

INTRODUCTION TO PSYCHOLOGY

01/10/2021

Definition: Psychology is the scientific study of human behaviour and mental processes.

- Behaviour includes all of our outward or overt actions and reactions, such as talking, facial expressions, and movement.
- The term mental processes refers to all the internal, covert (hidden) activity of our minds, such as thinking, feeling, and remembering.
- Psycho - Soul and logos - study(study of soul)
- Psychology: The science of human and animal behaviour. It includes the application of this study on human problems. The application of knowledge to practical problems is an art/skill/trick of knowledge which is acquired by practice and special experiences.
- Definition of psychology as study of behaviour doesn't exclude the mind. Both internal and external aspects of human behaviour is studied.
- **Goals of Psychology:**
 1. Description: What is happening? Observing a behaviour and noting/ identifying everything about it- who/where/what?
 2. Explanation: Why is it happening? - finding out possible explanations of the behaviour. Goal of finding out an explanation is to build a theory.
 3. Prediction: When will it occur again? To predict the frequency of its happenings with the acquired knowledge about the behaviour.
 4. Control: Goal is to change behaviour from an undesirable one to a desirable one using the various learning theories.
- **Behaviour:**
 1. Covert (Hidden): Thinking, feeling, remembering
 2. Overt (Outward): Talking, facial expressions, movement.

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- **Fields of Psychology:**
 1. Clinical Psychology: It focuses on the study of mental disorders. Diagnosis, causes and treatment of disorders are explored.
 - Health Psychology

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