Introduction to Psychology
History of Psychology

- 4^{th} century B.C.
- Socrates, Plato and Aristotle began to question how the mind works

- Psychology, as a discipline, began in the late 19^{th} century
- Sigmund Freud is considered the founder of psychology
“The unexamined life is not worth living”
Socrates (470-399 BC) in Plato’s *Apology*

David, “The Death of Socrates” (1787)
Psychology is the systematic study of a person’s thoughts, feelings and behaviour.

- thoughts, feelings and behaviour are largely determined by personality

* personality – a person’s relatively unchanging personal characteristics
Psychology

- attempts to explain the reasons for behaviour by examining an individual’s life in detail and their brain

- assumes that an individual’s personality is molded by a combination of biological factors (hereditary traits – genetics) and prior experiences (life experiences)
Is behaviour caused more by your genes expressing themselves or by the environment you grew up in?

- this is an ongoing debate
Nature Versus Nurture

Nature – the genetics that we inherit from our parents and ancestors
- genes
- biology

Nurture – everything that influenced an individual since conception
- environment
- socialization
Different Types of Psychology

1. Biological Psychology
   - behaviour is caused by genes, hormones, chemistry
   - neuroscience

2. Psychodynamic Psychology
   - behaviour is caused by instincts and unconsciouse drives (Freud)
   - recognize behaviour is not always rational
Freud's theory of the personality

ID: I need to do a bit of planning to get it.

EGO: You can't have it. It's not right.

SUPER EGO: I want it now!
3. Behavioural Psychology
   - study an individual’s environment to explain behaviour
   - behaviour is caused by nurture
     (Pavlov, Skinner)

4. Humanistic Psychology
   - holistic approach
   - integrate biology with social and cultural forces
Human Potential - Humanistic Psychology

Intuition
Emotions
Meaning
Healthy relationships
Mortality
The self
Holism

Self-actualization
Transcendence
Values
Spirituality
Intentionality
Creativity
Responsibility

Ivan Staroversky - www.StarOverSky.com
5. Cognitive Psychology
- the study of how the brain learns
- do we learn by observing?
- could we have false memories?

5. Evolutionary Psychology
- behaviour evolves for survival
- brains that generate more adaptive behaviour survive so adaptations get passed on
What is Evolutionary Psychology