

Abd Arrahmane Mira University
Faculty of social and human sciences
Department of psychology
Semester one

Teacher: Mammeri

Level: Master 1

Lesson 1: Introduction to psychology

1-Definition of psychology: is a scientific study of mind and behavior, according to American psychological association , psychology is a multifaceted discipline and includes many sub fields of study such areas as human development , health , social behavior and cognitive processes .

2- Number of unique and distinctive branches of psychology has emerged to deal with specific subtopics within the study of mind, brain and behavior.

Here are the major branches

- 1- **Abnormal psychology:** is the area that looks at psychology and abnormal behavior, mental, health, professionals help assess, and treat a wide variety of psychology disorders including anxiety and depression.*
- 2- **Behavioral psychology :** as known as behaviorism is a theory of learning based on the idea that all behaviors are acquired through conditioning*
- 3- **Biopsychology:** is a branch of psychology focused on how the brain, neurons and nervous influence thoughts, feeling and behaviors.*
- 4- **Clinical psychology:** is a branch of psychology concerned with the assessment and treatment of mental illness, abnormal behavior , and psychology disorders*
- 5- **Educational psychology:** also a branch of psychology concerned with schools, teaching psychology and students concerns.*
- 6- **Health psychology:** is a specialty area that focuses on how biology, psychology, behaviors and social factors influence health and illness.*

Importance of psychology

Psychology allows people to understand more about how the body and mind work together. This knowledge can help with discussion –making and avoiding stressful situation, it can help with time management, setting and achieving goals, and living effectively.

Lesson 2:

The Most Important Figures In The History of Psychology

1- Sigmund Freud (1856- 1939):

No single figure in psychology is as famous as “Freud”; he is the father of psychoanalytic psychology and was the first to investigate the processes of the unconscious mind, he was the first to theorize on human development with his postulation of the psychosexual stages, his work set the stage for all of psychology therapy

2- Jean Piaget: (1896-1980)

Piaget developed the first theory of child cognitive development. He was a fierce child to advocate and fought for the education of children as vital to a society's success.

3- BF Skinner (1925-present)

Skinner built upon the work of Watson and Thorndike in popularizing behavioral psychology and operant conditioning behaviorism postulate that human actions are a response to environmental cues , he created the skinner box to study operant conditioning in animals .

4- Wilhelm Wundt(1832-1920)

Wilhelm wrote the first psychology textbook in 1874, “ principles of psychological psychology”, in 1879, wundt opened the institute for experimental psychology , he created the first laboratory to investigate solely psychological phenomena , Wundt was the first operationalize the process of self examination , Wilhelm considered as the father of experimental psychology and psychology as a whole .