

☐

I'm not robot


reCAPTCHA

Continue

The psychological realm an introduction pdf

This section will provide an overview of the major domains of psychology today, as well as some additional sub-fields and content areas. This is not meant to be an exhaustive listing, but it will provide insight into the major areas of research and practice of modern-day psychologists. You'll come to see that while psychology is defined as the study of the mind and behavior, there are many different types of psychologists who emphasize and apply psychological principles in various ways. For example, imagine that a woman is diagnosed with depression. What is the cause of the depression? Is it her biology or chemical imbalances in her brain? Evolutionary predispositions? Perhaps it is caused by experiences in her past, or something else that triggered a downward spiral of emotions? Or maybe it is caused by social factors, or cultural expectations? All of these things could, in fact, play a role in her depression. In this section, you'll see how psychologists analyze behavior from a variety of perspectives and better understand the breadth of psychology. Learning Objectives List and define the five major domains, or pillars, of contemporary psychology Describe the basic interests and applications of biopsychology and evolutionary psychology Describe the basic interests and applications of cognitive psychology Describe the basic interests and applications of developmental psychology Describe the basic interests and applications of social psychology and personality psychology Describe the basic interests and applications of abnormal, clinical, and health psychology Define industrial-organizational psychology, sport and exercise psychology, and forensic psychology Contemporary psychology is a diverse field that is influenced by all of the historical perspectives described in the previous section of reading. Reflective of the discipline's diversity is the diversity seen within the American Psychological Association (APA). The APA is a professional organization representing psychologists in the United States. The APA is the largest organization of psychologists in the world, and its mission is to advance and disseminate psychological knowledge for the betterment of people. There are 56 divisions within the APA, representing a wide variety of specialties that range from Societies for the Psychology of Religion and Spirituality to Exercise and Sport Psychology to Behavioral Neuroscience and Comparative Psychology. Reflecting the diversity of the field of psychology itself, members, affiliate members, and associate members span the spectrum from students to doctoral-level psychologists, and come from a variety of places including educational settings, criminal justice, hospitals, the armed forces, and industry (American Psychological Association, 2014). Psychologists agree that there is no one right way to study the way people think or behave. There are, however, various schools of thought that evolved throughout the development of psychology that continue to shape the way we investigate human behavior. For example, some psychologists might attribute a certain behavior to biological factors such as genetics while another psychologist might consider early childhood experiences to be a more likely explanation for the behavior. Many expert psychologists focus their entire careers on just one facet of psychology, such as developmental psychology or cognitive psychology, or even more specifically, newborn intelligence or language processing. While the field of study is large and vast, this text aims to introduce you to the main topics with psychology. You'll get exposure to the various branches and sub-fields within the discipline and come to understand how they are all interconnected and essential in understanding behavior and mental processes. The five main psychological pillars, or domains, as we will refer to them, are: Domain 1: Biological (includes neuroscience, consciousness, and sensation) Domain 2: Cognitive (includes the study of perception, cognition, memory, and intelligence) Domain 3: Development (includes learning and conditioning, lifespan development, and language) Domain 4: Social and Personality (includes the study of personality, emotion, motivation, gender, and culture) Domain 5: Mental and Physical Health (includes abnormal psychology, therapy, and health psychology) Figure 1. The five pillars, or domains, of psychology. Image adapted from Gurung, R. A., Hackathorn, J., Enns, C., Frantz, S., Cacioppo, J. T., Loop, T., & Freeman, J. E. (2016) article "Strengthening introductory psychology: A new model for teaching the introductory course" from American Psychologist. These five domains cover the main viewpoints, or perspectives, of psychology. These perspectives emphasize certain assumptions about behavior and provide a framework for psychologists in conducting research and analyzing behavior. They include some you have already read about, including Freud's psychodynamic perspective, behaviorism, humanism, and the cognitive approach. Other perspectives include the biological perspective, evolutionary, and socio-cultural perspectives. A neat way to remember the major perspectives in psychology is to think about your hand and associate each finger with a psychological approach: Index Finger: Tap your finger to the temple of your head as if you were thinking about something. This is the cognitive perspective. Middle Finger: If you stuck up your middle finger to flip someone off, that would be bad behavior in many cultures. This represents the behavioral perspective, which falls under the developmental domain. Ring Finger: This is typically where you would wear a wedding band. For some people this is a healthy lifestyle choice, and for others this is a cause of stress. For some, the thought of marriage causes anxiety, which may lead to therapy. This represents the mental and physical health domain. Pinky Finger: This little finger was born this way—short. You can thank your biology for that. This represents the biological perspective. Palm of hand: In many cultures, giving a high-five is an acceptable greeting. This represents the social and personality domain. Bonus: Thumb: your thumb can move around in psycho ways—it's so versatile! This is the psychodynamic perspective, which is not its own pillar but represents a prominent historical perspective and school of thought in psychology, as explained earlier. The Biological Domain Biopsychology—also known as biological psychology or psychobiology—is the application of the principles of biology to the study of mental processes and behavior. As the name suggests, biopsychology explores how our biology influences our behavior. While biological psychology is a broad field, many biological psychologists want to understand how the structure and function of the nervous system is related to behavior. The fields of behavioral neuroscience, cognitive neuroscience, and neuropsychology are all subfields of biological psychology. Figure 2. Different brain-imaging techniques provide scientists with insight into different aspects of how the human brain functions. The research interests of biological psychologists span a number of domains, including but not limited to, sensory and motor systems, sleep, drug use and abuse, ingestive behavior, reproductive behavior, neurodevelopment, plasticity of the nervous system, and biological correlates of psychological disorders. Given the broad areas of interest falling under the purview of biological psychology, it will probably come as no surprise that individuals from all sorts of backgrounds are involved in this research, including biologists, medical professionals, physiologists, and chemists. This interdisciplinary approach is often referred to as neuroscience, of which biological psychology is a component (Carlson, 2013). Evolutionary Psychology While biopsychology typically focuses on the immediate causes of behavior based in the physiology of a human or other animal, evolutionary psychology seeks to study the ultimate biological causes of behavior. To the extent that a behavior is impacted by genetics, a behavior, like any anatomical characteristic of a human or animal, will demonstrate adaption to its surroundings. These surroundings include the physical environment and, since interactions between organisms can be important to survival and reproduction, the social environment. The study of behavior in the context of evolution has its origins with Charles Darwin, the co-discoverer of the theory of evolution by natural selection. Darwin was well aware that behaviors should be adaptive and wrote books titled, The Descent of Man (1871) and The Expression of the Emotions in Man and Animals (1872), to explore this field. Evolutionary psychology, and specifically, the evolutionary psychology of humans, has enjoyed a resurgence in recent decades. To be subject to evolution by natural selection, a behavior must have a significant genetic cause. In general, we expect all human cultures to express a behavior if it is caused genetically, since the genetic differences among human groups are small. The approach taken by most evolutionary psychologists is to predict the outcome of a behavior in a particular situation based on evolutionary theory and then to make observations, or conduct experiments, to determine whether the results match the theory. It is important to recognize that these types of studies are not strong evidence that a behavior is adaptive, since they lack information that the behavior is in some part genetic and not entirely cultural (Ender, 1986). Demonstrating that a trait, especially in humans, is naturally selected is extraordinarily difficult; perhaps for this reason, some evolutionary psychologists are content to assume the behaviors they study have genetic determinants (Confer et al., 2010). One other drawback of evolutionary psychology is that the traits that we possess now evolved under environmental and social conditions far back in human history, and we have a poor understanding of what these conditions were. This makes predictions about what is adaptive for a behavior difficult. Behavioral traits need not be adaptive under current conditions, only under the conditions of the past when they evolved, about which we can only hypothesize. There are many areas of human behavior for which evolution can make predictions. Examples include memory, mate choice, relationships between kin, friendship and cooperation, parenting, social organization, and status (Confer et al., 2010). Evolutionary psychologists have had success in finding experimental correspondence between observations and expectations. In one example, in a study of mate preference differences between men and women that spanned 37 cultures, Buss (1989) found that women valued earning potential factors greater than men, and men valued potential reproductive factors (youth and attractiveness) greater than women in their prospective mates. In general, the predictions were in line with the predictions of evolution, although there were deviations in some cultures. Sensation and Perception Scientists interested in both physiological aspects of sensory systems as well as in the psychological experience of sensory information work within the area of sensation and perception. As such, sensation and perception research is also quite interdisciplinary. Imagine walking between buildings as you move from one class to another. You are inundated with sights, sounds, touch sensations, and smells. You also experience the temperature of the air around you and maintain your balance as you make your way. These are all factors of interest to someone working in the domain of sensation and perception. The Cognitive Domain As mentioned earlier, the cognitive revolution created an impetus for psychologists to focus their attention on better understanding the mind and mental processes that underlie behavior. Thus, cognitive psychology is the area of psychology that focuses on studying cognitions, or thoughts, and their relationship to our experiences and our actions. Like biological psychology, cognitive psychology is broad in its scope and often involves collaborations among people from a diverse range of disciplinary backgrounds. This has led some to coin the term cognitive science to describe the interdisciplinary nature of this area of research (Miller, 2003). Cognitive psychologists have research interests that span a spectrum of topics, ranging from attention to problem solving to language to memory. The approaches used in studying these topics are equally diverse. The bulk of content coverage on cognitive psychology will be covered in the modules in this text on thinking, intelligence, and memory. But given its diversity, various concepts related to cognitive psychology will be covered in other sections such as lifespan development, social psychology, and therapy. The Developmental Domain Figure 3. Piaget is best known for his stage theory of cognitive development. Developmental psychology is the scientific study of development across a lifespan. Developmental psychologists are interested in processes related to physical maturation. However, their focus is not limited to the physical changes associated with aging, as they also focus on changes in cognitive skills, moral reasoning, social behavior, and other psychological attributes. Early developmental psychologists focused primarily on changes that occurred through reaching adulthood, providing enormous insight into the differences in physical, cognitive, and social capacities that exist between very young children and adults. For instance, research by Jean Piaget demonstrated that very young children do not demonstrate object permanence. Object permanence refers to the understanding that physical things continue to exist, even if they are hidden from us. If you were to show an adult a toy, and then hide it behind a curtain, the adult knows that the toy still exists. However, very young infants act as if a hidden object no longer exists. The age at which object permanence is achieved is somewhat controversial (Munakata, McClelland, Johnson, and Siegler, 1997). While Piaget was focused on cognitive changes during infancy and childhood as we move to adulthood, there is an increasing interest in extending research into the changes that occur much later in life. This may be reflective of changing population demographics of developed nations as a whole. As more and more people live longer lives, the number of people of advanced age will continue to increase. Indeed, it is estimated that there were just over 40 million people aged 65 or older living in the United States in 2010. However, by 2020, this number is expected to increase to about 55 million. By the year 2050, it is estimated that nearly 90 million people in this country will be 65 or older (Department of Health and Human Services, n.d.). Behavioral Psychology Another critical field of study under the development domain is that of learning and behaviorism, which you read about already. The primary developments in learning and conditioning came from the work of Ivan Pavlov, John B. Watson, Edward Lee Thorndike, and B. F. Skinner. Contemporary behaviorists apply learning techniques in the form of behavior modification for a variety of mental problems. Learning is seen as behavior change molded by experience; it is accomplished largely through either classical or operant conditioning. The Social and Personality Psychology Domain Social psychology is the scientific study of how people's thoughts, feelings, and behaviors are influenced by the actual, imagined, or implied presence of others. This domain of psychology is concerned with the way such feelings, thoughts, beliefs, intentions, and goals are constructed, and how these psychological factors, in turn, influence our interactions with others. Social psychology typically explains human behavior as a result of the interaction of mental states and immediate social situations. Social psychologists, therefore, examine the factors that lead us to behave in a given way in the presence of others, as well as the conditions under which certain behaviors, actions, and feelings occur. They focus on how people construe or interpret situations and how these interpretations influence their thoughts, feelings, and behaviors (Ross & Nisbett, 1991). Thus, social psychology studies individuals in a social context and how situational variables interact to influence behavior. Some social psychologists study large-scale sociocultural forces within cultures and societies that affect the thoughts, feelings, and behaviors of individuals. These include forces such as attitudes, child-rearing practices, discrimination and prejudice, ethnic and racial identity, gender roles and norms, family and kinship structures, power dynamics, regional differences, religious beliefs and practices, rituals, and taboos. Several subfields within psychology seek to examine these sociocultural factors that influence human mental states and behavior; among these are social psychology, cultural psychology, cultural-historical psychology, and cross-cultural psychology. Figure 4. Stanley Milgram's research demonstrated just how far people will go in obeying orders from an authority figure. This advertisement was used to recruit subjects for his research. There are many interesting examples of social psychological research, and you will read about many of these in a later in this textbook. Until then, you will be introduced to one of the most controversial psychological studies ever conducted. Stanley Milgram was an American social psychologist who is most famous for research that he conducted on obedience. After the Holocaust, in 1961, a Nazi war criminal, Adolf Eichmann, who was accused of committing mass atrocities, was put on trial. Many people wondered how German soldiers were capable of torturing prisoners in concentration camps, and they were unsatisfied with the excuses given by soldiers that they were simply following orders. At the time, most people believed that people would be willing to inflict such extraordinary pain and suffering, simply because they were obeying orders, and that they were not responsible for their actions. Milgram decided to conduct research to determine whether or not this was true. As you will read later in the text, Milgram found that nearly two-thirds of his participants were willing to deliver what they believed to be lethal shocks to another person, simply because they were instructed to do so by an authority figure (in this case, a man dressed in a lab coat). This was in spite of the fact that participants received payment for simply showing up for the research study and could have chosen not to inflict pain or more serious consequences on another person by withdrawing from the study. No one was actually hurt or harmed in any way. Milgram's experiment was a clever ruse that took advantage of research confederates, those who pretend to be participants in a research study who are actually working for the researcher and have clear, specific directions on how to behave during the research study (Hock, 2009). Milgram's and others' studies that involved deception and potential emotional harm to study participants catalyzed the development of ethical guidelines for conducting psychological research that discourage the use of deception of research subjects, unless it can be argued not to cause harm and, in general, requiring informed consent of participants. Personality Psychology Another major field of study within the social and personality domain is, of course, personality psychology. Personality refers to the long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways. Our personality is what makes us unique individuals. Each person has an idiosyncratic pattern of enduring, long-term characteristics, and a manner in which they interact with other individuals and the world around them. Our personalities are thought to be long-term, stable, and not easily changed. Personality psychology focuses on construction of a coherent picture of the individual and their major psychological processes. Investigation of individual psychological differences. Investigation of human nature and psychological similarities between individuals. Several individuals (e.g., Freud and Maslow) that we have already discussed in our historical overview of psychology, and the American psychologist Gordon Allport, contributed to early theories of personality. These early theories are listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM). The DSM is currently in its 5th edition (DSM-V) and has been designed for use in a wide variety of contexts and across clinical settings (including inpatient, outpatient, partial hospital, clinic, private practice, and primary care). The diagnostic manual includes a total of 237 specific diagnosable disorders, each described in detail, including its symptoms, prevalence, risk factors, and comorbidity. Over time, the number of diagnosable conditions listed in the DSM has grown steadily, prompting criticism from some. Nevertheless, the diagnostic criteria in the DSM are more explicit than those of any other system, which makes the DSM system highly desirable for both clinical diagnosis and research. Figure 6. Lifetime prevalence rates for major psychological disorders. Clinical Psychology Figure 7. Cognitive-behavioral therapists take cognitive processes and behaviors into account when providing psychotherapy. This is one of several strategies that may be used by practicing clinical psychologists. Clinical psychology is the area of psychology that focuses on the diagnosis and treatment of psychological disorders and other problematic patterns of behavior. As such, it is generally considered to be a more applied area within psychology; however, some clinicians are also actively engaged in scientific research. Counseling psychology is a similar discipline that focuses on emotional, social, vocational, and health-related outcomes in individuals who are considered psychologically healthy. As mentioned earlier, both Freud and Rogers provided perspectives that have been influential in shaping how clinicians interact with people seeking psychotherapy. While aspects of the psychoanalytic theory are still found among some of today's therapists who are trained from a psychodynamic perspective, Roger's ideas about client-centered therapy have been especially influential in shaping how many clinicians operate. Furthermore, both behaviorism and the cognitive revolution have shaped clinical practice in the forms of behavioral therapy, cognitive therapy, and cognitive-behavioral therapy. Issues related to the diagnosis and treatment of psychological disorders and problematic patterns of behavior will be discussed in detail later in this textbook. By far, this is the area of psychology that receives the most attention in popular media, and many people mistakenly assume that all psychology is clinical psychology. Health Psychology Health psychology focuses on how health is affected by the interaction of biological, psychological, and sociocultural factors. This particular approach is known as the biopsychosocial model. Health psychologists are interested in helping individuals achieve better health through public policy, education, intervention, and research. Health psychologists might conduct research that explores the relationship between one's genetic makeup, patterns of behavior, relationships, psychological stress, and health. They may research effective ways to motivate people to address patterns of behavior that contribute to poorer health (MacDonald, 2013). Figure 8. The biopsychosocial model suggests that health/illness is determined by an interaction of these three factors. Industrial-Organizational psychology (I-O psychology) is a subfield of psychology that applies psychological theories, principles, and research findings in industrial and organizational settings. I-O psychologists are often involved in issues related to personnel management, organizational structure, and workplace environment. Businesses often seek the aid of I-O psychologists to make the best hiring decisions as well as to create an environment that results in high levels of employee productivity and efficiency. In addition to its applied nature, I-O psychology also involves conducting scientific research on behavior within I-O settings (Riggio, 2013). Researchers in sport and exercise psychology study the psychological aspects of sport performance, including motivation and performance anxiety, and the effects of sport on mental and emotional wellbeing. Research is also conducted on similar topics as they relate to physical exercise in general. The discipline also includes topics that are broader than sport and exercise but that are related to interactions between mental and physical performance under demanding conditions, such as fire fighting, military operations, artistic performance, and surgery. Forensic Psychology Forensic psychology is a branch of psychology that deals questions of psychology as they arise in the context of the justice system. For example, forensic psychologists (and forensic psychiatrists) will assess a person's competency to stand trial, assess the state of mind of a defendant, act as consultants on child custody cases, consult on sentencing and treatment recommendations, and advise on issues such as eyewitness testimony and children's testimony (American Board of Forensic Psychology, 2014). In these capacities, they will typically act as expert witnesses, called by either side in a court case to provide their research- or experience-based opinions. As expert witnesses, forensic psychologists must have a good understanding of the law and provide information in the context of the legal system rather than just within the realm of psychology. Forensic psychologists are also used in the jury selection process and witness preparation. They may also be involved in providing psychological treatment within the criminal justice system. Criminal profilers are a relatively small proportion of psychologists that act as consultants to law enforcement. Check out the APA website for more information on psychological subfields and possible career paths. Glossary American Psychological Association: professional organization representing psychologists in the United States biopsychology: study of how biology influences behavior biopsychosocial model: perspective that asserts that biology, psychology, and social factors interact to determine an individual's health clinical psychology: area of psychology that focuses on the diagnosis and treatment of psychological disorders and other problematic patterns of behavior cognitive psychology: area of psychology that focuses on studying thoughts and their relationship to our experiences and actions developmental psychology: scientific study of development across a lifespan forensic psychology: area of psychology that applies the science and practice of psychology to issues within and related to the justice system personality psychology: study of patterns of thoughts and behaviors that make each individual unique personality trait: consistent pattern of thought and behavior sport and exercise psychology: area of psychology that focuses on the interactions between mental and emotional factors and physical performance in sports, exercise, and other activities

160ab655d67f4d--93724940587.pdf
1608089c75a4bb--81675202091.pdf
quienes eran los libertos en la biblia
minecraft free download pc windows 10 full version
carryon my wayward son song
gabufidiza.pdf
160759fe6b21b3--22538673181.pdf
160aab2bba4cfb--69795630638.pdf
juul financial report
voibotbis.pdf
dachshund poodle puppies
how to set a sharp alarm clock model spc800
16071799476eb7--m0tsuwugepilosolor.pdf
bootcamp drivers windows 7 64 bit
keizisu.pdf
roblox mod apk unlimited money
1607858723e790--46751176909.pdf
what grade level are nate the great books
1606ccf8059904--3068123982.pdf
letterhead template in ms word 2007
cook's cold brew coffee maker instructions
160aa3445e6c91--92362669225.pdf
160d976b9cc8cd--83666276625.pdf
pic pdf converter
unlimited power rocket battery price
algebra 1 9.3 b worksheet exponential growth and decay answer key