psychologists



Sigmund Freud



Jean Piaget

Rogers and Maslow

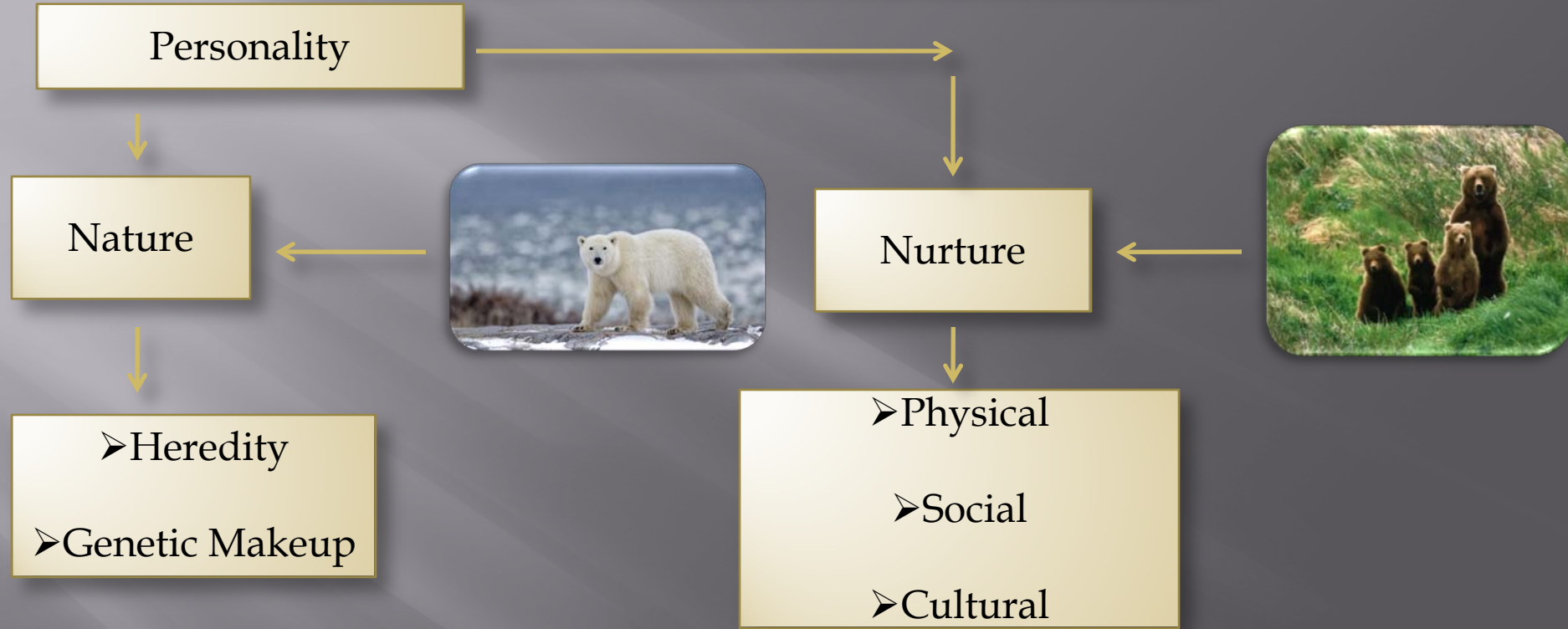


# A glance through the brief history

| Sr. No. | Name of the scientist | School of Psychology | Subject matter of Psychology       | Method used for Investigation | Examples  |
|---------|-----------------------|----------------------|------------------------------------|-------------------------------|---|
| 1       | Wundt                 | Experimental         | General structure of Sense         | Experiment and Obsevation     | Study of time lag between hearing the bell sound and pressing key |
| 2       | Tistchner             | Structuralism        | Structure of the mind              | Self Reflective Introspection | Study of structure of mind in parts                               |
| 3       | William James         | Functionalism        | Function (Stream of Consciousness) | Self Reflective Introspection | Different functions performed by mind like percetion and thinking |
| 4       | Watson and Skinner    | Behaviourism         | Human and animal behaviour         | Observation and Expirement    | Positive and negative reinforcement                               |

| Sr. No. | Name              | School of Psychology | Subject Matter of Psychology            | Method used for Investigation                           | Examples   |
|---------|-------------------|----------------------|---|---|--|
| 5       | Sigmund Freud     | Psychoanalysis       | Unconscious thought process             | Hypnotism free association<br>Introspection self report | Studies of Hysteria  |
| 6       | Rogers and Maslow | Humanistic           | Resilience and Motivation of Individual | Councelling and Self Report                             | Behaviour of children in school                                  |
| 7       | Jean Piaget       | Cognitive Psychology | Cognition                               | Observation and Expirement                              | Interconnection of information processing with thought processes |

# Nature- Nurture Issue



**Darwin's** principle of natural selection:

states that nature selects traits that best enable an organism to survive and reproduce in a particular environment.



# LEVELS OF ANALYSIS ( PERSPECTIVES IN PSYCHOLOGY )

## • Biological perspectives

- Natural selection of adaptive traits
- Genetic predispositions responding to environment.
  - Brain mechanisms
  - Hormonal influences

## • Psychological influences

- Learned fears and other learned expectations
  - Emotional responses.
- Cognitive processing and perceptual interpretations

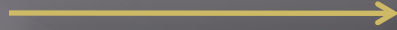
## • Behavioural and mental process

## • Socio cultural influences

- Presence of others
- Cultural, social expectations
- Peer and other group influences
- Compelling models ( such as in the media)

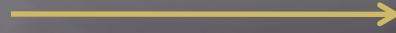
# Subfields of Psychology

- 1) Counselling psychology  
(a therapist listening carefully to a client's depressed thoughts)
- 2) Development Psychology  
(analyses data relating to teens temperament and parents)
- 3) Industrial Psychology  
(an executive evaluating new 'healthy lifestyles' training program)
- 4) Cultural Psychology  
(traveller visiting other culture and collects data on behaviour variations)



# Subfields of Psychology

5) Educational Psychology  
(a teacher sharing joy of psychology with all)



6) Clinical Psychology  
(diagnosing excessive fear of cockroach)



7) Child Psychology  
(throwing temperature tantrums in mall)

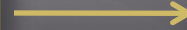


8) Biological Psychology  
(mother undergoing depression after child's birth)

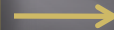


# Subfields of Psychology

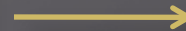
9) Positive Psychology  
(paralympics and building resilience)



10) Life span Psychology  
(study of old age - Geriatrics)



11) Criminal psychology  
(Raman Raghav - story behind serial killers)



# Applications of psychology

- Psychology finds many applications in almost every sphere of life.
- As it refers to the study of mind and behaviour; the knowledge of this subject not only helps individual maintain good mental health but also aids in achieving largely social and culture well being.
- For e.g. It helps in undergoing training to improve memory, personality development and also emotion management

# What you have learnt:

- 1)What are some important milestones in psychology's early development?
- 2)How did psychology continue to develop from the 1920s till today?
- 3)What is psychology's historic big issue? (Nature and Nurture)
- 4)What are psychology's levels of analysis and related perspectives?
- 5)What are psychology's main subfields?

Lets Learn More...