

CH. I: THE EVOLUTION OF PSYCHOLOGY

- ⇒ Psychology is practical. It is about understanding all the things we do.
- ⇒ Psychologists study about the reasons underlying people's behaviour.
- ⇒ Many of psychology's questions have implications for people's everyday lives.
- ⇒ Beyond its practical value, psychology is worth studying because it provides a powerful way of thinking.
 - All of us make judgments everyday about why people do the things they do. How do we decide which of these judgments - if any - are right?
- ⇒ Psychology provides a means of building knowledge that is relatively accurate and dependable.
 - Psychologists investigate questions about human behaviour in a scientific way. They seek to formulate precise questions about behaviour and then test possible answers through systematic observation.
- ⇒ Psychology teaches us a healthy respect for the complexity of behaviour. In a world that could use more understanding - and compassion - this can be an invaluable lesson.

1.1 PSYCHOLOGY'S EARLY HISTORY

Philosophical speculations
about the mind



Modern research based science

As the discipline has evolved, its focus, methods, and explanatory models have changed.

→ Greek roots of the term psychology

Psyche
(i.e. the soul)

Logos
(refers to the study of a subject)

→ Until 18th century Psychology was known as "the study of the mind" as distinguished from the body.

A New Science Is Born

Philosophy & Physiology } Psychology's intellectual parents.

⇒ **Wilhelm Wundt (1832-1920)** → Founder of Psychology.
A German professor who mounted a campaign to make psychology an independent discipline. (A physiologist)

1879 → First formal laboratory for research in psychology at the University of Leipzig.

1881 → Wundt established the first journal devoted to publishing research on psychology.

⇒ Borrowing from his training in physiology, Wundt (1874) declared that the new psychology should be a science modeled after fields such as physics and chemistry.

Subject matter of psychology →

→ According to Wundt, it was CONSCIOUSNESS - the awareness of immediate experience. Thus, Psychology became the scientific study of conscious experience.

→ This orientation kept psychology focused squarely on the mind.

STRUCTURALISM VERSUS FUNCTIONALISM

Structuralism → Edward Titchener

An Englishman emigrated to USA in 1892.
Trained in Wundt's lab. Taught at Cornell University.

- Structuralism was based on the notion that the task of psychology is to analyze consciousness into its basic elements and investigate how these elements are related.
- Just as physicists were studying how matter is made up of basic particles, the structuralists wanted to identify the fundamental components of conscious experience:

Sensations

Feelings

Images

- Most of their work concerned sensation and perception in vision, hearing, and touch.
- **Method of Introspection** → The careful, systematic self-observation of one's own conscious experience.
- Introspection required training to make subject more objective and more aware. Once trained, participants were typically exposed to auditory tones and visual stimuli, and then they were asked to analyze and describe the quality, intensity, and clarity of what they experienced.

FUNCTIONALISM → William James (1842 - 1910)

An American Scholar

- ↳ Based on the belief that psychology should investigate the function or purpose of consciousness, rather than its structure.

Arguments of James: Structuralists' approach missed the real nature of conscious experience.

→ Consciousness, he argued, consists of a continuous flow of thoughts. In analyzing consciousness into its "elements", the structuralists were looking at static points in that flow.

→ James wanted to understand the flow itself, which he called the **streams of consciousness**.

→ Major contributions of William James:

→ A theory of emotion.

→ Principles of psychology (1890) . (A book)

Distinction between Structuralism and Functionalism:

⇒ Whereas structuralists naturally gravitated to the lab, the functionalists were more interested in how people adapt their behaviour to the demands of the real world around them.

⇒ ~~Instead of focussing on sensation and perception, the functionalists were more interested in how people adapt their be~~

⇒ Instead of focussing on sensation and perception, the functionalists began to investigate mental testing, patterns of development in children, the effectiveness of educational practices, and behavioural differences between the sexes.

⇒ Both schools of thought gradually faded away. But the practical orientation of functionalism fostered the development of two important descendants: Behaviourism
Applied psychology.

Mary Calkins : Studied under William James
1905 → First woman to serve as president of the APA.
She never received her Ph.D. in psychology.

Margaret Washburn : First woman to receive a Ph.D. in psychology.
→ 1921 → Second woman to serve as president of the APA.
→ Wrote a book, *The Animal mind* (1908) which served as an impetus to the subsequent emergence of behaviourism.

Leta Stetter Hollingworth : Did pioneering work on adolescent development, mental retardation and gifted children
→ First person to use the term gifted to refer to youngsters with high intelligence scores.
→ Played a major role in debunking popular theories of her era that purported to explain why women were 'inferior' to men.

FREUD BRINGS THE UNCONSCIOUS INTO THE PICTURE

Sigmund Freud : (1856-1939)

↳ An Austrian physician

⇒ In his medical practice, Freud treated people troubled by psychological problems such as irrational fears, obsessions, and anxieties with an innovative procedure he called psychoanalysis.

⇒ Decades of experience probing into his patients' lives provided much of the inspiration for Freud's theory.

UNCONSCIOUS : According to Freud, the unconscious contains thoughts, memories, and desires that are well below the surface of conscious awareness but that nonetheless ^{DOMS} exert great influence on behaviour.

- ⇒ Freud noticed that seemingly meaningless slips of the tongue often appeared to reveal a person's true feelings. He also noted that his patient's dreams often seemed to express important feelings that they were unaware of.
- ⇒ Based on these and other observations Freud eventually concluded that psychological disturbances are largely caused by personal conflict existing at an unconscious level.
- ⇒ His psychoanalytic theory attempts to explain personality, motivation, and mental disorders by focusing on unconscious determinants of behaviour.

Controversial Concepts of Freud:

- Concept of the unconscious was a major departure from the prevailing belief that people are fully aware of the forces affecting their behaviour. In arguing the behaviour is governed by unconscious forces, Freud made the disconcerting suggestion that people are not masters of their own minds.
- He proposed that behaviour is greatly influenced by how people cope with their sexual urges. In that time when discussing sexual issues was not considered comfortable, Freud's emphasis on sex was very controversial.
- Freud's theory gradually won acceptance. By the 1920s psychoanalytic theory was widely known around the world.
- Today many psychoanalytic concepts have filtered into the mainstream of psychology.

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WATSON ALTERS PSYCHOLOGY'S COURSE
AS BEHAVIORISM MAKES ITS DEBUT

BEHAVIORISM : FOUNDED BY JOHN B. WATSON (1878-1958)

↳ It is a theoretical orientation based on the premise that scientific psychology should study only observable behaviour.