

PSYCHOLOGY

THE BASIC PRINCIPLES OF PSYCHOLOGY FOR INTRODUCTORY COURSES

INTRODUCTION

• **DEFINITION:** Scientific study of behavior and mental processes and how they are affected by an organism's physical and mental state and external environment

• **GOALS:** Describe, understand, predict and control (or modify) behavior or mental processes

• **PSYCHOLOGY AS A SCIENCE:**

1. **Descriptive studies** - describe but not explain

a. **Case history** - description of one individual

b. **Observation**

i. **Naturalistic** - natural environment

ii. **Laboratory** - setting controlled by researcher

c. **Surveys** - questionnaires and interviews

d. **Tests**

i. **Reliability** - used to measure whether individual differences in test scores are due to actual differences in the characteristics being measured or due to chance errors and fluctuations.

ii. **Validity** - refers to the extent to which a test measures what it purports. The validity of a test must be empirically established - relating the test to particular criterion that it claims to measure.

2. **Correlational Studies** - strength of relationships between variables, does not show causation

3. **Experiment** - researcher controls variable(s) to discover its effect on other variables

a. **Independent variable** - manipulated/controlled by researcher

b. **Dependent variable** - measured by researcher (data)

c. **Experimental and control groups** - only experimental group exposed to independent variable, otherwise treated the same

d. **Change in dependent variable caused by independent variable**, since all else remained the same

e. **Confounding Variable** - an observed effect that may be due to an intervening third variable between the dependent and independent variables. The confounding variable must be systematically controlled or, if possible, eliminated, otherwise obtained results are invalid.

f. **Inferred Variable** - a non-observable variable that is inferred as the mediator between two observed events. For instance, inferring the experience of "fear" from certain measurable physiological anxiety responses. It is frequently difficult to avoid circular explanations in positing an inferred variable.

g. **Subject Variable** - a condition that is part of the subject's make-up and cannot be assigned randomly; e.g., sex, height, hair-color etc. Because of their non-randomizability, causal conclusions cannot be derived from subject variable experiments.

h. **Non-Subject Variable** - a characteristic that is not part of a subject's make-up, and thus can be randomly assigned; e.g., whether the subject received a certain drug or a placebo.

LEARNING

Change in behavior as a result of experience

• **CLASSICAL CONDITIONING**

1. **Pavlov's studies**

a. **Unconditioned stimulus (UCS)** - food - elicits an unconditioned response (UCR) - salivation

b. **Pair neutral stimulus** - tone - with UCS - food

c. **Neutral stimulus becomes conditioned stimulus (CS)** - tone - which elicits conditioned response CR - salivation

2. **Principles of classical conditioning**

a. **Extinction** - when the CS is not presented with the UCS, it will diminish

b. **Stimulus generalization** - similar stimuli may elicit the same response as the CS

LEARNING CONTINUED

c. **Stimulus discrimination** - different responses are made to stimuli which are similar to the CS

• **OPERANT CONDITIONING**

1. **Reinforcer (reward)** - increases response probability

a. **Positive reinforcement** - response followed by presentation of reinforcing stimulus

b. **Negative reinforcement** - response followed by removal of aversive stimulus

2. **Punishment** - stimulus that follows response decreases probability response will occur

3. **Principles of Operant Conditioning**

a. **Extinction** - response no longer reinforced

b. **Stimulus generalization** - response will occur to similar stimuli

c. **Stimulus discrimination** - responses do not occur to different stimuli

d. **Timing of reinforcers** - the sooner a reinforcer or punisher follows an action, the greater its effect

e. **Schedules of reinforcement**

i. **Continuous reinforcement** - a particular response is always reinforced

ii. **Intermittent reinforcement** - reinforcing only some responses

(a) **Fixed ratio (FR)** - reinforcement after a fixed number of responses, high rates of responding

(b) **Variable ratio (VR)** - reinforcement after average number of responses, very high, steady rates of responding

(c) **Fixed interval (FI)** - reinforcement after fixed amount of time, followed by a pause

(d) **Variable interval (VI)** - reinforcement after a variable amount of time, low, steady rate of response

f. **Shaping** - reinforce successive approximations to the desired response

g. **Chaining** - a method of connecting responses into a sequence of behaviors. At the end of the chain there must always be a reinforcer. The chain is constructed by beginning at the end and working backward; all behaviors have to be previously conditioned into the organism's responses.

4. **Cognitive Behavior Modification**

The principles of learning theory are applied to alter undesirable thoughts, rather than only observable behaviors.

a. **Social Learning Theory** - (**Bandura**) four processes which influence learning are:

i. Attention

ii. Memory

iii. Behavior

iv. Motivation

b. **Specific cognitive processes that are recognized:**

i. Attribution

ii. Expectancy

iii. Logical

iv. Verbal

v. Imaginative

c. **Rational emotive therapy** - (**Ellis**) considers the central cause of dysfunctional behavior to be due to irrational beliefs. The therapy focuses on the alteration of these irrational beliefs.

d. **Problem-solving therapy** - focuses on enhancing the patient's ability to make decisions and solve problems in stressful or difficult situations.

e. **Paradoxical intervention** - patients are instructed to purposely perform undesirable symptomatic behaviors on command in an effort to demonstrate their ability to gain control over these behaviors.

f. **Attribution therapy** - attempts to facilitate the patient's ability to re-attribute undesirable feelings and symptoms to something less threatening and more acceptable.

BIOLOGICAL BASES OF PSYCHOLOGY

• **STRUCTURE OF THE NERVOUS SYSTEM**

1. **Central** - brain and spinal cord

2. **Peripheral** - sensory and motor nerves which transmit information

a. **Somatic** - control skeletal muscles

b. **Autonomic** - regulates internal organs and glands

i. **Parasympathetic** - conserves energy

ii. **Sympathetic** - expends energy

• **COMMUNICATION WITH NERVOUS SYSTEM**

1. **Neuron** - basic unit of nervous system

a. **cell body** - keeps neuron alive

b. **dendrites** - receive information from other neurons

c. **axons** - send information to other neurons

d. **myelin** - insulates axon to enable information to be transmitted faster

2. **Communication between Neurons**

a. **Synapses** - gaps between neurons

b. **Message travels through axon to synaptic knob on axon's tip**

c. **Synaptic vesicles** open and release neurotransmitter into synaptic gap

d. **Neurotransmitter** fits into receptor sites on receiving dendrite, causing it to be more or less likely to fire

• **THE BRAIN**

1. **Midbrain**

a. **Midbrain**, pons, reticular activating system, cerebellum

b. **Responsible** for reflexive, automatic behavior

2. **Midbrain** - information conduit

3. **Forebrain**

a. **Thalamus** - directs sensory messages

b. **Hypothalamus** - emotion and survival drives

c. **Primary gland** - controls many other endocrine glands

d. **Cerebral cortex**

i. **Occipital lobe** - vision

ii. **Parietal lobe** - sensory information

iii. **Temporal lobe** - process sounds

iv. **Frontal lobe** - motor movements

4. **Two brain hemispheres**

a. Each one controls opposite side of body

b. **Left hemisphere** dominant for most people

STRESS AND HEALTH

• **STRESS - EMOTIONAL AND PHYSICAL RESPONSES TO STIMULI**

1. **Caused** by stimuli and the way those stimuli are perceived

2. **Biological reaction**

a. **Fight or flight** - increase heart rate, breathing, tense muscles

b. **Increased activity** in the sympathetic nervous system

c. **Adrenal glands** secrete epinephrine (adrenalin) and norepinephrine

3. **Coping with stress**

a. **Recognize situation**

b. **Maintain control** over the stressful situation

• **PSYCHOLOGY AND ILLNESS**

1. **Heart disease**

a. **Type A personalities** - hard-working, competitive, increased incidence of heart disease

b. **Type B personalities** - easy going

2. **Cancer**

a. **Exposure** to carcinogens increases the risk

b. **Psychological factors** influence functioning of immune system

• **HEALTH AND SOCIAL RELATIONSHIPS**

1. **Friends** - assisted coping

a. **Emotional, cognitive** and tangible support

b. **Cultural differences** in the value placed on friendships

2. **Friends as stress producers**

a. **Contagion effect** - others can exaggerate stress

b. **Friend under stress** can increase your stress level

c. **Burden of caring** for others can increase stress

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1. Understanding the eBook Vpack Intro Soc Psych 4eaps Soc Psych
 - The Rise of Digital Reading Vpack Intro Soc Psych 4eaps Soc Psych
 - Advantages of eBooks Over Traditional Books
2. Identifying Vpack Intro Soc Psych 4eaps Soc Psych
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vpack Intro Soc Psych 4eaps Soc Psych
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vpack Intro Soc Psych 4eaps Soc Psych
 - Personalized Recommendations
 - Vpack Intro Soc Psych 4eaps Soc Psych User Reviews and Ratings
 - Vpack Intro Soc Psych 4eaps Soc Psych and Bestseller Lists
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 - Vpack Intro Soc Psych 4eaps Soc Psych eBook Subscription Services
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 - Vpack Intro Soc Psych 4eaps Soc Psych Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Vpack Intro Soc Psych 4eaps Soc Psych
 - Highlighting and Note-Taking Vpack Intro Soc Psych 4eaps Soc Psych
 - Interactive Elements Vpack Intro Soc Psych 4eaps Soc Psych
 8. Staying Engaged with Vpack Intro Soc Psych 4eaps Soc Psych
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vpack Intro Soc Psych 4eaps Soc Psych
 9. Balancing eBooks and Physical Books Vpack Intro Soc Psych 4eaps Soc Psych
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vpack Intro Soc Psych 4eaps Soc Psych
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Vpack Intro Soc Psych 4eaps Soc Psych
 - Setting Reading Goals Vpack Intro Soc Psych 4eaps Soc Psych
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Vpack Intro Soc Psych 4eaps Soc Psych
 - Fact-Checking eBook Content of Vpack Intro Soc Psych 4eaps Soc Psych
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

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