***Psychology***

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**Definition**:   
Psychology is the systematic study of human and animal behavior.

**So it deal with:**  
   
1: How human behave as they related to their environment   
2: How humans learn or adapt to their environment.   
3: How the mind works   
4: How the nervous system helps the organism to adapt successfully to its environment

Broad Borders  
On one side is biology, on another medicine, and on another is sociology and anthropology.  
  
**Schools of psychology:**  
   
1:Structuralism   
Studies the structure of the mind and content of consciousness, There is a focus on the physical dimensions of consciousness

2:Gestalt psychology   
Is concerned with experience as a whole. there is some emphasis on perception studies.  
  
  
3:Functionalism  
Assuming that the purpose of the mind is to help the organism survive, studies how the mind does that. William James was a noted advocate for this school.  
  
  
4:Behaviorism  
Examines observable behavior and not private mental states.   
There has been some focus on environmental determinism.

***Perspectives of psychology***

1:Physiological Perspective  
Our brain is a complex biochemical organ that affects how we think and how we behave. To understand behavior you must understand the roots of behavior, the working of the brain and nervous system

2:. Cognitive Perspective   
Cognition means thinking, the cognitive perspective holds that to understand how people behave you have to understand how they think, remember, and decide, that is what determines how they act.

3:. Sociocultural Perspective   
Behavior is strongly influenced by social and cultural factors, to fully understand behavior you have to take into consideration the social and cultural environment in which it occurs

4:Psychodynamic Perspective   
This is based on the work of Sigmund Freud.   
Freud saw psychology as the study of unconscious.   
because he believed unconscious motivation controlled behavior.   
  
5: Behavioral Perspective  
Probably the most dominant perspective today.   
This is the continuation of Watson's idea that overt behavior is the most important thing to study.

**. Psychologist vs. Psychiatrist**

Many people get these confused. They are similar in that both may work in the diagnosis and treatment of mental disorders.They are different in that : psychiatrist is a medical doctor who may prescribe medication. psychologist generally has a Ph.D. and cannot prescribe medication.

***Three Major Philosophical Issues in Psychology***

1: Free-will versus Determinism.   
Is our behavior pre-determined for us or do we have a say in it?

2: The Mind-Body Problem.   
Is the mind (the psychological) separate synchronous or related to the body (physical)?

3: Nature versus Nurture.   
Is behavior due to heredity (nature) or environmental influences (nurture)?   
   
  
  
**Branches of psychology:**

1:Clinical Psychology  
This is by far the largest and most popular sub discipline. The focus is on the diagnosis of mental disorders and prescribing solutions. There is considerable emphasis on therapy.   
  
2: Applied Psychology ( counseling)   
Applied psychology attempts to solve daily problems. Since there are many problem areas, scope is very broad.   
Because it has a practical rather than an academic orientation.  
  
3: Comparative Psychology   
This branch studies animal behavior in its own right and to better understand human behavior. Ethology studies animals and birds in their natural settings  
  
  
4:Cognitive Psychology  
Here the focus is on perception, thinking, memory, reasoning ,decision making.  
and language.   
  
5:Developmental Psychology  
They study how people change physically, cognitively, and socially over the lifespan   
Developmental psychology is closely related to applied psychology  
  
6: Educational Psychology   
Educational psychologists counsel students and teachers about learning problems.   
Often, educational psychology is located in the education college.

7:Environmental Psychology  
Environmental psychologists study the impact of the environment on various behaviors. There can be a strong relationship with architecture.  
  
8:Industrial Psychology  
Industrial psychologists study perception, management , personnel selection, employee evaluation, work motivation, leadership and social organization in order to make business and industry more productive  
   
9: Neurophysiologic psychology   
Try to relate behavior to the change in the body, including brain, nerves, hormones, and biochemical changes.  
  
10:Social psychology  
Social psychologists study how people relate to other people so that roles and norms are especially important.   
How interactions affect behavior and how behavior affects interactions.