

PSYCHOLOGY

General Psychology

Associate professor

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Main Skills And Knowledge

To Know The Basics Of Major Topics, Theorists, Principles And Vocabulary Of Psychology

To Discuss Historical And Philosophical Foundations Of Psychology

**To Understand the Process by
Which Scientific Research in
Psychology is Conducted**

**To Evaluate Human Behavior and
Mental Processes**

**To Describe Theories of Social
Human Behavior**

**To Demonstrate Knowledge of
Defense Mechanisms**

**To Explore Research Related to
Topics such as Sensation,
Perception, Consciousness,
Motivation and etc**

**To Develop Critical Thinking and
Problem Solving Skills as They
Apply to General Psychological
Questions**

THE SUBJECT AREAS

- General Psychology: Introduction
- **Biological & Cognitive Psychology**
- **Personality Psychology: Personality Traits**
- **Needs, Motives and Behavior**
- **Developmental Psychology**
- **“Self-concept” & Defense Mechanisms**
- **Social Psychology: Interpersonal Relationships & Group Dynamics**
- **Personality & Activity**

PSYCHOLOGY

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graph TD; A[PSYCHOLOGY] --> B[PSYCHE]; A --> C[LOGOS]; B --> D[SOUL]; C --> E["Word, Study Knowledge"]
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PSYCHE

LOGOS

SOUL

**Word, Study
Knowledge**

Meanings of the Term Psychology

- 1) **Science of Mental Life**, both of its phenomena and their conditions.
- 2) **Aggregate of the Psychological (Heartfelt) Phenomena**

Meanings of the Term Psychology

- 3) **Internal, Subjective World of a Man**, experienced in the form of the various feelings, appearances, ideas
- 4) **Views, Persuasions, Relations, Moods**, etc., characterizing the separately taken man or group of people

BASIC TERMS

1. Psyche is a **system property** of the **high-organized matter**, consisting of:
 - the active reflection of objective world by the person,**
 - the construction of corresponding inalienable “picture of the world” and self-regulation of his/her activity**

PSYCHE allows:

**to reflect the objective world
actively,**

build the own «picture of world»,

**to carry out on its basis
self-regulation of the conduct,
behavior and activity,**

**to satisfy nascent needs
constantly.**

2. **Perception** is the Process of
attaining awareness or
understanding of sensory
information

Perception - Latin PERCEPIO

receiving, collecting, action of taking
possession, apprehension with the
mind or sense

3. **Cognition** is the Process of Thinking, Understanding and Trying to Make Sense

Cognition - Latin COGNOSCERE

"to know" or "to recognize"

4. **Emotion** is a mental and physiological state associated with a wide variety of feelings, thoughts, and behavior

Emotion - Latin EMOVERE

e- (variant of ex-) means 'out' and movere means 'move'

5. Personality is a dynamic and organized set of characteristics possessed by a person that influences uniquely on his/her cognitions, motivations, and behaviors in various situations

Personality - Latin persona

mask

6. Behavior refers to the actions or reactions of an object or organism, usually in relation to the environment

Behavior can be conscious or unconscious, overt or covert, and voluntary or involuntary

7. Interpersonal Relationship is a relatively long-term **association** between two or more people. This association may be based on **emotions** like love and liking, regular **business interactions**, or some other type of social **commitment**

Psychology Research Methods

- **Experiment**

(Latin: **ex- periri**, "to try out") is a method of investigating less known fields, solving practical problems and supporting or negating theoretical assumptions

Types of Experiments

- **Natural experiments** (also called quasi-experiments)
- **Controlled experiments**
- **Field experiments**
- **Laboratory experiments**

Psychology Research Methods

- **Introspection** - is the self-observation and reporting of conscious inner thoughts, desires and sensations

(Latin: **Intro** - in, inside

Spectare – to watch; to look at

Psychology Research Methods

- **Extrospection** - the observation of things external to one's self.

Introspection may be used synonymously with self-reflection and used in a similar way.

HOME TASK

- Draw the scheme of psychology sub-fields interrelation
- Imagine and produce image of psyche

(to picture it as collage or drawing, illustration)

Make a description of it

on ½ or 1 sheet of paper