

## Psych Study Notes

### Chapter 1: HOW PSYCHOLOGY DEVELOPED

#### Psychologies parents

- Philosophy
- Physiology

#### Psychologies founder

- Wilhelm Wundt
- Set up first research lab in 1879 (Germany)
- Wundt argues psychology should be scientific study of consciousness

#### G. Stanley Hall

- Launched Americas first psychology journal (1887)
- Helped establish American psychological association (1892)

#### The Battle of the "Schools" begins

- Advocates of structuralism argued that psych should use introspection to analyze consciousness into basic elements
- Advocates of functionalism argues that psych should investigate the purposes of consciousness
- Functionalism had more of a lasting impact on psych as it forested the emergence of behaviorism and applied psychology

#### Freud focuses on unconscious forces

- Freud's views were controversial, but became influential
- Psychoanalytic theory emphasizes unconscious determinates of behavior and the importance of sexuality
- According to Freud, the unconscious consists of thoughts that one is not aware of but that still influence ones behavior

#### Behaviorism Debuts

- Behaviorism founded by John B. Watson
- Said that psych should study only observable behavior
- Gradually took hold and psych became the study of behavior instead of consciousness
- Behaviorists stresses the importance of environment over hereditary and pioneered animal research

## Behaviorism Flourishes with the work of Skinner

- Like Watson he emphasized animal research, a strict focus on observable behavior
- And importance of environment
- He generated controversy by arguing that free will is an illusion

## The Humanists Revolt

- Advocates of humanism such as Carl Rogers and Abraham Maslow, began to gain some influence in the 1950's
- Humanism emphasizes the unique qualities of human behavior and the irrelevance of animal research
- The humanists also took an optimistic view of human nature stressing humans freedoms and potential for growth

## Psychology in Canada

- The first experimental laboratory in Canada was est. in 1981 at the university of Toronto by James Mark Baldwin
- The Canadian Psych association was formed in 1939
- Rapid growth in the Canadian psych has been evident over the last century

## Psych becomes a profession

- In the first half century, only a handful of psychologists were involved in the delivery of professional services to the public
- However, stimulated by the demands of WWII clinical psych began growth in the 1950's
- Today, the vast majority of psychologists are involved in professional services

## Cognition Psych resurfaces

- In its early days, psych emphasized the study of consciousness and physiology
- But, these topics languished as behaviorism grew more dominant
- During the 1950's and 1960's advances in research on mental and physiological process led to renewed interest in cognition and the biological bases of behavior

## Interest in cultural factors grow

- In the 1980's Western psychologists developed increased interest in how cultural variables influence behavior

- Trend was stimulated by the increased cultural diversity in Western societies and by growing global interdependence

#### Evolutionary Psych gain prominence

- 1990's saw the emergence of a major new theoretical perspective called evolutionary psychology
- it is the patterns of behavior seen in a species are the product of evolution, just like anatomical characteristics
- According to evolutionary psychologists, natural selection favors behaviors that enhance organisms reproductive success

#### Psych move in a positive direction

- Martin Seligman, former president of APA, argued that psych historically has focused too much on pathology and suffering
- He launched the positive psych movement in the late 1990's
- Positive psych uses theory and research to better understand our adaptive, creative, and fulfilling experiences such as positive emotion, personal strength and happiness

#### Key Themes:

***Psych is empirical:*** it is based on objective observations made through research

***Psych is theoretically diverse:*** a variety of perspectives are needed to enhance our understanding of behavior

***Psych evolves in a sociohistorical context:*** dense connections exist between what happens in psychology and what happens in society at large

***Behavior is determined by multiple causes:*** complex causation is the rule and single-cause explanations are usually incomplete

***Behavior is shaped by cultural heritage:*** cultural factors exert considerable influence over some aspects of behavior

***Hereditary and environment jointly influence behavior:*** nature and nurture interactively shape most behavioral traits

***People's experiences of the world is highly subjective:*** people tend to see what they expect to see and what they want to see

