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Study of mental functions and behaviorsFor other uses, see Psychology (disambiguation). Part of a series on Psychology (disambiguation). Part of a series of a series of a series of a s
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management theoryListsCounseling topicsDisciplinesOrganizationsOutlinePsychology is the scientific study of mind and behavior.[1][2] Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious
phenomena, and mental processes such as thoughts, feelings, and motives. Psychology is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences. Biological psychologists seek an understanding of the emergent properties of brains, linking the discipline to neuroscience. As social scientists,
psychologists aim to understand the behavior of individuals and groups.[3][4]A professional practitioner or researcher involved in the discipline is called a psychologists attempt to understand the role of mental functions in individual and social behavior
Others explore the physiological and neurobiological processes that underlie cognitive functions, and behaviors. Psychologists are involved in research on perception, cognition, attention, emotion, intelligence, subjective experiences, motivation, brain functioning, and personality. Psychologists are involved in research on perception, cognitive functions, and personality.
psychological resilience, family resilience, family resilience, and other areas within social psychologists employ empirical methods to infer causal and counseling psychologists rely on symbolic interpretation. While
psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts, psychology ultimately aims to benefit society.[6][7][8] Many psychologists are involved in some kind of therapeutic role,
practicing psychotherapy in clinical, counseling, or school settings. Other psychologists conduct scientific research on a wide range of topics related to mental processes and behavior. Typically the latter group of psychologists is employed in
industrial and organizational settings.[9] Yet others are involved in work on human development, aging, sports, health, forensic science, education, and the media. The word psychology derives from the Greek word p
psychology was first used in the Renaissance.[11] In its Latin form psychiologia, it was first employed by the Croatian humanist and Latinist Marko Maruli in his book Psichiology, on the Nature of the Human Soul) in the decade 15101520[11][12] The earliest known reference to the word psychology in English
was by Steven Blankaart in 1694 in The Physical Dictionary. The dictionary refers to "Anatomy, which treats the Body, and Psychology, which treats of the Soul."[13] (psi), the first letter of the Greek word psychology, which treats the Body, and Psychology is derived, is commonly associated with the field of psychology. In 1890, William James defined psychology is derived, is commonly associated with the field of psychology.
as "the science of mental life, both of its phenomena and their conditions."[14] This definition enjoyed widespread currency for decades. However, this meaning was contested, notably by John B. Watson, who in 1913 asserted the methodological behaviorist view of psychology as a purely objective experimental branch of natural science, the
theoretical goal of which "is the prediction and control of behavior."[15] Since James defined "psychology", the term more strongly implicates scientific experimentation.[16][15] Folk psychology is the understanding of the mental states and behaviors of people held by ordinary people, as contrasted with psychology professionals' understanding.
[17]Main article: History of psychologyFor a chronological guide, see Timeline of psychology. The ancient civilizations of Egypt, Greece, China, India, and Persia all engaged in the philosophical study of psychology. In Ancient Egypt the Ebers Papyrus mentioned depression and thought disorders. [18] Historians note that Greek philosophers, including
Thales, Plato, and Aristotle (especially in his De Anima treatise),[19] addressed the workings of the mind.[20] As early as the 4th century BC, the Greek physician Hippocrates theorized that mental disorders had physical rather than supernatural causes.[21] In 387 BCE, Plato suggested that the brain is where mental processes take place, and in 335
BCE Aristotle suggested that it was the heart.[22]In China, the foundations of psychological thought emerged from the philosophical works of ancient thinkers like Laozi and Confucius, as well as the teachings of Buddhism.[23] This body of knowledge drew insights from introspection, observation, and techniques for focused thinking and behavior. It
viewed the universe as comprising physical and mental realms, along with the interplay between the two.[24] Chinese philosophy also emphasized purifying the mind in order to increase virtue and power. An ancient text known as The Yellow Emperor's Classic of Internal Medicine identifies the brain as the nexus of wisdom and sensation, includes
theories of personality based on yinyang balance, and analyzes mental disorder in terms of physiological and social disequilibria. Chinese scholarship that focused on the brain advanced during the Qingren (17681831). Wang Qingren emphasized
the importance of the brain as the center of the herious system, linked mental disorder with brain diseases, investigated the causes of dreams and insomnia, and advanced a theory of hemispheric lateralization in brain function. [25]Influenced by Hinduism, Indian philosophy explored distinctions in types of awareness. A central idea of the Upanishads
and other Vedic texts that formed the foundations of Hinduism was the distinction between a person's transient mundane self and their eternal, unchanging soul. Divergent Hindu doctrines and Buddhism have challenged this hierarchy of selves, but have all emphasized the importance of reaching higher awareness. Yoga encompasses a range of
techniques used in pursuit of this goal. Theosophy, a religion established by Russian-American philosopher Helena Blavatsky, drew inspiration from these doctrines during her time in British India.[26][27]Psychology was of interest to Enlightenment thinkers in Europe. In Germany, Gottfried Wilhelm Leibniz (16461716) applied his principles of
calculus to the mind, arguing that mental activity took place on an indivisible continuum. He suggested that the difference between conscious and unconscious and unconscious and experience between conscious and unconscious and experience between conscious and unconscious and experience between conscious and unconscious and unconscio
advanced the idea of anthropology as a discipline, with psychology, writing that "the empirical doctrine of the soul can also never approach chemistry even as a systematic art of analysis or experimental doctrine, for in it the manifold of inner
observation can be separated only by mere division in thought, and cannot then be held separate and recombined at will (but still less does another thinking subject suffer himself to be experimented upon to suit our purpose), and even observation by itself already changes and displaces the state of the observed object. "In 1783, Ferdinand
Ueberwasser (17521812) designated himself Professor of Empirical Psychology and Logic and gave lectures on scientific psychology, though these developments were soon overshadowed by the Napoleonic Wars.[28] Having consulted philosophers
Hegel and Herbart, however, in 1825 the Prussian state established psychology as a mandatory discipline in its rapidly expanding and highly influential educational system. However, this discipline did not yet embrace experimentation. [29] In England, early psychology involved phrenology and the response to social problems including alcoholism
violence, and the country's crowded "lunatic" asylums.[30] ames McKeen Cattell, the first psychologist in the United StatesWilhelm Wundt (seated), a German psychologist, with colleagues in his psychologist, with colleagues in his psychologist, with colleagues in his psychologist in the United StatesWilhelm Wundt (seated), a German psychologist, with colleagues in his psychologist, with colleagues in his psychologist in the United StatesWilhelm Wundt (seated), a German psychologist, with colleagues in his psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in the United StatesWilhelm Wundt (seated), a German psychologist in th
cannula to measure saliva, preserved in the Pavlov Museum in Ryazan, RussiaPhilosopher John Stuart Mill believed that the human mind was open to scientific investigation, even if the science is in some ways inexact.[31] Mill proposed a "mental chemistry" in which elementary thoughts could combine into ideas of greater complexity.[31] Gustav
Fechner began conducting psychophysics research in Leipzig in the 1830s. He articulated the principle that human perception of a stimulus varies logarithmically according to its intensity.[32]:61 The principle became known as the WeberFechner law. Fechner's 1860 Elements of Psychophysics challenged Kant's negative view with regard to
conducting quantitative research on the mind.[33][29] Fechner's achievement was to show that "mental processes could not only be given numerical magnitudes, but also that these could be measured by experimental methods."[29] In Heidelberg, Hermann von Helmholtz conducted parallel research on sensory perception, and trained physiologist
Wilhelm Wundt. Wundt, in turn, came to Leipzig University, where he established the psychology to the world. Wundt focused on breaking down mental processes into the most basic components, motivated in part by an analogy to recent advances in chemistry, and its successful investigation of the
elements and structure of materials.[34] Paul Flechsig and Emil Kraepelin soon created another influential laboratory at Leipzig, a psychology-related lab, that focused more on experimental psychiatry.[29]James McKeen Cattell, a professor of psychology at the University of Pennsylvania and Columbia University and the co-founder of Psychological
Review, was the first professor of psychology in the University of Berlin, was a 19th-century contributor to the field. He pioneered the experimental study of memory and developed quantitative models of learning and forgetting. [36] In the early 20th century,
Wolfgang Kohler, Max Wertheimer, and Kurt Koffka co-founded the school of Gestalt psychology of Fritz Perls. The approach of Gestalt psychology of Fritz Perls. The approach of Gestalt psychology is based upon the idea that individuals experience things as unified wholes. Rather than reducing thoughts and behavior into smaller component elements, as in structuralism, the Gestaltists maintain that
whole of experience is important, "and is something else than the sum of its parts, because summing is a meaningless procedure, whereas the whole-part relationship is meaningful."[37]Psychologists in Germany, Denmark, Austria, England, and the United States soon followed Wundt in setting up laboratories.[38] G. Stanley Hall, an American who
studied with Wundt, founded a psychology lab that became internationally influential. The lab was located at Johns Hopkins University of Tokyo.[39] Wundt's assistant, Hugo Mnsterberg, taught psychology at Harvard to
students such as Narendra Nath Sen Guptawho, in 1905, founded a psychology department and laboratory at the University of Calcutta.[26] Wundt's students Walter Dill Scott, Lightner Witmer, and James McKeen Cattell worked on developing tests of mental ability. Cattell, who also studied with eugenicist Francis Galton, went on to found the
Psychological Corporation. Witmer focused on the mental testing of children; Scott, on employee selection. [32]:60Another student of Wundt, the Englishman Edward Titchener, created the psychology program at Cornell University and advanced "structuralist" psychology. The idea behind structuralism was to analyze and classify different aspects of
the mind, primarily through the method of introspection. [40] William James, John Dewey, and Harvey Carr advanced the idea of functionalism, an expansive approach to psychology that underlined the Darwinian idea of a behavior's usefulness to the individual. In 1890, James wrote an influential book, The Principles of Psychology, which expanded on
the structuralism. He memorably described "stream of consciousness." James's ideas interested many American students in the emerging discipline.[40][14][32]:17882 Dewey integrated psychology with societal concerns, most notably by promoting progressive education, inculcating moral values in children, and assimilating immigrants.[32]:196200A
different strain of experimentalism, with a greater connection to physiology, emerged in South America, under the leadership of Horacio G. Piero at the University of Buenos Aires.[41] In Russia, too, researchers placed greater emphasis on the biological basis for psychology, beginning with Ivan Sechenov's 1873 essay, "Who Is to Develop Psychology
and How?" Sechenov advanced the idea of brain reflexes and aggressively promoted a deterministic view of human behavior.[42] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process to human behavior.[42] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process to human behavior.[42] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process to human behavior.[42] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process to human behavior.[43] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process to human behavior.[43] The Russian-Soviet physiologist Ivan Pavlov discovered in dogs a learning process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical conditioning" and applied the process that was later termed "classical con
Socit de Psychologie Physiologique in France, which lasted from 1885 to 1893. The first meeting of the International Congress of Psychology sponsored by the International Union of Psychology sponsored by the In
Americans among the 400 attendees. The American Psychological Association (APA) was founded soon after, in 1892. The International Congress, held in Geneva in 1909, included presentations in Russian, Chinese, and Japanese, as well
as Esperanto. After a hiatus for World War I, the Seventh Congress met in Oxford, with substantially greater participation from the war-victorious Anglo-Americans. In 1929, the Congress took place at Yale University in New Haven, Connecticut, attended by hundreds of members of the APA.[38] Tokyo Imperial University led the way in bringing new
psychology to the East. New ideas about psychology diffused from Japan into China.[25][39]American psychology gained status upon the U.S.'s entry into World War I. A standing committee headed by Robert Yerkes administered mental tests ("Army Alpha" and "Army Beta") to almost 1.8 million soldiers.[44] Subsequently, the Rockefeller family, via
the Social Science Research Council, began to provide funding for behavioral research.[45][46] Rockefeller charities funded the National Committee on Mental Hygiene, which disseminated the concept of mental illness and lobbied for applying ideas from psychology to child rearing.[44][47] Through the Bureau of Social Hygiene and later funding of
Alfred Kinsey, Rockefeller foundations helped establish research on sexuality in the U.S.[48] Under the influence of the Carnegie-funded Eugenics movement also influenced American psychology. In the 1910s and 1920s, eugenics became a standard topic in
psychology classes.[49] In contrast to the US, in the UK psychology was met with antagonism by the scientific and medical establishments, and up until 1939, there were only six psychology chairs in universities in England.[50]During World War II and the Cold War, the U.S. military and intelligence agencies established themselves as leading funders
of psychology by way of the armed forces and in the new Office of Strategic Services intelligence agency. University of Michigan psychologist Dorwin Cartwright reported that university researchers began large-scale propaganda research in 19391941. He observed that "the last few months of the war saw a social psychologist become chiefly
responsible for determining the week-by-week-propaganda policy for the United States Government." Cartwright also wrote that psychologists had significant roles in managing the domestic economy.[51] The Army rolled out its new General Classification Test to assess the ability of millions of soldiers. The Army also engaged in large-scale
psychological research of troop morale and mental health.[52] In the 1950s, the Rockefeller Foundation and Ford Foundation and Ford Foundation collaborated with the Central Intelligence Agency (CIA) to fund research on psychological warfare.[53] In 1965, public controversy called attention to the Army's Project Camelot, the "Manhattan Project" of social science, an
effort which enlisted psychologists and anthropologists to analyze the plans and policies of foreign countries for strategic purposes. [54][55]In Germany after World War I, psychology held institutional power through the military, which was subsequently expanded along with the rest of the military during Nazi Germany. [29] Under the direction of
Hermann Gring's cousin Matthias Gring, the Berlin Psychoanalysis who were also Jewish. [56] The Gring Institute was renamed the Gring Institute and Adler, founders of psychoanalysis who were also Jewish.
Institute was well-financed throughout the war with a mandate to create a "New German Psychotherapy." This psychotherapy aimed to align suitable Germans with the overall goals of the Reich. As described by one physician, "Despite the importance of analysis, spiritual guidance and the active cooperation of the patient represent the best way to
overcome individual mental problems and to subordinate them to the requirements of the Volk and the Gemeinschaft." Psychologists were to provide Seelenfhrung [lit., soul guidance], the leadership of the mind, to integrate people into the new vision of a German community.[57] Harald Schultz-Hencke melded psychology with the Nazi theory of
biology and racial origins, criticizing psychoanalysis as a study of the weak and deformed. [58] Johannes Heinrich Schultz, a German psychologist recognized for developing the technique of autogenic training, prominently advocated sterilization and euthanasia of men considered genetically undesirable, and devised techniques for facilitating this
process.[59]After the war, new institutions were created although some psychologists, because of their Nazi affiliation, were discredited. Alexander Mitscherlich founded a prominent applied psychoanalysis journal called Psychoanalysis journal cal
at Heidelberg University. In 1970, psychology was integrated into the required studies of medical students in psychology. At the completion of socialism. Consequently, university psychology departments trained large numbers of students in psychology. At the completion of
training, positions were made available for those students at schools, workplaces, cultural institutions, and in the military. The Russian state emphasized pedology and the study of child development. Lev Vygotsky became prominent in the field of child development. [42] The Bolsheviks also promoted free love and embraced the doctrine of
psychoanalysis as an antidote to sexual repression.[61]:846[62] Although pedology and intelligence testing fell out of favor in 1936, psychology maintained its privileged position as an instrument of the Soviet Union.[42] Stalinist purges took a heavy toll and instilled a climate of fear in the profession, as elsewhere in Soviet society.[61]:22 Following
World War II, Jewish psychologists past and present, including Lev Vygotsky, A.R. Luria, and Aron Zalkind, were denounced; Ivan Pavlov (posthumously) and Stalin himself were celebrated as heroes of Soviet psychology.[61]:256,489 Soviet academics experienced a degree of liberalization during the Khrushchev Thaw. The topics of cybernetics,
linguistics, and genetics became acceptable again. The new field of engineering psychology emerged. The field involved the study of the mental aspects of complex jobs (such as pilot and cosmonaut). Interdisciplinary studies became popular and scholars such as Georgy Shchedrovitsky developed systems theory approaches to human behavior.
[61]:2733Twentieth-century Chinese psychology originally modeled itself on U.S. psychology, with translations from American authors like William James, the establishment of groups including the Chinese Association of Psychological Testing (1930) and the Chinese
 Psychological Society (1937). Chinese psychologists were encouraged to focus on education and language learning. Chinese audiences between 1919 and 1921, had a significant influence on psychology in China. Chancellor T'sai
Yuan-p'ei introduced him at Peking University as a greater thinker than Confucius. Kuo Zing-yang who received a PhD at the University and popularized behaviorism.[63]:59 After the Chinese Communist Party gained control of the country, the Stalinist Soviet Union became the major
influence, with MarxismLeninism the leading social doctrine and Pavlovian conditioning the approved means of behavior change. Chinese psychologists elaborated on Lenin's model of a "reflective" consciousness, envisioning an "active consciousness" (pinyin: tzu-chueh neng-tung-li) able to transcend material conditions through hard work and
by the State Council. In 1951, the academy created a Psychology Research Office, which in 1956 became the Institute of Psychology and pedagogy for the
purpose of a nationally cohesive education remained a central goal of the discipline.[63]:1824Women in the early 1900s started to make key findings within the world of psychology. In 1923, Anna Freud,[64] the daughter of Sigmund Freud, built on her father's work using different defense mechanisms (denial, repression, and suppression) to
psychoanalyze children. She believed that once a child reached the latency period, child analysis could be used as a mode of therapy. She stated it is important focus on the child's environment, support their own right and have each session
catered to the child's specific needs. She encouraged drawing, moving freely, and expressing themselves in any way. This helped build a strong therapeutic alliance with child patients, which allows psychologists to observe their normal behavior. She continued her research on the impact of children after family separation, children with socio-
economically disadvantaged backgrounds, and all stages of child development from infancy to adolescence. [65] Functional periodicity, the belief women are mentally and physically impaired during menstruation, impacted women's rights because employers were less likely to hire them due to the belief they would be incapable of working for 1 week a
month. Leta Stetter Hollingworth wanted to prove this hypothesis and Edward L. Thorndike's theory, that women have lesser psychological and physical traits than men and were simply mediocre, incorrect. Hollingworth worked to prove differences were not from male genetic superiority, but from culture. She also included the concept of women's
impairment during menstruation in her research. She recorded both women and men performances on tasks (cognitive, perceptual, and motor) for three months. No evidence was found of decreased performance due to a woman's menstrual cycle. [66] She also challenged the belief intelligence is inherited and women here are intellectually inferior to
men. She stated that women do not reach positions of power due to the societal norms and roles they are assigned. As she states in her article, "Variability as related to sex differences in achievement: A Critique",[67] the largest problem women have is the social order that was built due to the assumption women have less interests and abilities than
men. To further prove her point, she completed another experiment with infants who have not been influenced by the environment of social norms, like the adult male getting more opportunities than women. She found no difference between influenced by the environment of social norms, like the adult male getting more opportunities than women. She found no difference between influenced by the environment of social norms, like the adult male getting more opportunities than women.
there is no difference between the physiological traits of men and women, and women are not impaired during menstruation. [68] The first half of the 1900s was filled with new theories and it was a turning point for women's recognition within the field of psychology. In addition to the contributions made by Leta Stetter Hollingworth
and Anna Freud, Mary Whiton Calkins invented the paired associates technique of studying memory and developed self-psychology. [69] Karen Horney developed the concept of "womb envy" and neurotic needs. [70] Psychoanalyst Melanie Klein impacted developmental psychology with her research of play therapy. [71] These great discoveries and
contributions were made during struggles of sexism, discrimination, and little recognition for their work. Women in the second half of the 20th century continued to do research that had large-scale impacts on the field of psychology. Mary Ainsworth's work centered around attachment theory. Building off fellow psychologist John Bowlby, Ainsworth
spent years doing fieldwork to understand the development of mother-infant relationships. In doing this field research, Ainsworth development to study attachment style by separating and uniting a child with their mother several different times under different circumstances. These field
studies are also where she developed her attachment theory and the order of attachment styles, which was a landmark for developmental psychologists of all time. [74] Mamie Phipps Clark was another woman in psychology that changed the field with her research. Shear are also where she developed her attachment theory and the order of attachment styles, which was a landmark for developmental psychologists of all time. [74] Mamie Phipps Clark was another woman in psychology that changed the field with her research.
was one of the first African-Americans to receive a doctoral degree in psychology from Columbia University, along with her husband, Kenneth Clark. Her master's thesis, "The Development of Consciousness in Negro Pre-School Children," argued that black children, argued that black chi
conduced research building off her thesis throughout the 1940s. These tests, called the doll tests, asked young children to choose between identical dolls whose only difference was race, and they found that the majority of the children preferred the white dolls and attributed positive traits to them. Repeated over and over again, these tests helped to
determine the negative effects of racial discrimination and segregation on black children's self-image and development. In 1954, this research would help decide the landmark Brown v. Board of Education decision, leading to the end of legal segregation across the nation. Clark went on to be an influential figure in psychology, her work continuing to
focus on minority youth.[75]As the field of psychology developed throughout the latter half of the 20th century, women in the field advocated for their voices to be heard and their perspectives to be valued. Second-wave feminism did not miss psychology. An outspoken feminist in psychology was Naomi Weisstein, who was an accomplished researcher
in psychology and neuroscience, and is perhaps best known for her paper, "Kirche, Kuche, Kinder as Scientific Law: Psychology Constructs the Female." Psychology Constructs the Female criticized the field of psychology Constructs the Female." Psychology Constructs the Female criticized the field of psychology Constructs the Female." Psychology Constructs the Female criticized the field of psychology for centering men and using biology too much to explain gender differences without taking into account social factors. [76] Her
work set the stage for further research to be done in social psychology, especially in gender construction.[77] Other women in Psychology to criticize how the field treated women. E. Kitsch Child, Phyllis Chesler, and Dorothy Riddle were some of the
founding members of the organization in 1969. [78] [79] The latter half of the 20th century further diversified the field of psychology, with women to get a Ph.D. in psychology. In 1969, Marigold Linton, the first Native American woman to get a Ph.D. in psychology
founded the National Indian Education Association. She was also a founding member of the Society for Advancement of Chicanos and Native Americans in Science. In 1971, The Network of Indian Psychologists was established by Carolyn Attneave. Harriet McAdoo was appointed to the White House Conference on Families in 1979.[80]In the 21st
century, women have gained greater prominence in psychology, contributing significantly to a wide range of subfields. Many have taken on leadership roles, directed influential research labs, and guided the next generation of psychologists. However, gender disparities remain, especially when it comes to equal pay and representation in senior
academic positions.[81] The number of women pursuing education and training in psychological science has reached a record high. In the United States, estimates students and 71% of graduate students in psychology.[81]See also: List of psychology organizationsIn 1920, douard Claparde
and Pierre Bovet created a new applied psychology organization called the International Congress of Psychotechnics Applied to Vocational Guidance, later called the International Congress of Psychotechnics and then the International Congress of Psychotechnics and then the International Congress of Psychotechnics Applied to Vocational Guidance, later called the International Congress of Psychotechnics and then the International Congress of Psychotechnics and then the International Congress of Psychotechnics Applied to Vocational Guidance, later called the International Congress of Psychotechnics and then the International Congress of Psychotechnics and International Congress of Psychotec
Today, at least 65 international groups deal with specialized aspects of psychologists in the U.S. formed the National Council of Women Psychologists in 1941. This organization became the International Council of Women Psychologists after World War II and the International
Council of Psychologists in 1959. Several association of Black Psychologists and the Association of non-European racial groups in the profession. [82] The International Union of Psychologists and European racial groups in the profession.
societies. The IUPsyS was founded in 1951 under the auspices of the United Nations Educational, Cultural and Scientific Organization (UNESCO).[38][83] Psychology departments have since proliferated around the world, based primarily on the Euro-American model.[26][83] Since 1966, the Union has published the International Journal of
Psychology.[38] IAAP and IUPsyS agreed in 1976 each to hold a congress every four years, on a staggered basis.[82] The American Psychological Association is the oldest and largest.[82] Its membership has increased from 5,000 in 1945 to 100,000 in the present
day.[40] The APA includes 54 divisions, which since 1960 have steadily proliferated to include more specialties. Some of these divisions, such as the Society for the Psychological Study of Social Issues and the American PsychologyLaw Society, began as autonomous groups.[82]The Interamerican Psychological Society, founded in 1951, aspires to
promote psychology across the Western Hemisphere. It holds the Interamerican Congress of Psychology Associations, founded in 1981, represents 30 national associations with a total of 100,000 individual members. At least 30 other international organizations of Professional Psychology Associations with a total of 100,000 individual members.
represent psychologists in different regions.[82]In some places, governments legally regulate who can provide psychologist as someone with a doctoral degree in psychologist in different regions.[82]In some places, governments legally regulate who can provide psychologist as someone with a doctoral degree in psychologist."[84] The APA defines a psychologist as someone with a doctoral degree in psychologist in different regions.[82]In some places, governments legally regulate who can provide psychologist as someone with a doctoral degree in psychologist."[84] The APA defines a psychologist in different regions.[85] In some places, governments legally regulate who can provide psychologist in different regions.
parapsychology, which in the late nineteenth century enjoyed popularity (including the interest of scholars such as William James). Some people considered parapsychology to be part of "psychology, hypnotism, and psychism were major topics at the early International Congresses. But students of these fields were eventually
ostracized, and more or less banished from the Congress in 19001905.[38] Parapsychology persisted for a time at Imperial University in Japan, with publications such as Clairvoyance and Thoughtography by Tomokichi Fukurai, but it was mostly shunned by 1913.[39]As a discipline, psychology has long sought to fend off accusations that it is a "soft"
science. Philosopher of science Thomas Kuhn's 1962 critique implied psychology overall was in a pre-paradigm state, lacking agreement on the type of overarching theory found in mature hard sciences such as chemistry and physics.[86] Because some areas of psychology rely on research methods such as self-reports in surveys and questionnaires
critics asserted that psychology is not an objective science. Skeptics have suggested that personality, thinking, and emotion cannot be directly measured and are often inferred from subjective self-reports, which may be problematic. Experimental psychologists have devised a variety of ways to indirectly measured that personality, thinking, and emotion cannot be directly measured and are often inferred from subjective self-reports, which may be problematic.
empiricism", which limits the scope of research because investigators restrict themselves to methods derived from the physical sciences.[90]:367 Feminist critiques have argued that claims to scientific objectivity obscure the values and agenda of (historically) mostly male researchers.[44] Jean Grimshaw, for example, argues that mainstream
psychological research has advanced a patriarchal agenda through its efforts to control behavior.[90]:120Main article: Cognitive neuroscienceFalse-color representations of cerebral fiber pathways affected, per Van Horn etal.[91]Psychologists generally consider biology the substrate of thought and feeling, and therefore an important area of study
Behaviorial neuroscience, also known as biological psychology, involves the application of biological principles to the study of physiological and genetic mechanisms underlying behavior in humans and other animals. The allied field of comparative psychology is the scientific study of the behavior and mental processes of non-human animals. [92] A
leading question in behavioral neuroscience has been whether and how mental functions are localized in the brain. From Phineas Gage to H.M. and Clive Wearing, individual people with mental deficits traceable to physical brain damage have inspired new discoveries in this area. [93] Modern behavioral neuroscience could be said to originate in the
1870s, when in France Paul Broca traced production of speech to the left frontal gyrus, thereby also demonstrating hemispheric lateralization of brain function. Soon after, Carl Wernicke identified a related area necessary for the understanding of speech. [94]:202The contemporary field of behavioral neuroscience focuses on the physical basis of
behavior. Behaviorial neuroscientists use animal models, often relying on rats, to study the neural, genetic, and cellular mechanisms that underlie behaviors invoscientists use animal models, often relying on rats, to study the neural, genetic, and cellular mechanisms that underlie behaviors involved in learning, memory, and fear responses.[95] Cognitive neuroscientists, by using neural imaging tools, investigate the neural correlates of psychological processes in humans.
Neuropsychologists conduct psychological assessments to determine how an individual's behavior and cognition are related to the brain. The biopsychosocial model is a cross-disciplinary, holistic model that concerns the ways in which interrelationships of biological, psychological, and socio-environmental factors affect health and behavior.
[96]Evolutionary psychology approaches thought and behavior from a modern evolutionary perspective. This perspective suggests that psychological adaptations evolved to solve recurrent problems in human ancestral environments. Evolutionary psychological adaptations evolved adaptations, the results of
natural selection or sexual selection over the course of human evolution.[97]The history of the biological foundations of psychology includes evidence of race itself arose during the process of world conquest by Europeans.[98] Carl von Linnaeus's four-fold classification of human evolution of human evolution.
classifies Europeans as intelligent and severe, Americans as contented and free, Asians as ritualistic, and Africans as lazy and capricious. Race was also used to justify the construction of socially specific mental disorders such as drapetomania and dysaesthesia aethiopicathe behavior of uncooperative African slaves. [99] After the creation of
experimental psychology, "ethnical psychology," ethnical psychology of more evolved an important link between animal behaviorism, and Radical behaviorism skinner's teaching machine, are evolved humans. [100] Main articles: Behaviorism, Psychology of more evolved humans.
mechanical invention to automate the task of programmed instructionThe film of the Little Albert experimentA tenet of behavioral research is that the mechanisms involved in learning apply to humans and non-human animals
Behavioral researchers have developed a treatment known as behavior modification, which is used to help individuals replace undesirable behaviors with desirable ones. Early behavioral researchers studied stimulus (e.g., food that
elicits salivation) is paired with a previously neutral stimulus (e.g., a bell) over several learning trials, the neutral stimulus by itself can come to elicit the response the biologically potent stimulus previously linked with foodbecame a leading figure in the Soviet
Union and inspired followers to use his methods on humans.[42] In the United States, Edward Lee Thorndike initiated "connectionist" studies by trapping animals in "puzzle boxes" and rewarding them for escaping. Thorndike wrote in 1911, "There can be no moral warrant for studying man's nature unless the study will enable us to control his acts.
[32]:2125 From 1910 to 1913 the American Psychological Association went through a sea change of opinion, away from mentalism and towards "behaviorism for this school of thought. [32]:21827 Watson's famous Little Albert experiment in 1920 was at first thought to demonstrate that repeated
use of upsetting loud noises could instill phobias (aversions to other stimuli) in an infant human,[15][101] although such a conclusion was likely an exaggeration.[102] Karl Lashley, a close collaborator with Watson, examined biological manifestations of learning in the brain.[93]Clark L. Hull, Edwin Guthrie, and others did much to help behaviorism
become a widely used paradigm.[40] A new method of "instrumental" or "operant" conditioning added the concepts of reinforcement and punishment to the model of behavior change. Radical behavior change impossible to assess scientifically.[103]
Operant conditioning was first described by Miller and Kanorski and popularized in the U.S. by B.F. Skinner, who emerged as a leading intellectual of the behaviorist movement. [104][105]Noam Chomsky published an influential critique of radical behaviorist movement.
process of language acquisition and language use.[106][107] The review, which was scathing, did much to reduce the status of behaviorism within psychology.[32]:2825 Martin Seligman and his colleagues discovered that they could condition in dogs a state of "learned helplessness", which was not predicted by the behaviorist approach to psychology.
 [108][109] Edward C. Tolman advanced a hybrid "cognitive behavioral" model, most notably with his 1948 publication discussing the cognitive maps used by rats to guess at the location of food at the end of a maze.[110] Skinner's behaviorism did not die, in part because it generated successful practical applications.[107]The Association for Behavior
 Analysis International was founded in 1974 and by 2003 had members from 42 countries. The field has gained a foothold in Latin America and Japan.[111] Applied behavior (it supersedes the term, "behavior modification").
[112]Main article: Cognitive psychologyGreen Red BluePurple Blue Purple Blue Purple Blue Purple GreenThe Stroop effect is the fact that naming the color of the first set of words is easier and quicker than the second. Baddeley's model of working memoryThe MllerLyer illusion. Psychologists make inferences about mental processes from shared
phenomena such as optical illusions. Cognitive psychology involves the study of mental processes, including perception, attention, language comprehension and production, memory, and problem solving. [113] Researchers in the field of cognitive psychology are sometimes called cognitivists. They rely on an information processing model of mental
 functioning. Cognitivist research is informed by functionalism and experimental psychology. Starting in the 1950s, the experimental psychology became increasingly cognitivist and, eventually, constituted a part of the wider, interdisciplinary cognitive science
[114][115] Some called this development the cognitive revolution because it rejected the anti-mentalist dogma of behaviorism to cognitive psychology. Bandura and other social learning theorists advanced the idea of vicarious
learning. In other words, they advanced the view that a child can learn by observing the immediate social environment and not necessarily from having been reinforcement on learning a behavior. [116] Technological advances also renewed interest in mental states and
mental representations. English neuroscientist Charles Sherrington and Canadian psychologist Donald O. Hebb used experimental methods to link psychologist Donald intelligence underlined the value of comparing information processing in
humans and machines. A popular and representative topic in this area is cognitive bias, or irrational thought. Psychologists (and economists) have classified and described a sizeable catalog of biases which recur frequently in human thought. The availability heuristic, for example, is the tendency to overestimate the importance of something which
happens to come readily to mind.[117] Elements of behaviorism and cognitive psychology were synthesized to form cognitive behavioral therapy, a form of psychotherapy modified from techniques developed by American psychologist Albert Ellis and American psychotherapy modified from techniques developed by American psychology were synthesized to form cognitive behavioral therapy, a form of psychotherapy modified from techniques developed by American psychologist Albert Ellis and American psychology were synthesized to form cognitive behavioral therapy, a form of psychotherapy modified from techniques developed by American psychology were synthesized to form cognitive behavioral therapy.
enterprise involving cognitive psychologists, cognitive psychologists, cognitive psychology as well as philosophy of mind, computer science, and neuroscience. [118] Computer simulations are
sometimes used to model phenomena of interest. Main article: Social psychology (sociology) Social psychology is concerned with how behaviors, thoughts, feelings, and the social environment influence human interactions. [119] Social psychology is concerned with how behaviors, thoughts, feelings, and the social environment influence human interactions.
conformity, persuasion) and the formation of beliefs, attitudes, and stereotypes about other people. Social and cognitive psychology for the purpose of understanding how people process, remember, or distort social information. The study of group dynamics involves research on the nature of leadership, organizational
communication, and related phenomena. In recent years, social psychologists have become interested in implicit measures, mediational models, and the interaction of person and social factors in accounting for behavior. Some concepts that sociologists have applied to the study of psychiatric disorders, concepts such as the social role, sick role, social
class, life events, culture, migration, and total institution, have influenced social psychologists.[120]Main articles: Psychodynamics and psychoanalysis Front row: Sigmund Freud, G. Stanley Hall, Carl Jung]. Back row: Abraham A. Brill, Ernest Jones, Sndor Ferenczi at Clark University in 1909. Psychoanalysis is a collection of theories and therapeutic
techniques intended to analyze the unconscious mind and its impact on everyday life. These theories and techniques inform treatments for mental disorders.[121][123] Psychoanalysis originated in the 1890s, most prominently with the work of Sigmund Freud. Freud's psychoanalytic theory was largely based on interpretive methods,
introspection, and clinical observation. It became very well known, largely because it tackled subjects such as sexuality, repression, and the unconscious.[61]:846 Freud pioneered the methods of free association and dream interpretation.[124][125]Psychoanalytic theory is not monolithic. Other well-known psychoanalytic thinkers who diverged from
Freud include Alfred Adler, Carl Jung, Erik Erikson, Melanie Klein, D.W. Winnicott, Karen Horney, Erich Fromm, John Bowlby, Freud's daughter Anna Freud, and Harry Stack Sullivan. These individuals ensured that psychoanalysis would evolve into diverse schools of thought. Among these schools are ego psychology, object relations, and
interpersonal, Lacanian, and relational psychoanalysis. Psychologists such as Hans Eysenck and philosophers including Karl Popper sharply criticized psychoanalysis. Popper argued that psychoanalysis was not falsifiable (no claim it made could be proven wrong) and therefore inherently not a scientific discipline, [126] whereas Eysenck advanced the
view that psychoanalytic tenets had been contradicted by experimental data. By the end of the 20th century, psychology departments in American universities mostly had marginalized Freudian theory, dismissing it as a "desiccated and dead" historical artifact.[127] Researchers such as Antnio Damsio, Oliver Sacks, and Joseph LeDoux; and individuals
in the emerging field of neuro-psychoanalysis have defended some of Freud's ideas on scientific grounds. [128] Main articles: Existential psychology and Humanistic psychology
[129] Humanistic psychology, which has been influenced by existentialism and phenomenology, [130] stresses free will and self-actualization. [131] It emerged in the 1950s as a movement within academic psychology, in reaction to both behaviorism and psychoanalysis.
parts of the personality or isolated cognitions.[133] Humanistic psychology also focuses on personal growth, self-identity, death, aloneness, and freedom. It emphasizes subjective meaning, the rejection of determinism, and concern for positive growth rather than pathology. Some founders of the humanistic school of thought were American
psychologists Abraham Maslow, who formulated a hierarchy of human needs, and Carl Rogers, who created and developed client-centered therapy.[134]Later, positive psychology opened up humanistic themes to scientific study. Positive psychology is the study of factors which contribute to human happiness and well-being, focusing more on people
 who are currently healthy. In 2010, Clinical Psychological Review published a special issue devoted to positive psychological interventions, such as gratitude journaling and the physical expression of gratitude. It is, however, far from clear that positive psychology is effective in making people happier. [135] [136] Positive psychological interventions.
have been limited in scope, but their effects are thought to be somewhat better than placebo effects. The American Association for Humanistic Psychology is primarily an orientation toward the whole of psychology rather than a distinct area or school. It stands for respect for the worth of persons,
respect for differences of approach, open-mindedness as to acceptable methods, and interest in exploration of new aspects of human behavior. As a "third force" in contemporary psychology, it is concerned with topics having little place in existing theories and systems: e.g., love, creativity, self, growth, organism, basic need-gratification, self-
actualization, higher values, being, becoming, spontaneity, play, humor, affection, naturalness, warmth, ego-transcendence, objectivity, autonomy, responsibility, meaning, fair-play, transcendence, objectivity, autonomy, responsibility, autonomy, responsibility, autonomy, responsibility, meaning, autonomy, responsibility, autonomy, responsibility, autonomy, responsibility, autonomy, responsibility, autonomy, respon
towards the world. Existential psychology is opposed to reductionism, behaviorism, and other methods that objectify the individual.[131] In the 1950s and 1960s, influenced by philosophers Sren Kierkegaard and Martin Heidegger, psychoanalytically trained American psychology is opposed to reductionism, behaviorism, and other methods that objectify the individual.[131] In the 1950s and 1960s, influenced by philosophers Sren Kierkegaard and Martin Heidegger, psychoanalytically trained American psychology is opposed to reductionism, behaviorism, and other methods that objectify the individual.[131] In the 1950s and 1960s, influenced by philosophers Sren Kierkegaard and Martin Heidegger, psychoanalytically trained American psychology is opposed to reductionism, behaviorism, and other methods that objectify the individual.[131] In the 1950s and 1960s, influenced by philosophers Sren Kierkegaard and Martin Heidegger, psychoanalytically trained American psychology is opposed to reductionism.
psychotherapy, which follows from existential psychology, is a therapeutic approach that is based on the idea that a person's inner conflict arises from that individual's confrontation with the givens of existence. Swiss psychoanalyst Ludwig Binswanger and American psychologist George Kelly may also be said to belong to the existential school. [138]
Existential psychologists tend to differ from more "humanistic" psychologists in the former's relatively neutral view of human nature and relatively neutral view of human nature and relatively neutral view of human nature and relatively neutral view of humanistic themes of death, free will, and meaning, suggesting that meaning can be shaped by myths and narratives; meaning
can be deepened by the acceptance of free will, which is requisite to living an authentic life, albeit often with anxiety with regard to death.[140] Austrian existential psychiatrist and Holocaust survivor Viktor Frankl drew evidence of meaning's therapeutic power from reflections upon his own internment.[141] He created a variation of existential
psychotherapy called logotherapy, a type of existentialist analysis that focuses on a will to meaning (in one's life), as opposed to Adler's Nietzschean doctrine of will to power or Freud's will to pleasure. [142] Main article: Personality psychology Personality psychology is concerned with enduring patterns of behavior, thought, and emotion. Theories of
personality vary across different assumptions about such features as the role of the unconscious and the importance of childhood experience. According to Freud, personality is based on the dynamic interactions of the id, ego, and super-ego. [143] By contrast, trait theorists have developed
taxonomies of personality constructs in describing personality in terms of key traits. Trait theorists have often employed statistical data-reduction methods, such as factor analysis. Although the number of proposed traits have often employed statistical data-reduction methods, such as factor analysis.
describe human personality, extraversionintroversion, neuroticism-stability, and psychoticism-normality, Raymond Cattell empirically derived a theory of 16 personality factors at the primary-factor level and up to eight broader second-stratum factors. [144][145][146][147] Since the 1980s, the Big Five (openness to experience, conscientiousness,
extraversion, agreeableness, and neuroticism) emerged as an important trait theory of personality disorders are receiving increasing support, and a version of dimensional models of personality Disorders, has been included in the DSM-5. However, despite a plethora
of research into the various versions of the "Big Five" personality dimensions, it appears necessary to move on from static conceptualizations of personality structure to a more dynamic orientation, acknowledging that personality assessment was
the Woodworth Personal Data Sheet, constructed during World War I. The popular, although psychometrically inadequate, MyersBriggs Type Indicator[151] was developed to assess individuals' "personality types" according to the personality types according to the personality types." according to the personality types according to the personality types.
dimensional measure of psychopathology than a personality measure. [152] California Psychological Inventory contains 20 personality scales (e.g., independence, tolerance). [153] The International Personality assessment.
mind Psychology Study of the unconscious mind, a part of the psyche outside the individual's awareness but that is believed to influence conscious thought and behavior, was a hallmark of early psychology. In one of the first psychology experiments conducted in the United States, C.S. Peirce and Joseph Jastrow found in 1884 that research subjects
could choose the minutely heavier of two weights even if consciously uncertain of the difference. [155] Freud popularized the concept of the unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind, particularly when he referred to an uncensored intrusion of unconscious mind.
Psychopathology of Everyday Life catalogs hundreds of everyday events that Freud explains in terms of unconscious mind, which could contain autonomous mental elements unavailable to the direct scrutiny of the subject. [157] The concept of unconscious processes has remained important in
psychology. Cognitive psychologists have used a "filter" model of attention. According to the model, much information processing takes place below the threshold of consciousness, and only certain stimuli, limited by their nature and number, make their way through the filter. Much research has shown that subconscious priming of certain ideas can
covertly influence thoughts and behavior. [157] Because of the unreliability of self-reporting, a major hurdle in this type of research involves demonstrating that a subject's conscious mind has not perceived a target stimulus. For this reason, some psychologists prefer to distinguish between implicit and explicit memory. In another approach, one can
also describe a subliminal stimulus as meeting an objective but not a subjective threshold. [158] The automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of John Bargh and others involves the ideas of automaticity model of automati
data suggest that the brain begins to consider taking actions before the mind becomes aware of them. [163] The influence of unconscious forces on people's choices bears on the philosophical guestion of free will. John Bargh, Daniel Wegner, and Ellen Langer describe free will as an illusion. [159] [160] [164] Main article: MotivationSome psychologists
study motivation or the subject of why people or lower animals initiate a behavior at a particular time. It also involves the study of why humans and lower animals continue or terminate a behavior at a particular time of the study of why humans and lower animals initiate a behavior. Psychologists such as William James initially used the term motivation to refer to intention, in a sense similar to the concept of will in European philosophy
With the steady rise of Darwinian and Freudian thinking, instinct also came to be seen as a primary source of motivation. [165] According to drive theory, the forces of instinct combine into a single source of energy which exerts a constant influence. Psychoanalysis, like biology, regarded these forces as demands originating in the nervous system.
Psychoanalysts believed that these forces, especially the sexual instincts, could become entangled and transmuted within the psychoanalysis conceives of a struggle between the pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle, roughly corresponding to id and ego. Later, in Beyond the Pleasure principle and ego. Later principle and ego. La
the death drive, a compulsion towards aggression, destruction, and psychic repetition of traumatic events.[166] Meanwhile, behaviorist researchers used simple dichotomous models (pleasure/pain, reward/punishment) and well-established principles such as the idea that a thirsty creature will take pleasure in drinking.[167] Clark Hull formalized
the latter idea with his drive reduction model. [168] Hungar, thirst, fear, sexual desire, and thermoregulation constitute fundamental motivations in animals. [167] Humans seem to exhibit a more complex set of motivations though theoretically these could be explained as resulting from desires for belonging, positive self-image, self-consistency, truth,
love, and control. [169] [170] Motivation can be modulated or manipulated in many different ways. Researchers have found that eating, for example, depends not only on the organism's fundamental need for homeostasisan important factor causing the experience of hungerbut also on circadian rhythms, food availability, food palatability, and cost. [167]
Abstract motivations are also malleable, as evidenced by such phenomena as goal contagion: the adoption of goals, sometimes unconsciously, based on inferences about the goals of others.[171] Vohs and Baumeister suggest that contrary to the need-desire-fulfillment cycle of animal instincts, human motivations sometimes obey a "getting begets"
wanting" rule: the more you get a reward such as self-esteem, love, drugs, or money, the more you want it. They suggest that this principle can even apply to food, drink, sex, and sleep.[172]Main article: Developmental psychologyDevelopmental psychologyDevelopmental psychologists engage a child with a book and then make observations based on how the child interacts
with the object. Developmental psychology is the scientific study of how and why the thought processes, emotions, and behaviors of humans change over the course of their lives. [173] Some credit Charles Darwin with conducting the first systematic study within the rubric of developmental psychology, having published in 1877 a short paper detailing
the development of innate forms of communication based on his observations of his infant son.[174] The main origins of the discipline, however, are found in the work of Jean Piaget. Like Piaget, developmental psychologists originally focused primarily on the development of communication based on his observations of his infant son.[174] The main origins of the discipline, however, are found in the work of Jean Piaget. Like Piaget are found in the work of Jean Piaget.
extended itself to the study cognition over the life span. In addition to studying cognition, developmental psychologists who study children use a number of research methods. For example, they make observations of children in natural
settings such as preschools[175] and engage them in experimental tasks. [176] Such tasks often resemble specially designed games and activities that are both enjoyable for the child and scientifically useful. Developmental researchers have even devised clever methods to study the mental processes of infants. [177] In addition to studying children,
developmental psychologists also study aging and processes throughout the life span, including old age.[178] These psychologists draw on the full range of psychologis
[180] These two sources of influence are often confounded in observational research of individuals and families. An example of this confounding can be shown in the transmission would hold that an offspring, by virtue of their having a problematic
rearing environment managed by a depressed mother, is at risk for developing depression. On the other hand, a hereditarian theory would hold that depression risk in an offspring is influenced to some extent by genes passed to the child from the mother. Genes and environment in these simple transmission models are completely confounded. A
depressed mother may both carry genes that contribute to depression in her offspring and also create a rearing environment that increases the risk of depression in her child.[181]Behavioral genetics researchers have employed methodologies that help to disentangle this confound and understand the nature and origins of individual differences in
behavior.[97] Traditionally the research has involved twin studies and adoption studies, two designs where genetic contributed to understanding genetic contributions to the development of psychological traits. The availability of microarray
molecular genetic or genome sequencing technologies allows researchers to measure participant DNA variation directly, and test whether individual genetic variants within genes are associated with psychological traits and psychopathology through methods including genome-wide association studies. One goal of such research is similar to that in
positional cloning and its success in Huntington's: once a causal gene is discovered biological research can be conducted to understand how that gene influences the phenotype. One major result of genetic association studies is the general finding that psychological traits and psychopathology, as well as complex medical diseases, are highly polygenic,
[182][183][184][185][186] where a large number (on the order of hundreds to thousands) of genetic variants, each of small effect, contribute to individual differences in the behavioral trait or propensity to the disorder. Active research continues to work toward understanding the genetic and environmental bases of behavior and their
interaction. Further information: Outline of psychology, List of psychology disciplines, Applied psychology encompasses many subfields and includes different approaches to the experimental
psychology fieldPsychological testing has ancient origins, dating as far back as 2200 BC, in the examinations for the Chinese system required a stratified series of tests, involving essay writing and knowledge of diverse topics. The system was ended in
1906.[187]:412 In Europe, mental assessment took a different approach, with theories of physiognomyjudgment of character based on the facedescribed by Aristotle in 4th century BC Greece. Physiognomy remained current through the Enlightenment, and added the doctrine of phrenology: a study of mind and intelligence based on simple assessment
of neuroanatomy, [187]:423When experimental psychology came to Britain, Francis Galton was a leading practitioner. By virtue of his procedures for measuring reaction time and sensation, he is considered an inventor of modern mental testing (also known as psychometrics). [187]:423 When experimental psychology came to Britain, Francis Galton was a leading practitioner. By virtue of his procedures for measuring reaction time and sensation, he is considered an inventor of modern mental testing (also known as psychometrics).
the idea of psychological testing to the United States, and in fact coined the term "mental test".[187]:456 In 1901, Cattell's student Clark Wissler published discouraging results, suggesting that mental testing of Columbia and Barnard students failed to predict academic performance.[187]:456 In response to 1904 orders from the Minister of Public
Instruction, One example of an observational study was run by Arthur Bandura. This observational study focused on children who were exposed to an adult exhibiting aggressive behaviors and their reaction to toys versus other children who were exposed to an adult exhibiting aggressive behaviors and their reaction to toys versus other children who were exposed to an adult exhibiting aggressive behaviors and their reaction to toys versus other children who were exposed to an adult exhibiting aggressive behaviors and their reaction to toys versus other children who were exposed to an adult exhibiting aggressive behaviors and their reaction to toys versus other children who were exposed to these stimuli.
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towards a toy, in turn, were aggressive towards their own toy when put in a situation that frustrated them.[188] psychologists Alfred Binet and Thodore Simon developed and elaborated a new test of intelligence in 19051911. They used a range of questions diverse in their nature and difficulty. Binet and Simon introduced the concept of mental age and referred to the lowest scorers on their test as idiots. Henry H. Goddard put the Binet-Simon scale (renamed the StanfordBinet scale) and introduced the intelligence quotient as a score report.[187]:5056 Based on his test findings, and reflecting the racism common to that era, Terman concluded that intellectual disability "represents the level of intelligence which is very, very common among Spanish-Indians and Mexican families of the Southwest and also among negroes. Their dullness seems to be

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racial."[189]Following the Army Alpha and Army Beta tests, which was developed by psychologists for large-scale employee testing and selection of military personnel.[190] Mental testing also became popular in the U.S., where it was applied to
schoolchildren. The federally created National Intelligence Test was administered to 7 million children in the 1920s. In 1926, the College Entrance Examination Board created the Scholastic Aptitude Test to standardize college admissions.[187]:61 The results of intelligence tests were used to argue for segregated schools and economic functions
including the preferential training of Black Americans for manual labor. These practices were criticized by Black intellectual such a Horace Mann Bond and Allison Davis.[189] Eugenicists used mental testing to justify and organize compulsory sterilization of individuals classified as mentally retarded (now referred to as intellectual disability).[49] In
the United States, tens of thousands of men and women were sterilized. Setting a precedent that has never been overturned, the U.S. Supreme Court affirmed the constitutionality of this practice in the 1927 case Buck v. Bell.[191]Today mental testing is a routine phenomenon for people of all ages in Western societies.[187]:2 Modern testing aspires
to criteria including standardization of procedure, consistency of results, output of an interpretable score, statistical norms describing population outcomes, and, ideally, effective prediction of behavior and life outcomes outside of testing is regularly used in forensic contexts to aid legal judgments and
decisions.[192] Developments in psychometrics include work on test and scale reliability and validity.[193] Developments in item-response theory,[194] structural equation modeling,[195] and bifactor analysis[196] have helped in strengthening test and scale construction. See also: Clinical psychology The provision of psychological health services is
generally called clinical psychology in the U.S. Sometimes, however, members of the school psychology and counseling psychologists. Clinical psychologists typically include people who have graduated from doctoral programs in clinical psychology. In Canada, some of the
members of the abovementioned groups usually fall within the larger category of professional psychology. In Canada and the U.S., practitioners get bachelor's degrees and doctorates; doctoral internship and one year in postdoctoral internship. In Mexico and most other Latin
American and European countries, psychology is at present the largest specialization within psychology [197] It includes the study and application of psychology for the purpose of understanding, preventing
and relieving psychological distress, dysfunction, and/or mental illness. Clinical psychologists also try to promote subjective well-being and personal growth. Central to the practice of clinical psychologists also try to promote subjective well-being and personal growth.
testimony, and program development and administration.[198]Credit for the first psychology clinic in the United States typically goes to Lightner Witmer, who established his practice in Philadelphia in 1896. Another modern psychotherapist was Morton Prince, an early advocate for the establishment of psychology as a clinical and academic
discipline.[197] In the first part of the twentieth century, most mental health care in the United States was performed by psychiatrists, who are medical doctors. Psychology entered the field with its refinements of mental problems. For their part, some psychiatrists became interested in using the field with its refinements of mental testing, which promised to improve the diagnosis of mental problems. For their part, some psychiatrists became interested in using the field with its refinements of mental testing, which promised to improve the diagnosis of mental problems. For their part, some psychiatrists, who are medical doctors.
psychoanalysis and other forms of psychodynamic psychotherapy to understand and treat the mentally ill. [44][199]Psychotherapy as conducted by psychiatrists blurred the distinction between psychiatry and psychology community adopted by psychiatry and psychology.
behavioral therapy, a thoroughly non-psychodynamic model that used behaviorist learning theory to change the actions of patients. A key aspect of behavior therapy emerged with the work of Albert Ellis and Aaron Beck. Although there are similarities
between behavior therapy and cognitive-behavior therapy required the application of cognitive-behavior therapy among clinical psychologists increased. A key practice in behavioral and cognitive-behavioral therapy is exposing patients to things they fear, based on the
premise that their responses (fear, panic, anxiety) can be deconditioned. [200] Mental Health director Bertram Brown described this shift as a source of "intense competition and role confusion." [44] Graduate programs issuing
doctorates in clinical psychology emerged in the 1950s and underwent rapid increase through the 1980s. The PhD degree is intended to train practitioners who could also conduct scientific research. The PsyD degree is more exclusively designed to train practitioners who could also conduct scientific research. The PsyD degree is more exclusively designed to train practitioners who could also conduct scientific research.
brain injury. This subspecialty is known as clinical psychology (see crisis intervention) involves professionals who respond to large-scale traumatic events. [201] The work performed by clinical psychologists tends to be
influenced by various therapeutic approaches, all of which involve a formal relationship between professional and client (usually an individual, couple, family, or small group). Typically, these approaches encourage new ways of thinking, feeling, or behavioral,
existentialhumanistic, and systems or family therapy. There has been a growing movement to integrate the various therapeutic approaches, especially with an increased understanding of issues regarding culture, gender, spirituality, and sexual orientation. With the advent of more robust research findings regarding psychotherapy, there is evidence approaches, especially with an increased understanding of issues regarding psychotherapy.
that most of the major therapies have equal effectiveness, with the key common element being a strong therapeutic orientation. [202][203] Because of this, more training programs and psychologists are now adopting an eclectic therapeutic orientation. [202][203] Because of this, more training programs and psychologists are now adopting an eclectic therapeutic orientation.
Manual of Mental Disorders (DSM).[209] The study of mental illnesses is called abnormal psychology. Main articles: Educational psychology and School psychology and School psychology and School psychology. Main articles: Educational psychology and School psychology and School psychology.
interventions, the psychology of teaching, and the social psychology of schools as organizations. Educational psychologists can be found in preschools, schools of all levels including post secondary institutions, community organizations and learning centers, Government or private research firms, and independent or private consultant. [210] The work
of developmental psychologists such as Lev Vygotsky, Jean Piaget, and Jerome Bruner has been influential in creating teaching methods and educational practices. Educational psychology is often included in teacher education programs in places such as North America, Australia, and New Zealand. School psychology combines principles from
educational psychology and clinical psychology to understand and treat students; to foster the intellectual growth of gifted students; to facilitate prosocial behaviors in adolescents; and otherwise to promote safe, supportive, and effective learning environments. School psychologists are trained in educational and behavioral
assessment, intervention, prevention, prevention, and consultation, and many have extensive training in research. [211] See also: Industrial and organizational psychology involves research and practices that apply psychological theories and principles to organizations and individuals work
lives.[212] In the field's beginnings, industrialists brought the nascent field of psychology, or psychology, or psychology, or psychology to bear on the study of scientific management techniques for improving workplace efficiency. The field was at first called economic psychology, or psychology, or psychology, or psychology to bear on the study of scientific management techniques for improving workplace efficiency. The field was at first called economic psychology or business psychology to bear on the study of scientific management techniques for improving workplace efficiency.
early study examined workers at Western Electric's Hawthorne plant in Cicero, Illinois from 1924 to 1932. Western Electric experimented on factory workers to assess their responses to observation itself, and the term Hawthorne effect is now
used to describe the fact that people's behavior can change when they think they are being observed.[214] Although the Hawthorne research and its findings were weak at best.[215][216]The name industrial and organizational psychology emerged in the 1960s. In 1973, it became enshrined in the
name of the Society for Industrial and Organizational Psychology, Division 14 of the American Psychology is a subfield of I/O psychology. Personnel psychology is a subfield of I/O psychology in selecting and
evaluating workers. Another subfield, organizational psychology, examines the effects of work environments and management styles on worker motivation, job satisfaction, and productivity.[217] Most I/O psychologists work outside of academia, for private and public organizations and as consultants.[213] A psychology consultant working in businesses.
today might expect to provide executives with information and ideas about their industry, their target markets, and the organizations [220] One way to differentiate I/O psychology from OB is that I/O psychologists
train in university psychology departments and OB specialists, in business schools. One role for psychologists in the military has been to evaluate and counsel soldiers and other personnel. In the U.S., this function began during World War I, when Robert Yerkes established the School of Military Psychology at Fort Oglethorpe in Georgia. The school
provided psychological training for military staff. [44] [221] Today, U.S. Army psychologists perform psycholo
implement psychological interventions to help combat troops experiencing mental problems. [223][224]Psychological warfare chiefly involves the use of propaganda to influence enemy soldiers and civilians. This so-called black propaganda is designed
to seem as if it originates from a source other than the Army. [225] The CIA's MKULTRA program involved more individualized efforts at mind control, involving techniques such as hypnosis, torture, and covert involuntary administration of LSD. [226] The U.S. military used the name Psychological Operations (PSYOP) until 2010, when these activities
were reclassified as Military Information Support Operations (MISO), part of Information Operations (IO).[227] Psychologists involved in assisting the interrogation and torture of suspects, staining the records of the psychologists involved.
example of the contribution of psychologists to social change involves the research of Kenneth and Mamie Phipps Clark. These two African American psychologists studied segregation case Brown v. Board of Education (1954).[229]The impact
of psychology on social change includes the discipline's broad influence on teaching and learning. Research has shown that compared to the "whole word" or "whole language" approach, the phonics approach to reading instruction is more efficacious.[230]Medical facilities increasingly employ psychologists to perform various roles. One aspect of
health psychology is the psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen. Health psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen. Health psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen. Health psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen. Health psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen. Health psychologists can also educate doctors and conduct research on patients: instructing them in how to follow a medical regimen.
campaigns and outreach to governmental laws and policies. Psychologists study the composite influence of all these different tools in an effort to influence whole populations of people. [233] Psychologists work with organizations to apply findings from psychologists work with organizations and psychologists with organizations and psychologists with organizations and psychologists with the psychologists with th
consultants hired by organizations to solve specific problems, whereas others are full-time employees of the organization. Applications include conducting surveys to identify issues and designing interventions to make work healthier. Some of the specific health areas include: Accidents and injuries: A major contribution is the concept of safety climate
which is employee shared perceptions of the behaviors that are encouraged (e.g., wearing safety gear) and discouraged (not following safety rules) at work. [234] Organizations with strong safety rules and injuries. [235] Cardiovascular disease.
health: Exposure to occupational stress is associated with mental health disorder. [237] Musculoskeletal disorder: These are injuries in bones, nerves and tendons due to overexertion and repetitive strain. They have been linked to physical
symptoms such as digestive distress and headache.[239]Workplace violence: Violence prevention climate is related to being physically assaulted and psychologically mistreated at work. [240]Interventions that improve climate is related to being physically assaulted and psychologically mistreated at work. [240]Interventions that improve climate is related to being physically assaulted and psychologically mistreated at work. [240]Interventions that improve climates are a way to address accidents and violence. Interventions that reduce stress at work or provide employees with tools to
better manage it can help in areas where stress is an important component. Industrial psychology became interested in worker fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War I, when government ministers in Britain were concerned about the impact of fatigue during World War II and the II and the II and II
well-being emerged with the efforts of Charles Samuel Myers and his National Institute of Industrial Psychology (NIIP) during the inter-War years. [243] In the U. S. during the mid-twentieth century industrial psychologist Arthur Kornhauser pioneered the study of occupational mental health, linking industrial working conditions to mental health as
well as the spillover of an unsatisfying job into a worker's personal life. [244][245] Zickar accumulated evidence to show that "no other industrial psychologist of his era was as devoted to advocating management and labor practices that would improve the lives of working people." [244]As interest in the worker health expanded toward the end of the
twentieth century, the field of occupational health psychology (OHP) emerged. OHP is a branch of psychology that is interdisciplinary. [52][246] OHP addresses topic areas such as the impact of occupational stressors on physical and mental health, mistreatment of workers (e.g.,
bullying and violence), work-family balance, the impact of involuntary unemployment on physical and mental health, the influence of psychosocial factors on safety and accidents, and interventions designed to improve/protect worker health. [52][247] OHP grew out of health psychology, industrial and organizational psychology, and occupational
medicine.[248] OHP has also been informed by disciplines outside psychological research and List of psychological research methodsQuantitative psychological research lends itself to the statistical testing of hypotheses. Although the field makes abundant
use of randomized and controlled experiments in laboratory settings, such research can only assess a limited range of short-term phenomena. Some psychologists rely on less rigorously controlled, but more ecologically valid, field experiments as well. Other research psychologists rely on statistical methods to glean knowledge from population data.
[251] The statistical methods research psychologists employ include the Pearson productmoment correlation coefficient, the analysis of variance, multiple linear modeling, and hierarchical linear modeling, and hierarchical linear modeling, and hierarchical linear modeling.
research designs. Although this type of psychological research is much less abundant than quantitative research, some psychologists conduct qualitative research. This type of research is much less abundant than quantitative research, qualitative research, and first-hand observation. [252] While hypothesis testing is rare, virtually impossible, in qualitative research, qualitative research, qualitative research.
can be helpful in theory and hypothesis generation, interpreting seemingly contradictory quantitative findings, and understanding why some intervention allocation, follow-up, and data analysis, of a parallel randomized trial of two groups
modified from the CONSORT 2010 Statement (E) orders the teacher (T), the subject of the experiment, to give what the latter believes are painful electric shocks to a learner was receiving actual electric shocks, though in
reality there were no such punishments. Being separated from the subject, the confederate set up a tape recorder integrated with the electro-shock generator, which played pre-recorded sounds for each shock level etc. [255] A true experiment with random assignment of research participants (sometimes called subjects) to rival conditions allows
researchers to make strong inferences about causal relationships. When there are large numbers of research participants, the random assignment (also called random allocation) of those participants to rival conditions ensures that the individuals in those conditions will, on average, be similar on most characteristics, including characteristics that
went unmeasured. In an experiment, the researcher alters one or more variables of influence, called independent variables, and measures resulting changes in the factors of interest, called environment. A quasi-experiment is a situation in
which different conditions are being studied, but random assignment to the different conditions is not possible. Investigators must work with preexisting groups of people. Researchers can use common sense to consider how much the nonrandom assignment threatens the study's validity.[256] For example, in research on the best way to affect reading
achievement in the first three grades of school, school administrators may not permit educational psychologists to randomly assign children to phonics and whole language classrooms, in which case the psychologists must work with preexisting classroom assignments. Psychologists will compare the achievement of children attending phonics and
whole language classes and, perhaps, statistically adjust for any initial differences in reading level. Experiment, then assessing how well the data collected are consistent with the predictions. These predictions are
likely to originate from one or more abstract scientific hypotheses about how the phenomenon under study actually works. [257] Further information: Video recallSurveys are used in psychology for the purpose of measuring attitudes and traits, monitoring changes in mood, and checking the validity of experimental manipulations (checking research
participants' perception of the condition they were assigned to). Psychologists have commonly used paper-and-pencil surveys are increasingly used to conveniently reach many subjects. Observational studies are commonly conducted in psychology. In cross-
sectional observational studies, psychologists collect data at a single point in time. The goal of many cross-sectional studies is the assess the extent factors are correlated with each other. By contrast, in longitudinal research is to
study trends across time such as the stability of traits or age-related changes in behavior. Because some studies involve endpoints that psychologists cannot ethically study from an experimental standpoint, such as identifying the causes of depression, they conduct longitudinal studies a large group of depression-free people, periodically assessing
what is happening in the individuals' lives. In this way psychologists have an opportunity to test causal hypotheses regarding conditions that commonly arise in people's lives that put them at risk for depression. Problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of problem in which bias is introduced when a certain type of pro
research participant disproportionately leaves a study. One example of an observational study was run by Arthur Bandura. This observational study focused on children who were exposed to these stimuli. The result shows that children
who had seen the adult acting aggressively towards a toy, in turn, were aggressive towards their own toy when put in a situation that frustrated them. [188] Exploratory data analysis includes a variety of practices that researchers use to reduce a great many variables to a small number overarching factors. In Peirce's three modes of inference,
exploratory data analysis corresponds to abduction. [258] Meta-analysis is the technique research psychologists use to integrate results from many studies of the same variables and arriving at a grand average of the findings. [259] An EEG recording setupArtificial neural network with two layers, an interconnected group of nodes, akin to the vast
network of neurons in the human brainA classic and popular tool used to relate mental and neural activity is the electroencephalogram (EEG), a technique using amplified electrodes on a person's scalp to measure voltage changes in different parts of the brain. Hans Berger, the first researcher to use EEG on an unopened skull, quickly found that
brains exhibit signature "brain waves": electric oscillations which correspond to different states of consciousness. Researchers subsequently refined statistical methods for synthesizing the electrode data, and identified unique brain wave patterns such as the delta wave observed during non-REM sleep.[260]Newer functional neuroimaging techniques
include functional magnetic resonance imaging and positron emission tomography, both of which track the flow of blood through the brain and create representations of the brain with widespread appeal. They also provide insight which avoids the classic problems of
subjective self-reporting. It remains challenging to draw hard conclusions about where in the brain specific thoughts originateor even how usefully such localization corresponds with reality. However, neuroimaging has delivered unmistakable results showing the existence of correlations between mind and brain. Some of these draw on a systemic
neural network model rather than a localized function model. [261][262][263]Interventions such as transcranial magnetic stimulation and drugs also provide information about brainmind interactions. Psychopharmacology is the study of drug-induced mental effects. See also: Computational cognition, Graph theory, and Network theory Computational
modeling is a tool used in mathematical psychology and cognitive psychology to simulate behavior. [264] This method has several advantages. Since modern computers process information quickly, simulations can be run in a short time, allowing for high statistical power. Modeling also allows psychologists to visualize hypotheses about the functional
organization of mental events that could not be directly observed in a human. Computational neuroscience uses mathematical models to simulate the brain. Another method is symbolic modeling, which represents many mental objects using variables and rules. Other types of modeling include dynamic systems and stochastic modeling. A rat
undergoing a Morris water navigation test used in behavioral neuroscience to study the role of the hippocampus in spatial learning and memory and thought, to name a few. In the 1890s, Russian physiologist Ivan Pavlov
famously used dogs to demonstrate classical conditioning. Non-human primates, cats, dogs, pigeons, and rats and other rodents are often used in psychological experiments. Ideally, controlled experiments introduce only one independent variable at a time, in order to ascertain its unique effects upon dependent variables. These conditions are
approximated best in laboratory settings. In contrast, human environments and genetic backgrounds vary so widely, and depend upon so many factors, that it is difficult to control important variables for human subjects. There are pitfalls, however, in generalizing findings from animal studies to humans through animal models. [265] Comparative
psychology is the scientific study of the behavior and mental processes of non-human animals, especially as these relate to the phylogenetic history, adaptive significance, and development of behavior. Research in this area explores the behavior of many species, from insects to primates. It is closely related to other disciplines that study animal
neuroscience. Phineas P. Gage survived an accident in which a large iron rod was driven completely through his head, destroying much of his brain's left frontal lobe, but the injury altered his personality and behaviors of individuals. Qualitative
research involving first-hand observation can help describe events as they occur, with the goal of capturing the richness of everyday behavior and with the hope of discovering and understanding phenomena that might have been missed if only more cursory examinations are made. Qualitative psychological research methods include interviews, first-
 hand observation, and participant observation. Creswell (2003) identified five main possibilities for qualitative research, including narrative, phenomenology, ethnography, case study, and grounded theory. Qualitative research, including narrative, phenomenology, ethnography, case study, and grounded theory.
hermeneutic and critical aims can give rise to quantitative research, as in Erich Fromm's application of psychological theories, in his book Escape from Freedom, to understanding why many ordinary Germans supported Hitler.[270]Just as Jane Goodall studied chimpanzee social and family life by careful observation of chimpanzee
behavior in the field, psychologists conduct naturalistic observation of ongoing human social, professional, and family life. Sometimes the participants are being observed. Strict ethical guidelines must be followed when covert observation is being carried
out. Program evaluation involves the systematic collection, analysis, and application of information to answer questions about projects, policies and programs, particularly about their effectiveness. [271][272] In both the public and private sectors, stakeholders often want to know the extent which the programs they are funding, implementing, voting
for, receiving, or objecting to are producing the intended effects. While program evaluation first focuses on effectiveness, important considerations often include how much the program evaluation first focuses on effectiveness, important considerations often include how much the program evaluation first focuses on effectiveness, important considerations often include how much the program evaluation first focuses on effectiveness, important considerations often include how much the program evaluation first focuses on effectiveness, important considerations often include how much the program evaluation first focuses on effectiveness.
outcomes, and whether the program goals are appropriate and useful. [273] Metascience involves the application of scientific methodology to study science itself. The field of metascience has revealed problems in psychological research has suffered from bias, [274] problematic reproducibility, [275] and misuse of statistics
[276] These findings have led to calls for reform from within and from outside the scientific community. [277]In 1959, statistician Theodore Sterling examined the results of psychological studies and discovered that 97% of them supported their initial hypotheses, implying possible publication bias. [278][280] Similarly, Fanelli (2010)[281] found
that 91.5% of psychiatry/psychology studies confirmed the effects they were looking for, and concluded that the odds of this happening (a positive result) was around five times higher than in fields such as space science or geosciences. Fanelli argued that this is because researchers in "softer" sciences have fewer constraints to their conscious and
unconscious biases. Further information: Replication crisis In psychology A replication crisis in psychology has emerged. Many notable findings in the field have not been replicated. Some researchers were even accused of publishing fraudulent results. [282][283][284] Systematic efforts, including efforts by the Reproducibility Project of the Center for
Open Science, to assess the extent of the problem found that as many as two-thirds of highly publicized findings in psychology (in studies and journals) than social psychology [285] and subfields of differential psychology (286] (287) Other subfields of
psychology have also been implicated in the replication crisis, including clinical psychology, [288][290] developmental psychology, [291][292][293] and a field closely related to psychology, educational research. [294][295][296][297][298] and a field closely related to psychology, educational research.
[299][300] In response to concerns about publication bias and data dredging (conducting a large number of statistical tests on a great many variables but restricting reporting to the results that were statistically significant), 295 psychology and medical journals have adopted result-blind peer review where studies are accepted not on the basis of their
findings and after the studies are completed, but before the studies are conducted and upon the basis of the methodological rigor of their experimental designs and the theoretical justifications for their proposed statistical analysis before data collection or analysis is conducted. [301][302] In addition, large-scale collaborations among researchers
working in multiple labs in different countries have taken place. The collaborators regularly make their data openly available for different researchers to assess. [303] Allen and Mehler and Estimated that 61 per cent in traditional research. Further information
Misuse of statistics and Misuse of p-valuesSome critics view statistical hypothesis testing as misplaced. Psychologists routinely confuse statistical importance, enthusiastically reporting great certainty in unimportant facts. [305] Some psychologists have responded
with an increased use of effect size statistics, rather than sole reliance on p-values. [306] "WEIRD" redirects here. For other uses, see Weird (disambiguation). See also: Cultural psychology, Indigenous ps
Association journals were about U.S. populations when U.S. citizens are only 5% of the world's population. He complained that psychologists had no basis for assuming psychologists had no basis for a basis f
conducting psychology studies with participants from "WEIRD" ("Western, Educated, Industrialized, Rich, and Democratic") societies. [308] Henrich et al. found that "96% of psychological samples come from countries with only 12% of the world's population" (p.63). The article gave examples of results that differ significantly between people from
WEIRD and tribal cultures, including the Mller-Lyer illusion. Arnett (2008), Altmaier and Hall (2008) and Morgan-Consoli et al. (2018) view the Western bias in research and theory as a serious problem considering psychologists are increasingly applying psychologists.
consultation with populations around the world.[307][310][311] In 2018, Rad, Martingano, and Ginges showed that nearly a decade after Henrich et al.'s paper, over 80% of the samples used in studies published in the journal Psychological Science employed WEIRD samples. Moreover, their analysis showed that nearly a decade after Henrich et al.'s paper, over 80% of the samples used in studies published in the journal Psychological Science employed WEIRD samples.
the origin of their samples; the authors offered a set of recommendations to editors and reviewers to reduce WEIRD bias. [312] Similar to the WEIRD bias, starting in 2020, researchers of non-human behavior have started to emphasize the need to document the possibility of the STRANGE (Social background, Trappability and self-selection, Rearing
history, Acclimation and habituation, Natural changes in responsiveness, Genetic makeup, and Experience) bias in study conclusions.[313]Some observers perceive a gap between scientific theory and its applicationin particular, the application of unsupported or unsound clinical practices.[314] Critics say there has been an increase in the number of
mental health training programs that do not instill scientific competence. [315] Practices such as "facilitated communication for infantile autism"; memory-recovery techniques including body work; and other therapies, such as rebirthing and reparenting, may be dubious or even dangerous, despite their popularity. [316] These practices, however, are
outside the mainstream practices taught in clinical psychology doctoral programs. Ethical standards in the discipline have changed over time. Some famous past studies are today considered unethical and in violation of established codes (e.g., the Canadian Code of Conduct for Research Involving Humans, and the Belmont Report). The American
Psychological Association has advanced a set of ethical principles and a code of conduct for the profession.[317]The most important contemporary standards include informed and voluntary consent. After World War II, the Nuremberg Code was established because of Nazi abuses of experimental subjects. Later, most countries (and scientific journals)
ethically dubious studies led to the establishment of this rule; such studies included the MIT-Harvard Fernald School radioisotope studies, the Willowbrook hepatitis study, Stanley Milgram's studies of obedience to authority, and the Stanford Prison Experiment. The ethics code of the American Psychological Association
originated in 1951 as "Ethical Standards of Psychologists." This code has guided the formation of licensing laws in most American states. It has changed multiple times over the decades since its adoption, and contains both aspirational principles and binding ethical standards. The APA's Ethical Principles of Psychologists and Code of Conduct consists
of five General Principles, which are meant to guide psychologists to higher ethical practice where a particular standard does not apply. Those principles are: A. Beneficence and Nonmaleficence are meaning the psychologists must work to benefit those they work with and "do no harm." This includes awareness of indirect benefits and harms their work
might have on others due to personal, social, political, or other factors. B. Fidelity and Responsibility - an awareness of public trust in the profession and adherence to ethical standards and clarification of roles to preserve that trust. This includes managing conflicts of interest, as well as committing some portion of a psychologist's professional time to
low-cost or pro bono work.C. Integrity - upholding honesty and accuracy in all psychologists must consider the necessity, benefits, and harms, and mitigate any harms where possible.D. Justice - an
understanding that psychology must be for everyone's benefit, and that psychologists take special care to avoid unjust practices as a result of biases or limitations of expertise. E. Respect for People's Rights and Dignity - the preservation of people's rights when working with psychologists, including confidentially, privacy, and autonomy. Psychologists
should consider a multitude of factors, including a need for special safeguards for protected populations (e.g., minors, incarcerated individuals) and awareness of differences based on numerous factors, including culture, race, age, gender, and socioeconomic status. In 1989, the APA revised its policies on advertising and referral fees to negotiate the
end of an investigation by the Federal Trade Commission. The 1992 incarnation was the first to distinguish between "aspirational" ethical standards and "enforceable" ones. The APA code was further revised in 2010 to prevent the use of the code to justify violating human rights, which was in response to the participation of APA members in
developed its own code drawing from four similar principles: 1) Responsibility to Society. [320][321] The European Federation of Psychologist's Associations, have adopted a model code using the principles of the Canadian Code, while also drawing
from the APA code.[322][323]Universities have ethics committees dedicated to protecting the rights (e.g., woluntary nature of participation in the research protect the rights and well-being of
participants; an investigator's research project cannot be conducted unless approved by such an ethics committee.[324]The field of psychology also identifies certain categories of people that require additional or special protection due to participants; an investigator's research project cannot be conducted unless approved by such an ethics committee.[324]The field of psychology also identifies certain categories of people that require additional or special protection due to participants; an investigator's research project cannot be conducted unless approved by such an ethics committee.[324]The field of psychology also identifies certain categories of people that require additional or special protection due to participants.
includes, but is not limited to, children, incarcerated individuals, pregnant women, human fetuses and neonates, institutionalized persons, those with physical or mental disabilities, and the educationally or economically disadvantaged. [325] Some of the ethical issues considered most important are the requirement to practice only within the area of
competence, to maintain confidentiality with the patients, and to avoid sexual relations with them. Another important principle is informed consent, the idea that a patient or research subject must understand and freely choose a procedure they are undergoing.[319] Some of the most common complaints against clinical psychologists include sexual
misconduct[319] and breaches in confidentiality or privacy.[319]Psychology ethics apply to all types of human contact in a psychologist's professional capacity, including therapy, assessment, teaching, training, work with research subjects, testimony in courts and before government bodies, consulting, and statements to the public or media pertaining
to matters of psychology.[317]Research on other animals is governed by university ethics committees. Research on nonhuman animals cannot proceed without permission of the ethics committee, of the researcher's home institution. Ethical guidelines state that using non-human animals for scientific purposes is only acceptable when the harm
(physical or psychologistal) done to animals is outweighed by the benefits of the research. [326] Psychologist Harry Harlow drew moral condemnation for isolation experiments on rhesus macaque monkeys at the University of
WisconsinMadison in the 1970s.[327] The aim of the research was to produce an animal model of clinical depression. Harlow also devised what he called a "rape rack", to which the female isolates were tied in normal monkey mating posture.[328] In 1974, American literary critic Wayne C. Booth wrote that, "Harry Harlow and his colleagues go on
torturing their nonhuman primates decade after decade, invariably proving what we all knew in advancethat social creatures can be destroyed by destroying their social ties." He writes that Harlow made no mention of the criticism of the morality of his work. [329] Animal research is influential in psychology, while still being debated among academics
The testing of animals for research has led to medical breakthroughs in human medicine. Many psychologists argue animal experimentation is essential for human advancement, but must be regulated by the government to ensure ethicality. Frequently asked questions about APA Retrieved on November 28th, 2023. "psychology". Oxford English
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Psychological Association Association for Psychological SciencePortals: Psychology PhilosophyPsychology at Wikipedia's sister projects: Definitions from Wikiped
Reviewed by Psychology Today Staff Psychology is the study of the mind and behavior. It arose as a discipline distinct from philosophy in the late 19th century. The mind is so complex and so dynamicit is changing as you read these words and so dynamicit is changing as you read these words and so much of its information processing happens below the level of conscious awareness that experts have long
struggled to understand its functions and dysfunctions. In addition, human behavior is so varied that psychology extends its reach into many operations of the mind. Those who treat the dysfunctions are clinical psychologists, while many other experts in psychology
apply their knowledge of human behavior in fields ranging from economics to sports to hospital design. Both to understand human nature and to help troubled individuals resolve their dilemmas, psychology attempts to gauge the relative influences that come
under consideration range from genes and temperament, or the tenor of the nervous system, to beliefs, memories, values, and feelings. Relationships, experience, and the nature of ones surroundings are some external factors known to influence us from the outside in and shape individual and group behavior, often in ways that elude awareness
Psychologys provenance is not only huge but it focuses most on those elements that give human experience its richness. Its major interests include: Emotions from affection to guilt to revenge, and all the other feelings that stir human behavior Perception, the awareness that operates through our five senses Memory, the repository of experience, ours
to summon up at will Learning, the knowledge and skills we acquire and store in memory for use as needed Cognition, the mental processes involved in understanding the world and everything in it Motivation, all the desires and drives that fuel human action and behavior, whether the goal is personal growth or connection or a day at the beach
Dreaming, the dramas unfolding in our heads while we sleep The self, that sense you have of being the coherent organizer of your mental and physical life Personality, the more or less consistent ways in which individuals tend to think, feel, and act Distress, from depression to obsession, from heartbreak to phobias, from addiction to lack of
confidence, the many forms of human suffering that, however temporary, can impair functioning And, of course, the brain and nervous system that orchestrates it all. article continues after advertisement Knowledge of the complexities of the minds operations is constantly evolving as new tools become available to literally see inside the mind or
indirectly assess its workings. Still, some principles of behavior are well-established: The preeminent goal of any organism is to stay alive. To that end, the brain functions as a prediction machine, constantly scanning the environment for clues to what will come next, so an individual can exert some means of control and stay safe. In its preference for
certainty over uncertainty (which makes us feel uncomfortable and anxious), the mind seeks to detect patterns of ourselves and the world around usarises from the 3 scant pounds of tissue in our heads, but all evidence
indicates the mind operates on two parallel tracks: one by which we gather information consciously, through intentionally focusing attention, and another that gathers information automatically, outside of conscious awareness. Both contribute to attitudes, beliefs, decision-making, and behavior. People tend to resist change because it creates
uncertainty, at least at first. Sleep is essential not only for physical health and development but for maintenance of psychological functioning. It enables debris clearance from brain cells, establishment of long-term memories, and isolation
undermines mental stability. Development occurs over the entire lifespan, as the brain generates new neurons and connections between neurons in response to exercise, mental activity and behavior related to sex is preprogrammed into the
nervous system to serve this need. The mind can get stuck in a number of ways and cause significant distress to self and others. One of the foundational discoveries of psychology is the conditioned response, which underlies all learningthe means by which we adapt to our environments. In studies that won him the Nobel Prize in 1904, Ivan Pavloveries of psychology is the conditioned response, which underlies all learningthe means by which we adapt to our environments. In studies that won him the Nobel Prize in 1904, Ivan Pavloveries of psychology is the conditioned response, which underlies all learningthe means by which we adapt to our environments.
demonstrated that when a tone (and later other sounds and other stimuli) is sounded at the same time food is presented, a dog will eventually salivate at the sound alone, because the animal comes to associate the sound with the arrival of food. The studies are noteworthy to this day not just because they reveal a basic form of learning but also
because they demonstrate how invisible mental processes can be studied and measured. Since then, psychologists have shown that: Attachment to a caregiver in infancy and early childhood heavily influences an individuals ability to reach optimal cognitive, emotional, and social development as an adult. Intelligence is a general mental capacity that
operates in many spheres of life. Decision-making and attitudes are subject to many biases. Chief among them is the tendency to overestimate how much we, rather than situations or environments, are responsible for the outcome of an eventthe fundamental attribution error. Depression arises in large part because the brain has a built-in bias toward
negative information, which registers faster, more strongly, and more enduringly than positive information. Prioritizing the speedy detection of danger, this so-called negativity bias likely developed to keep us out of harms way, although it explains why a word of criticism has so much staying power and negative political advertising is effective
Learned helplessness is a sense of futility that develops after the failure of many efforts to escape a negative, uncontrollable situation. Even if the negative stimulus ends, people often retain the belief that nothing they do can make a difference, and they stop trying. Memory is not an indelible snapshot of events but a malleable recollection of events to escape a negative, uncontrollable situation.
Memories typically undergo revision every time we summon them up and recount them to storage. Stereotypes are important shortcuts in thinking but they have downsidesthey also contribute to development of prejudice. Groupthink occurs when well intentioned people make horrible decisions as a group. Individuals stifle dissent
in order to maintain group harmony or gain the approval of others. Groupthink is said to be responsible for the Vietnam War, the Challenger space-shuttle disaster, and media reporting during the 2016 election. Stress, or challenger space-shuttle disaster, and media reporting during the 2016 election.
and emotionally, and requiring any of many strategies to nullify its harmful effects. Adolescence and young adulthood are prime times for psychological distress to manifest itself. Because humans can do well in a wide array of situations; children automatically make adaptations to their early rearing environment that may serve them less well as they
move out into the wider world. Neuroplasticity, the capacity of brain/mind to reshape itself in response to experience, is a basic characteristic of the human nervous system, and it means that change is always possible. Clinical psychology applies the entire, constantly evolving knowledge base of human behavior first and foremost to the relief of
emotional suffering of individuals, families, and other groups, and to the desire for growth and change. Whether helping people of all ages cope with severe psychopathology or providing techniques for relieving everyday anxiety, clinical psychologists practice in a wide range of settings, including hospitals, private offices, and schools and
colleges. Clinical psychologists typically invite from the patient(s) a history of the problem and descriptions of how it impedes functioning. A diagnosis helps the clinician focus treatment and marshal supportive services that may also aid in relieving distress. The goal is almost always to foster understanding of the problem and to provide skills for
managing the kinds of experience that disrupt function. There are many types of therapy aimed at changing thoughts and behaviors that psychologists deploy to help patients restore balance and even grow. A deeply researched and widely used approach today is cognitive behavioral therapy, with or without some form of meditation, to help people
overcome their own non-productive patterns of thinking, reacting emotionally, and behaving. Research has also demonstrated the value of face-to-face interaction as sine qua non of most psychotherapyin calming the nervous system and establishing feelings of safety, a necessary condition for people to begin tackling their problems. Education,
particularly from preschool through high school, is heavily influenced by findings from psychology about how children learn, the role of intelligence, the value of testing, and the development of skills such as problems that show that show the control of the strong and the development of skills such as problems that show the control of the strong and the development of skills such as problems that show the control of the strong and the development of skills such as problems that show the control of the strong and the development of skills such as problems that show the control of the strong and the 
up in the school setting. Organizations rely on psychology in areas ranging from the selection and training of employees to optimizing productivity to promoting job satisfaction and creating productivity to promoting job satisfaction and creating productivity to promoting job satisfaction and training of employees to optimizing productivity to promoting job satisfaction and creating productivity and c
applies psychological knowledge to legal issues, from law enforcement to criminal investigations to jury selection. The fallibility of eyewitness testimony is one important recent finding of psychologists who help highly skilled
individuals function under intense pressure. Many sports teams hire psychologists full-time to work with players to maximize performance. The military utilizes psychology to help troops to prepare for and recover from the stresses of combat, to maintain morale, and to understand enemy strategies. Military psychologists may engage in research as
well as practice. There are many other subfields of psychology. For example, engineering and design of items from homes to telephones increasingly relies on knowledge of ways people interact safely and most productively with their environments. Neuropsychologists specialize in the assessment and, often, the treatment of conditions related to injury
to or disorders of the nervous system, such as stroke and ADHD, respectively. Evolutionary psychology is a subfield that applies a unique perspective. It focuses less on psychopathology and more on the functionality of adaptations individuals make to the environments they grew up in and/or currently exist in. Small Acts, Big Gains in Happiness We're
overcomplicating happiness. While we chase complex solutions, research shows the most effective mood boosters are surprisingly simple to start. The Hidden Layers of Perception We see more than
images and hear more than sound: There are seemingly hidden layers that add meaning, extract emotions, and help us make sense of our world. These small mindset tweaks wont change
everything. But they might change something. And that just might be enough to get us moving in the right direction. 3 Steps to Making Peace With Boredom When people believe all emotions are useful, they are able to regulate their emotions better and have better outcomes. You can learn to love boredom, and it can benefit you. When people believe
all emotions are useful, they are able to regulate their emotions better and have better outcomes. You can learn to love boredom, and it can benefit you. "Professional development" for therapists typically involves intellectual learning. But that is no longer adequate in today's complex world. Read on for my take on this concept. Restructuring negative
thoughts helps people struggling with addiction or early on in recovery stop believing the lies shame and addiction tell you! Recovery is possible! By 2050, psychotherapy will incorporate AI, biosensors, and immersive technology to monitor and address mental and physical health in real time. Psychotherapy will be transformed. By 2050,
psychotherapy will incorporate AI, biosensors, and immersive technology to monitor and address mental and physical health in real time. Psychotherapy will be transformed. Writing personal stories can open the door to healing but also to unexpected emotional upheaval. What happens when the act of telling your truth starts telling something back?
Get the help you need from a therapist near youa FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL
Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA San Francisco, CA San Fr
be a little bit daunting if you have no background in the subject. If you want to start studying this social science, it can be helpful to start with the basics. It's not required (or even offered) in many high schools, so your college Intro to Psych class might be your first experience learning about psychology. Psychology encompasses the scientific study of
the human mind and behavior as well as the application of these principles to help prevent, treat, and diagnose mental health conditions. Psychologists explore both typical and atypical behavior to understand the human experience fully. Psychologists explore both typical and atypical behavior to understand the human experience fully.
performing psychotherapy, investigating treatment options, and teaching patients how to manage their symptoms effectively. Psychology plays an important role in helping people live better lives. By learning about the basics of behavior and the human mind, people can better understand themselves and others. It may seem a vast and daunting topic
initially, but understanding a few basic facts can make it easier to start. Once you understand the basics, you will be better prepared to explore ways psychology, how it studies the human mind and other key facts, you should know.
Psychology can be defined as the study of mental processes and behavior. The term comes from the Greek words psyche, meaning "study of." Psychology has not always existed as it has today. In fact, it is considered a relatively young discipline, although, as the eminent psychologist Hermann Ebbinghaus
explained, it has a short past but a long history. Psychology emerged from biology and philosophy and is closely linked to other disciplines including sociology, medicine, linguistics, and anthropology. Psychology emerged from biology and philosophy and is closely linked to other disciplines including sociology. Psychology emerged from biology and philosophy and is closely linked to other disciplines including sociology.
colleges and universities, government agencies, private businesses, and private practices. They perform a wide variety of tasks and roles ranging from treating mental illness to performing research to influencing public health policy. One of the most common myths about psychology is that it is just "common sense." The problem with this is that
psychological research has helped demonstrate that many of the things that we believe are just common sense and understand why human
behavior occurs, as well as how to change it. By challenging some of our misconceptions about how and why people behave as they do, psychologists are able to provide answers that help solve real-world problems. Psychology relies on scientific methods to investigate questions and arrive at conclusions. Using empirical methods, researchers are able
to discover relationships between different variables. Psychologists use a range of techniques to study the human mind and behavior, including naturalistic observation, experiments, case studies, and questionnaires. Topics and questionnaires and questionnaires.
understanding to a topic. Some of the major perspective Evolutionary pe
perspective and look at the role of genetics and the brain. Another might take a behavioral perspective and look at how bullying behaviors are reinforced by the environment. Another might take a social perspective and look at how bullying behaviors are reinforced by the environment.
contributes to our understanding of a topic and allows researchers to analyze the myriad influences that contribute to certain actions. Then, they can come up with multi-faceted solutions to combat problematic actions and encourage better outcomes and healthier behaviors. Looking at the problem from different perspectives allows psychologists to
come up with better solutions. In addition to many different perspectives, there are many branches of psychology include the following areas: Clinical psychology: Clinical psychologists provide mental and behavioral health care and often provide
consultation to communities, as well as training and education. If you are experiencing emotional or psychology: This subfield focuses on mental processes such as attention, thinking, language, and memory. Developmental psychology: Developmental psychologists
study human behavior over a lifespan. If you have a question about whether your child is developing normally, then you might want to ask a developmental psychology: Sometimes referred to as "legal psychology," forensic psychology is a branch that focuses on psychological assessment of people who are involved in the legal
system. For ensic psychologists must have strong clinical skills. Industrial-organizational psychology: This branch of psychology addresses the workplace as well as human performance and motivation. Personality psychology addresses the workplace as well as human performance and motivation. Personality psychology: This branch of psychology addresses the workplace as well as human performance and motivation. Personality psychology addresses the workplace as well as human performance and motivation.
personality disorders). Social psychology: Social psychology: Social psychology, do you envision a therapist jotting down notes as a client recounts childhood experiences? While therapy is
certainly a big part of psychology, it is not the only thing that psychologists do. In fact, many psychologists don't work in the field of mental health is certainly a major area of interest in psychologists also do things such as help
athletes hone their motivation and mental focus, help design products that are safe and useful, and help businesses understand how to influence consumers. Psychology is not just an academic subject that exists only in classrooms, research labs, and mental health offices. The principles of psychology can be seen all around you in everyday situations.
The television commercials and print ads you see every day rely on psychology to develop marketing messages that influence and persuade people to purchase the advertised products. The websites you visit on a regular basis utilize psychology to understand how people read, use, and interpret online information. Psychology can also play a role in
improving your health and well-being. For example, understanding some of the basic principles of behavior can be useful if you are trying to break a bad habit and establish new routines. Knowing more about some of the things that motivate behavior can be useful if you are trying to stick to a weight loss plan or exercise regimen.
Overcoming phobias, managing stress, improving communication skills, and making better decisions are just a few of the things with which psychology is fueled by a desire to pursue a career in the field. Others may want to learn more out of curiosity or because they are thinking about consulting a
psychologist for help with a health concern. No matter the reason, building a better understanding of emotion, cognition, love, communication, and research methods will serve you well. For example, if your child is experiencing problems at school, you might seek advice from a school psychologist specializing in helping kids deal with
academic, social, emotional, and other issues. Suppose you are concerned about an elderly parent or grandparent. In that case, you might want to consult with a developmental psychologist who is specially trained and knowledgeable in issues.
specialty areas can help you determine which professional is right for your needs. If you are trying to select a psychotherapist, it may also be helpful to learn more about which professionals can provide therapy services. If you are thinking about majoring in psychology, there are many career paths to choose from. These depend largely on your
educational level and work experience, so it is important to research the training and licensing requirements of your chosen specialty area. Among the major goals of psychology are to describe, explain, predict, and improve human behavior. Some psychologists accomplish this by contributing to our basic understanding of how people think, feel, and
behave. Others work in applied settings to solve real-world problems that have an impact on everyday life. And finally, many psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote their lives to helping people who are struggling with psychologists devote the psychologists devote 
psychological disorders and provide psychotherapy to people from all walks of life. While the work of psychologists may be highly varied, they all share one overriding goal: to help people live better lives. Psychologists may be highly varied, they all share one overriding goal: to help people from all walks of life. While the work of psychologists may be highly varied, they all share one overriding goal: to help people live better lives. Psychology is a rich and fascinating subject that has practical applications in many areas of life. If you have ever wanted to learn more about why
people think and act the way they do, then studying psychology is a great way to gain greater insight into the human experience. Psychology has a powerful impact on the world today. Our daily lives are deeply impacted by the interaction of biology, relationships, and mental processes. Psychologists are skilled at understanding the role these factors
play in influencing health, happiness, and overall well-being. Psychology is the scientific study of the mind and behavior, according to the American Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive
processes. Psychology is a new science, with most advances happening over the past 150 years. However, its origins can be traced back to ancient Greece, 400 500 BC. The emphasis was a philosophical one, with great thinkers such as Socrates (470 BC 399 BC) influencing Plato (428/427 BC 348/347 BC), who in turn influenced Aristotle (384 BC 322 BC) influencing Plato (428/427 BC) influenced aristotle (384 BC) influenced Aristo
BC). Philosophers used to discuss many topics now studied by modern psychology, such as memory, free will vs. determinism, nature vs. nurture, attraction, etc. Psychology is a vast and multifaceted field. Over time, as our understanding of the human mind and behavior has expanded, various specialized areas or branches of psychology have emerged,
such as clinical psychology, social psychology, social psychology, and developmental psychology, there were two dominant theoretical perspectives regarding how the brain worked, structuralism and functionalism. Structuralism was the name given to the approach pioneered by Wilhelm Wundt
(1832-1920), which focused on breaking down mental processes intro the most basic components. The term originated from Edward Titchener, an American psychology from philosophy by analyzing the workings of the mind in a more structured way, with the
emphasis being on objective measurement and control. Structuralism relied on trained introspection, a research method whereby subjects related what was going on in their minds while performing a certain task. However, introspection proved to be an unreliable method because there was too much individual variation in the experiences and reports
of research subjects. Despite the failure of introspection Wundt is an important figure in the history of psychology as he opened the first laboratory dedicated to psychology. An American psychology in 1879, and its opening is usually thought of as the beginning of modern experimental psychology.
approach which came to be known as functionalism, that disagreed with the focus of Structuralism. James argued that the mind is constantly changing and it is pointless to look for the structure of conscious experience. Rather, he proposed the focus should be on how and why an organism does something, i.e. the functions or purpose of the
brain. James suggested that psychologists should look for the underlying cause of behavior and the mental processes involved. This emphasis on the causes and consequences of behavior has influenced contemporary psychology. The Perspectives of Psychology Structuralism and functionalism have since been replaced by several dominant and
influential approaches to psychology, each underpinned by a shared set of assumptions of what people are like, what is important to study, and how to study it. Behavioral Perspective: Emerging around the 1910s and 1920s with John Broadus Watsons work, it gained prominence with B.F. Skinner in the 1930s and 1940s. This perspective emphasizes
observable behaviors and the environments role. Psychodynamic Perspective: Developed in the early 1900s with the work of Sigmund Freud (1856-1939), emphasizing the unconscious mind and early experiences. Freuds psychoanalysis was the original psychodynamic theory, but the psychodynamic approach as a whole includes all theories that were
based on his ideas, e.g., Jung (1964), Adler (1927), and Erikson (1950). Humanistic Perspective: Emerged in the 1950s and 1960s as a reaction to behaviorism and psychoanalysis. Carl Rogers and Abraham Maslow are primary figures.
include Jean Piaget and Aaron Beck. Biological Perspective: While physiological psychology, the more integrative biological/neuroscientific perspective: While Charles Darwins
evolutionary theory dates to the 19th century, its application to psychology as an evolutionary psychology perspective gained traction in the 1980s and 1990s. Sociocultural Perspective: Gained prominence in the latter half of the 20th century, emphasizing the influence of social interactions, cultural practices, and environmental contexts on individual
behavior and cognitive processes. Ecological Systems Perspective: Introduced by Urie Bronfenbrenner in the 1970s, this perspective examines the multi-layered influences on an individuals development. The four main goals of psychology are to describe, explain, predict and change the behavior and mental processes of others.
cognition is the first goal of psychology. This can enable researchers to develop general laws of human behavior. For example, by describing the response of dogs to various stimuli, Ivan Pavlov helped develop general laws of human behavior, the next step is to explain how
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or why this trend occurs. Psychologists will propose theories which can explain a behavior. Psychology aims to be able to predict future behavior from the findings of empirical research. If a prediction is not confirmed, then the explanation it is based on might need to be revised. For example, classical conditioning predicts that if a person associates a negative outcome with a stimuli they may develop a phobia or aversion of the stimuli. Once psychology has described, explained and made predictions about behavior, changing or controlling a behavior can be attempted. For example, interventions based on classical conditioning, such as systematic desensitization, have been used to treat people with anxiety disorders including phobias. Kuhn (1962) argues that a field of study can only legitimately be regarded as a science if most of its followers subscribe to a common perspective or paradigm. Kuhn believes that psychology is still pre-paradigmatic, while others believe its already experienced scientific revolutions (Wundts structuralism being replaced by Watsons behaviorism, in turn, replaced by the information-processing approach). The crucial point here is: can psychology be considered a science if psychology include clinical, developmental, social, cognitive, neuroscience, and educational psychology. They study mental health, development, social interaction, cognition, brain function, and learning and approach differ. Psychologists typically hold a doctoral degree in psychology and provide therapy, conduct research, and administer psychological tests. Psychiatrists are medical doctors who specialize in mental health and can prescribe medication to manage mental health conditions. They often work with more complex cases and those requiring medication management. Researchers in psychology gather and analyze data using a variety of methods such as surveys, observations, experiments, and case studies. They use statistical analysis to identify patterns and relationships in the data and draw conclusions. Some research with human or animal participants. The results of research are often published in academic journals to advance knowledge in the field. Psychology can help you in your everyday life by improving your communication skills, relationships, and ability to manage stress. It can also be used to make better decisions in school, healthcare, and work, and improve your mental health and well-being. By learning about psychology, you can understand people and the world around you better and use that knowledge to improve your own life and the lives of others. Reverse psychology is a persuasion technique where an individual encourages another person to adopt a certain behavior or attitude by suggesting the opposite, often because they anticipate a resistant or contrary response. Its essentially a method of getting someone to do what you want by suggesting they do the opposite. Olivia Guy-Evans, MSc BSc (Hons) Psychology, MSc Psychology, MSc Psychology, MSc Psychology, MSc Psychology, MSc Psychology, MSc Psychology of Education Associate Editor for Simply Psychology of Education Editor for Simply Psychology of Education Associate Editor for Simply Psychology of Education Editor for Editor for Simply Psychology of Education Editor for Editor fo in healthcare and educational sectors. Saul McLeod, PhD Editor-in-Chief for Simply Psychology BSc (Hons) Psychology teacher with over 18 years of experience in further and higher education. He has been published in peer-reviewed journals, including the Journal of Clinical Psychology. Health & Medicine Psychology & Mental Health psychology & Mental Health psychology & Mental Health psychology is broadly divisible into two parts: a large profession of practitioners and a smaller but growing science of mind, brain, and social behaviour. The two have distinctive goals, training, and practices, but some psychologists integrate the two. (Read Sigmund Freuds 1926 Britannica essay on psychoanalysis.) In Western culture, contributors to the development of psychology came from many areas, beginning with philosophers such as Plato and Aristotle. Hippocrates philosophized about basic human temperaments (e.g., choleric, sanguine, melancholic) and their associated traits. Informed by the biology of his time, he speculated that physical qualities, such as yellow bile or too much blood, might underlie differences in temperament (see also humour). Aristotle postulated the brain to be the seat of the rational human mind, and in the 17th century Ren Descartes argued that the mind gives people the capacities for thought and consciousness: the mind decides and the body carries out the decisiona dualistic mind-body split that modern psychological science is still working to overcome. Two figures who helped to found psychology as a formal discipline and science in the 19th century were Wilhelm Wundt in Germany and William James in the United States. Jamess The Principles of Psychology (1890) defined psychology as the science of mental life and provided insightful discussions of topics and challenges that anticipated much of the fields research agenda a century later. During the first half of the 20th century, however, behaviourism dominated most of American academic psychology. In 1913 John B. Watson, one of the influential founders of behaviourism, urged reliance on only objectively measurable actions and conditions, effectively removing the study of consciousness from psychology. He argued that psychology as a science must deal exclusively with directly observable behaviour in lower animals as well as humans, emphasized the importance of rewarding only desired behaviours in child rearing, and drew on principles of learning through classical conditioning (based on studies with dogs by the Russian physiologist Ivan Pavlov and thus known as Pavlovian conditioning). In the United States most university psychology departments became devoted to turning psychology away from philosophy and into a rigorous empirical science. Introduction to Psychology Quiz Beginning in the 1930s, behaviourism flourished in the United States, with B.F. Skinner leading the way in demonstrating the power of operant conditioning through reinforcement. Behaviourists in university settings conducted experiments on the conditions controlling learning and shaping behaviour through reinforcement, usually working with laboratory animals such as rats and pigeons. Skinner and his followers explicitly excluded mental life, viewing the human mind as an impenetrable black box, open only to conjecture and speculative fictions. Their work showed that social behaviour is readily influenced by manipulating specific contingencies and by changing the consequences or reinforcement (rewards) to which behaviour is predictable stimulus-response (S-R) patterns. Likewise, a wide range of emotions, both positive and negative, may be acquired through processes of conditioning and can be modified by applying the same principles. Sigmund Freud, c. 1907. Concurrently, in a curious juxtaposition, the psychoanalytic theories and therapeutic practices developed by the Vienna-trained physician Sigmund Freud and his many disciplesbeginning early in the 20th century and enduring for many decadeswere undermining the traditional view of human nature as essentially rational. Freudian theory made reason secondary: for Freud, the unconscious and its often socially unacceptable irrational motives and desires, particularly the sexual and aggressive, were the driving force underlying much of human behaviour and mental illness. Making the unconscious became the therapeutic goal of clinicians working within this framework. Freud proposed that much of what humans feel, think, and do is outside awareness, self-defensive in its motivations, and unconsciously determined. Much of it also reflects conflicts grounded in early childhood that play out in complex patterns of seemingly paradoxical behaviours and symptoms. His followers, the ego psychologists, emphasized the importance of the higher-order functions and cognitive processes (e.g., competence motivation, self-regulatory abilities) as well as the individuals psychological defense mechanisms. They also shifted their focus to the roles of interpersonal relations and of secure attachment in mental health and adaptive functioning, and they pioneered the analysis of these processes in the clinical setting. After World War II, American psychology, particularly clinical psychology, grew into a substantial field in its own right, partly in response to the needs of returning veterans. The growth of science was stimulated further by the launching of Sputnik in 1957 and the opening of the Russian-American space race to the Moon. As part of this race, the U.S. government fueled the growth of science. For the first time, massive federal funding became available, both to support behavioral research and to enable graduate training. Psychology became both a thriving profession of practitioners and a scientific discipline that investigated all aspects of human social behaviour, child development, and individual differences, as well as the areas of animal psychology, sensation, perception, memory, and learning. Training in clinical psychology was heavily influenced by Freudian psychology and its offshoots. But some clinical researchers, working with both normal and disturbed populations, began to develop and apply methods focusing on the learning conditions that influence and control social behaviour. This behaviour therapy movement analyzed problematic behaviours (e.g., aggressiveness, bizarre speech patterns, smoking, fear responses) in terms of the observable events and conditions that seemed to influence the persons problematic behaviour not through insight, awareness, or the uncovering of unconscious motivations but by addressing the behaviour itself. Behaviour itself. Behaviour itself to modify the maladaptive behaviour directly, examining the conditions controlling the individuals current problems, not their possible historical roots. They also intended to show that such efforts could be successful without the symptom substitution that Freudian theory predicted. Freudian theory predicted by new and worse problems. Behaviour therapists showed that this was not necessarily the case. To begin exploring the role of genetics in personality and social development, psychologists compared the similarity in personality shown by people who share the same genes or the same environments. Overall, these studies demonstrated the important role of heredity in a wide range of human characteristics and traits, such as those of the introvert and extravert, and indicated that the biological-genetic influence was far greater than early behaviourism had assumed. At the same time, it also became clear that how such dispositions are expressed in behaviour depends importantly on interactions with the environment in the course of development, beginning in utero.

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