

PSYC1001 Semester 1

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- 1. History of Psychology**
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History and Methods of Psychology

Objectives:

1. Summarise how Wundt, James and Hall contributed to early growth of psychology
2. Summarise how Pavlov, Binet and Washburn contributed to the early growth of psychology
3. Summarise how Freud and Watson influenced the course of psychology's development
4. Summarise the contributions of Terman and Wertheimer
5. Describe the views of Rogers and Skinner
6. Discuss the emergence of the cognitive and physiological perspectives
7. Describe major developments in psychology in the 1980 – 1990s

Psychology's Timeline

1879 – Wilhelm Wundt sets up the first laboratory of psychology at University of Leipzig in Germany, Wundt defines psychology as the study of conscious experience. His views spawned "**Structuralism**" – which is the task to analyse consciousness into its basic elements

1880s – Wundt's students across America and Germany establish research laboratories that form the basis of psychology

1890 – William James publishes Principles of Psychology, he states consciousness is a continuous flow of thoughts (stream of consciousness), his views spawned "**functionalism**", which is the belief that psychology should investigate the functions of consciousness rather than its structure

1892 – Stanley Hall established American Psychological Association (APA) and became its first president

1904 – Ivan Pavlov, a Russian physiologist shows dogs can be trained to salivate in response to a stimulus. It shows how stimulus-response bonds can be formed and launches the study of **classical conditioning**, his discovery lays path for the study of "**behaviourism**"

1905 – Alfred Binet develops first successful intelligence test. It demonstrates practical potential of mental testing and helps foster the emergence of **applied psychology**.

1908 – Margaret Washburn, first woman to receive Ph.D. in psychology, publishes "the animal mind" which serves the emergence of behaviourism and rise of animal research

1909 – **Sigmund Freud**'s influence was recognised, invited to America to give lectures. Freud's thesis is that personality is largely shaped by unconscious thoughts and desires, came up with the **Psychoanalytic theory**

1913 – **John Watson** asserts mental processes are not suitable subject for scientific study because they cannot be observed. Argues psychology should redefine itself as **the science of behaviour**, his work launches **behaviourism** and contributes to animal research

1914- 1916 – World War one creates demand for mental testing of soldiers. **Lewis Terman**'s Stanford Binet intelligence scale combine to make psychological testing a routine for psychologist

1920s – **Gestalt psychology** was founded by **Max Wertheimer**, focusing on the study of perception, Gestalt psychology is based on the premise that the whole is greater than the sum of its parts

1930s - **Sigmund Freud**'s publishes lectures on psychoanalysis in 1933, pushes psychology to explore new topics such as personality and abnormal behaviour

1940s – World War II creates need for **clinical psychology**, it is concerned with the diagnosis and treatment of psychological disorders

Early 1950s - **Carl Rogers** and **Abraham Maslow** fuelled by "**Humanism**" as an alternative to behaviourism and psychoanalysis. It emphasises the unique qualities of humans and their potential for growth

1953 – **B.F. Skinner** describes his work on **operant conditioning**, which demonstrates the behaviour is governed by its consequences, **Behaviourism** focuses on observable behaviour

1956 – **Noam Chomsky**, George Miller and Herbert Simon reported major advances in study of language, memory and problem solving respectively known as **Cognitive psychology**

1963 – **Stanley Milgram** publishes his work on "obedience to authority, the Learner shock experiment". It becomes one of psychology's most famous and controversial studies, emerges as **Social Psychology**

1978- 1981: The cognitive and physiological psychology gain recognition. Herbert Simon wins a Nobel Prize for his work on cognition, 1981 Roger Sperry, David Hubel and Torsten Wiesel share Nobel Prize for their work in neuroscience

1980s – Increasing cultural diversity spark interest in how cultural factors mould behaviour

1980s- 1990s – **Evolutionary psychology** emerge as new perspective, asserts the patterns of behaviour seen in a species are products of natural selection in the same way anatomical characteristics are.

1990s – **Positive psychology** movement launched by Martin Seligman promotes positive psychology of well-being, human strengths and positive emotions rather than suffering

History and Methods

Learning objectives

1. Distinguish between independent and dependent variables
2. Distinguish between experimental and control groups
3. Explain the logical of the experimental method
4. Discuss the use of multiple independent or dependent variables in an experiment

Experimentation

- ❖ The experiment is a research method in which investigator manipulates a variable under carefully controlled conditions and observes whether any changes occur in a second variable as a result
- ❖ The purpose of an experiment is to find out how X (independent) affects Y (dependent variable)

Experimental group – consists of subjects who receive special treatment in regard to the experiment

Control group – consists of similar subjects who do not receive this special treatment

Statistics: Central Tendency and Variability

Objectives

1. Describe how frequency distributions, histograms and frequency polygons are used to organise numerical data
2. Distinguish between the mean, median and mode
3. Explain how the standard deviation index's variability

Statistics is the use of mathematics to organise, summarise and interpret numerical data

Frequency distribution - organises data with possible scores in order and lists number of each subject with each score

Histogram – provide a clear overview of data, it is a bar graph that presents data from a frequency distribution

Frequency polygon - a line drawn on the histogram from a frequency distribution to represent data graphically, the horizontal axis lists possible score and vertical axis is used to indicate the frequency of each score

Measuring Central tendency and variability

Descriptive statistics are used to organise and summarise data to provide advantages, three measures of central tendency – the **mean**, the **mode**, the **median** give us indications regarding the typical score of data

Mean – the arithmetic average of scores, calculated by adding all scores and dividing by number of scores

Median – median is the score that falls in the centre of distribution, half scores fall below it and half above it

Mode – the most occurring scores

Convergence and divergence of central tendency

- ❖ When the distribution is symmetrical, the central tendency converges but not the case in asymmetrical distributions
- ❖ In a negatively skewed distribution, most scores pile up on the high end of the scale
- ❖ In a positively skewed distribution, most scores pile up on the low end of the scale
- ❖ In skewed distributions, the mean may be misleading and the median is more accurate to provide central tendency