Meaning and Nature of Psychology

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What Is Psychology?

Psychology is the scientific study of behavior and mental processes.
Defining Psychology:

- Psychology as science of soul.....
- Psychology as a science of mind.....
- Psychology as science of consciousness.....
- Psychology as science of behaviour.....
Definition of Psychology:

According to Crow and Crow:
“Psychology is the study of human and human relationships”

According to Crooks and Stein:
“Psychology is scientific study of the behaviour and mental processes of human and other animals”
Psychology Today:

We define psychology today as the scientific study of behaviour (what we do) and mental processes (inner thoughts and feelings).
Psychology, An interesting Subject

Because of the following reasons:

- Most people are interesting in Understanding of other people.
- Psychology has numerous applications to our everyday life.
- Knowledge about human nature.
- Psychologists are like detectives trying to make sense of various clues human behaviour.
General Goals of Psychology:

To Help:

- People
- Families
- Society
- Organizations

- Predication & Control.
- Understanding & Explanation.
- Measurement & Description.
Perspectives in Psychology

- Biological Perspective
- Cognitive Perspective
- Behavioral Perspective
- Psychoanalytical Perspective
- Subjectivist Perspective
Biological Perspective:

Seeks to specify neurological processes that underlie behavior and mental processes.

Behavioral Perspective:

Focus on observable stimuli and regards nearly all behavior as a result of conditioning & responses.

Cognitive Perspective:

Use the analogy between mind and computer, not based on introspection but it assumes that
- Only by studying mental processes can we fully understand what organism do.
- Study mental processes in an objective fashion by focusing on objective behavior.
Psychoanalytic Perspective:
Behavior stems from unconscious processes, meanings, beliefs, fears & desires that a person is unaware of, but that nonetheless influences behavior.

The Developmental Perspective:
Concerned with characteristic changes in people as they grow.

The Humanistic Perspective:
Emphasizes one’s own sense of self.

Subjectivist Perspective:
Each individual has their own definition of the situation, which is expected to vary according to their culture, personal history & current motivational states.
Relationship between Psychology & other sciences:

- Psychology and Physiology
- Psychology and Philosophy
- Psychology and Education
- Psychology and Sociology