

PYB100: Foundation Psychology

Semester 1, 2023



PYB100 Week 1

Topic(s): Introduction

Lecture:

Psychology summary

"Psychology is the scientific investigation of mental processes and behaviour."

A discipline as well as a profession

Wilhelm Wundt = founder of psychology – opened **first psych lab** in 1879

Tried to identify elements of consciousness – awareness of immediate experience

Did so by observing one's own conscious experience

Introspection

Why is this something that humans can do?

Other animals can't reflect on their own mind or what is happening at that moment around them

Structuralism

Believed the task of psychology was to analyse consciousness in its **basic elements** (or structure!!!) and investigating how these elements were related

Wondered how **feelings, sensations and images** combine to make up experiences?

Took **experimentation** as the only appropriate method

Looked at the **structure** of consciousness

Functionalism

Sought to investigate the function of consciousness.

Believe that consciousness exists because it serves a function. Psych is to **understand the function, not the structure**

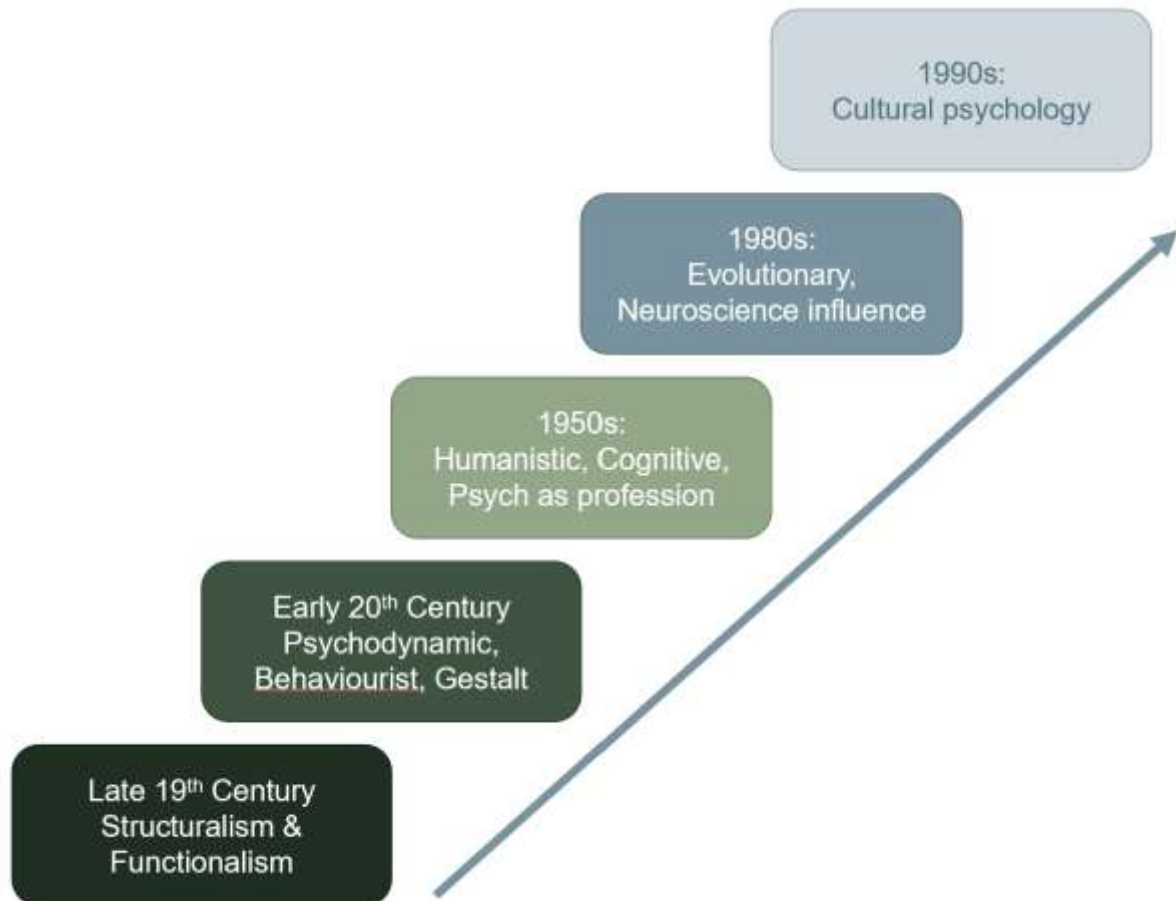
Explain the mind's content rather than just describe it

Same up with the concept of a '**stream of consciousness**'

No preparation for what was said, it just all came out and you cannot recall exactly what was said, as if it were 'autopilot'

Goes beyond sensation and perception and observes **findings in practical situations** and through **comparative psych**

Trends in psychological perspectives



Paradigm = a broad system of theoretical assumptions employed by a scientific community. They share a set of theoretical assertions, shared metaphors and set of methods.

Psychology lacks a unified paradigm but has a number of schools of thought.

The psychodynamic perspective

Presented by Sigmund Freud

The unconscious contains thoughts, memories and desires that are well below the surface of conscious awareness but hold significant influence over behaviour

Personality, motivation and mental disorders can be explained by focusing on unconscious determinants of behaviour

This means psychological disturbances are **personal conflicts at the unconscious level**

The case of Anna O

Suffered significantly psychologically after the loss of her father

Breuer determined that because she was offended by these painful events she chose not to speak about them (she lost her ability to intelligibly speak her native language)

After she finally expressed her emotions, her symptoms disappeared

“Breuer called it catharsis to describe a therapeutic way in which the patients heal their symptoms by expressing their unpleasant feeling of the traumatic experience”

Actions are determined by the **interplay of thoughts, feelings and wishes** in the mind

Many mental events happen outside of our conscious awareness

Mental processes may be in conflict with each other, and this is coined **anxiety**

Metaphors in the psychodynamic perspective

Consciousness is like the tip of the iceberg

The mind is like a battleground

The behaviourist perspective

John B Watson

Scientific psychology should only study observable behaviour

Sees there being no way to verify mental processes involved when studying consciousness. They cannot be studied scientifically

**BEHAVIOUR = ANY OVERT
RESPONSE OR ACTIVITY**

Can involve learning by studying animals

This perspective encompasses the study of observable behaviours and environmental events, not the thoughts and feelings that may come along with this

Cognitive behavioural therapy pulls from this perspective and the cognitive perspective

“Organisms tend to repeat responses that lead to positive outcomes and tend not to repeat those that lead to negative outcomes.”

Stimuli come to control behaviour through learning

Human behaviour can be understood without referring to internal states

Metaphors in the behaviourist perspective

Humans and animals are like machines

The mind is like a black box