

Roots

1920 definition: Study of inner mental experience

Wilhelm Wundt

- established 1st psych lab (1879)*
- *Father of experimental psychology**
- *structuralism*: (Wilhelm Wundt) aim to discover the mind's structure. He engaged people in self - reflective *introspection* (looking inward), training them to report elements of their experience as they looked at a rose, listened to a metronome, smelled a scent, or tasted a substance. What were their immediate sensations, their images, their feelings? And how did these relate to one another? Alas, introspection proved somewhat unreliable. It required smart, verbal people, and its results varied from person to person and experience to experience. **As introspection waned, so did structuralism.**

1920s - mid 1960s definition: Study of overt behaviour

John B. Watson

- Study only public events (like group behaviour)
- *Father of behaviourism*
- Its core idea is that mental states (beliefs, desires, being in pain, etc.) are constituted solely by their functional role — that is, they are causal relations to other mental states, sensory inputs, and behavioral outputs. **Consciousness has a function.**

Modern definition: Scientific study of behaviour and mental process

Additional Influences

By 1920: Unconscious influences

By 1950: Neurophysiology

By 1970: Cognitive Processes

Major issues

- Stability vs Change

Behaviorism

(j.b. Watson, b.f. skinner)

- Nurture, everything is learned from an interaction with the environment
- Challenged the Darwinian perspective

Interactionism

- heredity & environment interact

- Modern view
- No longer asking nature vs. nurture
- Now we are trying to explain behavior:
What in his genes contributed to his behavior?
What in his environment contributed to his behavior?

Perspectives:

Neuroscience

- specify neurobiological processes that underlie behavior & mental events
- What part of the brain does what?

Evolutionary

- How evolution mechanisms may function influence behavior
- When overweight people try to diet, lose some weight and then gain more weight than they ever lost
- Evolutionary explanation: your body think you're going through starvation and must eat a lot more after the diet. That way you can survive the next period of starvation (ei. the diet)

Behaviour Genetics

- influence of variations in genes behavior variations
- Does genetics contribute to Schizophrenia? To intelligence? <or> does Environment?
- *Identical twins* can be used for this research (eg. give them both an IQ test and see if they are similar or not to find a conclusion on whether or not genes has a large influence on intelligence)
- *IQ is very influenced by genes

Psychodynamic

- How behavior can stem from unconscious processes (S. Freud)

Behavioral

- How observable behaviour is learned

Cognitive

- How the mind processes info
 - Cognitive (mental) Processes. eg, perception, memory, problem solving

Social-Cultural

- Influence of culture & situation on behaviour

Subfields:

Basic vs Applied

Basic: Describe & explain Behaviour & mental processes

Applied: Asses a real life situation to solve practical problem

Types of Psychologists:

Clinical

- apply principles to assess diagnose & treat emotional & behavioural problems (& to enhance functioning)

Psychiatrists:

- M.D's
- Prescription privileges

Developmental

Study

- human development & factors that shape it from birth to old age

Social

Study:

- how people perceive & interpret their social world
- how behaviours, beliefs & attitudes are influenced by others
- social relationships & behaviour of groups

School

- work with children to evaluate learning & emotional problems

Industrial/organizational/engineering

- work for companies

Industrial

Personnel selection/job training

Engineering

help design machines/work tools

Many other specialties

eg. Geriatric, rehabilitation, forensic, media psychology