

Psychology in social sciences

Welcome to the fascinating world of psychology! In this course, we'll embark on a journey to explore the depths of human behavior and mental processes. Psychology is like a window into the mind, helping us understand why people think, feel, and behave the way they do. It's a subject that touches every aspect of our lives, from the way we interact with others to the choices we make every day.

1. Definition

Psychology is the scientific study of the mind. Through systematic observation, experimentation, and research it seeks to uncover the secrets of human thought, feeling, and action. Basically, psychology is all about understanding what makes us tick – why we think the way we do, how our emotions influence our behavior

, and the factors that shape our personalities. Simply put, think of psychology as a tool to better understand yourself and others. It is like a detective trying to unlock the mysteries of the mind, trying to piece together the puzzle of human behavior with evidence and logic.

Whether exploring brain function, explaining complex social interactions, or delving into the mysteries of dreams, psychology offers endless opportunities for discovery and exploration. So, get ready to embark on a journey of exploration and discovery as you immerse yourself in the fascinating world of psychology!

2. Psychology with real life examples

1. Cognitive Dissonance

Imagine that you have always considered yourself an environmentalist. But one day you'll catch yourself throwing plastic bags in the trash instead of recycling them. According to cognitive conflict theory, you may feel uncomfortable or anxious because your behavior conflicts with your beliefs. This doubt can lead you to change your behavior (start recycling regularly) or

justify your actions (convince yourself that recycling doesn't make much of a difference).

2. Classical Conditioning

Think of a time when you heard a song playing in the background during a happy moment in your life. Now, whenever you hear that song, you immediately feel uplifted and enthralled. This is an example of classical conditioning, where a neutral emotional response (song) is associated with an emotional response (happiness) through the repeated combination of a positive event

3. Social Influence

Imagine a scenario where you are going out with friends and you decide to try a new restaurant after being teased. Despite their initial hesitation, they enjoy the food because of the positive feedback from their friends. This looks at the power of social influence, where the opinions and actions of others can sway our own attitudes and actions.

4. Stress and Coping Mechanisms:

Imagine a situation where you are about to accomplish a major task at work or school. As the deadline approaches, your stress and anxiety skyrocket. You can use a variety of strategies to cope with these feelings, such as deep exercise, time management, or seeking social support from friends or colleagues

5. Developmental Milestones:

Think of a child you know who has just learned to walk. At first they often stumbled and fell, but with practice and encouragement, they eventually mastered the skill. These achievements are examples of developmental milestones, which are achievements of important achievements or abilities at different stages of life, from infancy to adulthood

6. Psychological Disorders:

Imagine someone you know who experiences symptoms of depression such as persistent sadness, loss of interest in activities, changes in sleep or appetite and these symptoms can affect their daily functioning and overall quality of life greater, have shown the significant impact of mood disorders on an individual's mental health and well-being

*** This example illustrates just a few of the ways psychology manifests itself in our daily lives, profoundly affecting our thoughts, feelings, and behavior. Understanding the principles and theories of psychology can give us valuable insights into ourselves and others, and enabled us to move through the complexities to the higher levels of human experience.

3. Terminology

The term **Psychology** came from the Greek Word **Psyche** which means "the mind or soul"; and **Logos** meaning study of".

When combined, psychology literally means the study of the mind or soul. On the modern sense, psychology could be defined as the scientific study and practical application of observable behaviour and mental processes of organisms.

4. Elements :

Science : Psychology is considered as a science because it is focused upon the study and investigation of certain behaviour with the application of one or a combination of scientific methods. Gathering of factual information is considered important to prove certain phenomena.

Study of Behaviour : Psychology is the study of the mind and it is a difficult task- trying to study what runs in the mind of an individual. Therefore, in order to study the mind, one has to associate the way of thinking of an individual to his behaviour. This would actually link the behaviour of man and what runs in his mind.

Study of Mental processes : This includes man's perception, attention, capability to remember, to reason, and to solve problems. Dreams, fantasies, wishes and anticipation are also considered as mental processes.

Mental Processes:

Perception - a way of regarding, understanding, or interpreting something; a mental impression.

Attention - The ability to focus selectively on a selected stimulus, sustaining that focus and shifting it at will.

Remember - is defined as to recall or make an effort to keep a person, event or thing in one's mind.

Reasoning - the action of thinking about something in a logical, sensible way.

Problem-solving - the process of finding solutions to difficult or complex issues.

Dream - an idea or vision that is created in your imagination and that is not real.

A **fantasy** is something you imagine.

Wish - feel or express a strong desire or hope for something that is not easily attainable; want something that cannot or probably will not happen.

Anticipation - expectation or prediction.