

CLASS – 11

PSYCHOLOGY

Chapter – 1

What is Psychology?

Part – 2

Psychology as a Discipline

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OVERVIEW



1. Introduction

2. Mind and Behaviour

3. Notions about Psychology

4. Psychology as a Discipline

5. Major Perspectives

6. Relation with other Disciplines

7. Everyday Life

8. Evolution & Psychology in India

9. Branches of Psychology

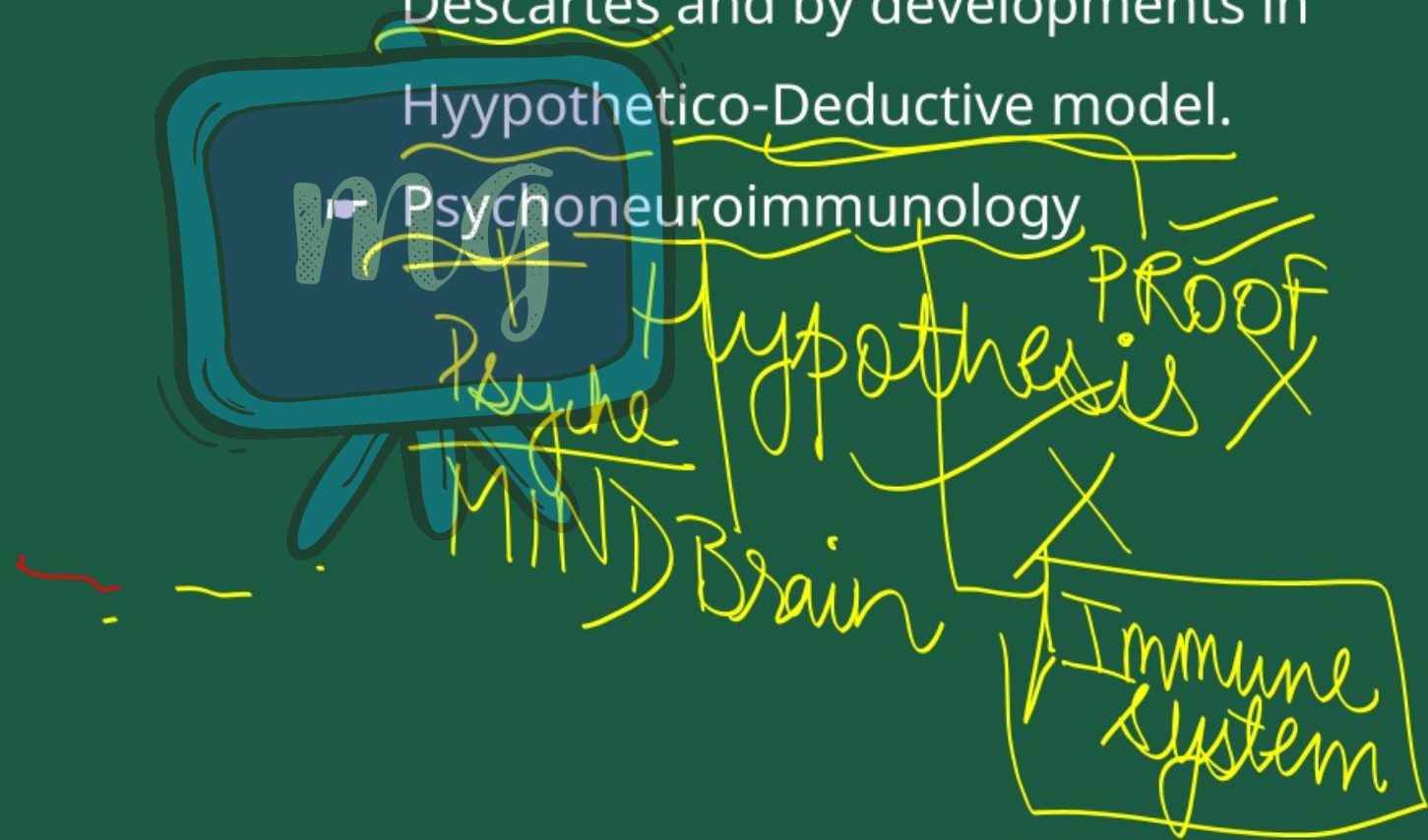
PSYCHOLOGY AS A DISCIPLINE

Psychology is both a natural science and a social science. It studies:

- Biological processes (e.g., hormones, brain activity)
- Social and cultural influences on behavior
- First laboratory of psychology was founded in 1879, Leipzig.

- Psychology was influenced by Descartes and by developments in Hypothetico-Deductive model.

- Psychoneuroimmunology



MAJOR PSYCHOLOGICAL PERSPECTIVES

Perspective	Focus
Biological	Role of brain, <u>neurotransmitters</u> , <u>hormones</u>
Behaviorist	Observable behavior and learning (Skinner, Pavlov)
Cognitive	Mental processes like memory, reasoning
Humanistic	Personal growth and free will (Rogers, Maslow)
Evolutionary	<u>Adaptive behaviors</u> shaped by evolution
Cultural	Influence of societal norms and values

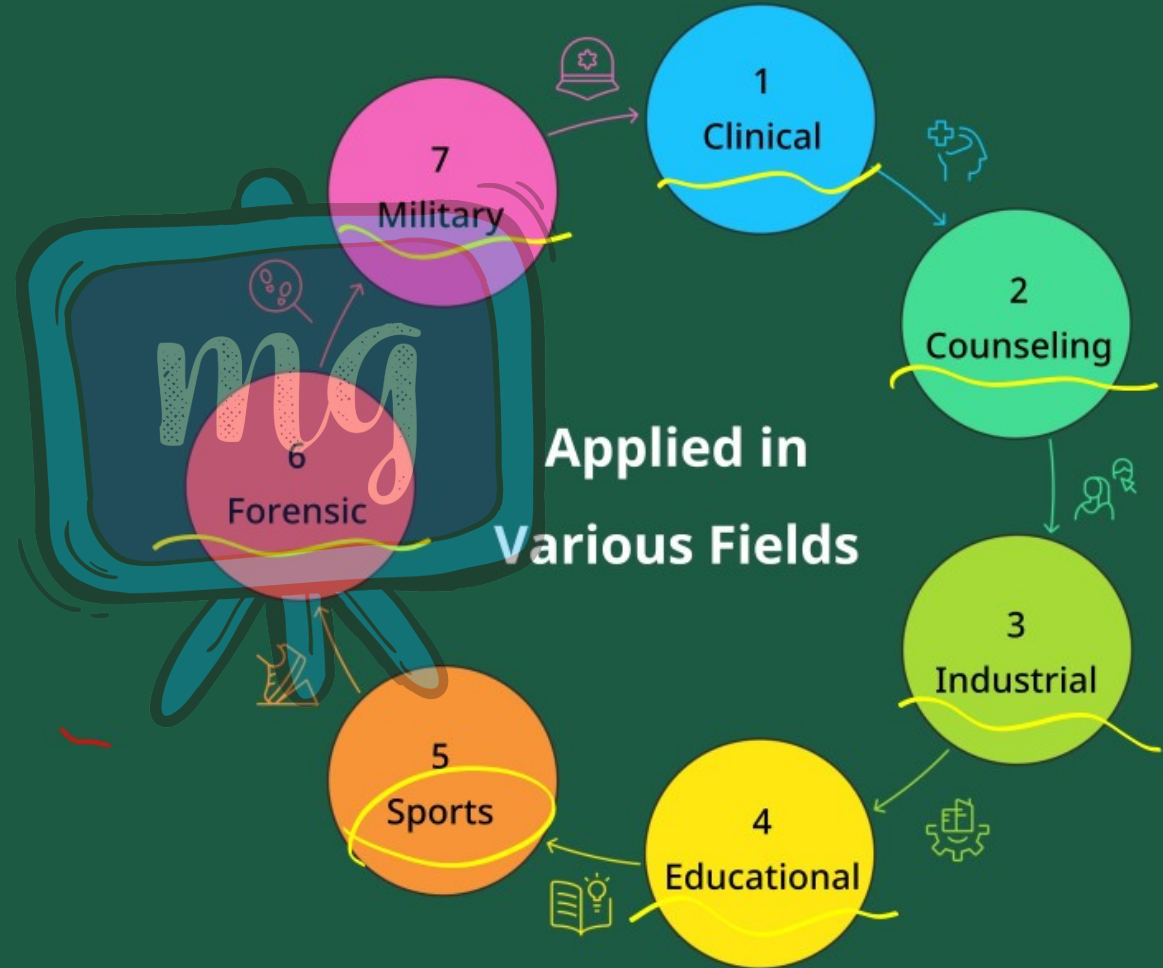
PSYCHOLOGY & OTHER DISCIPLINES

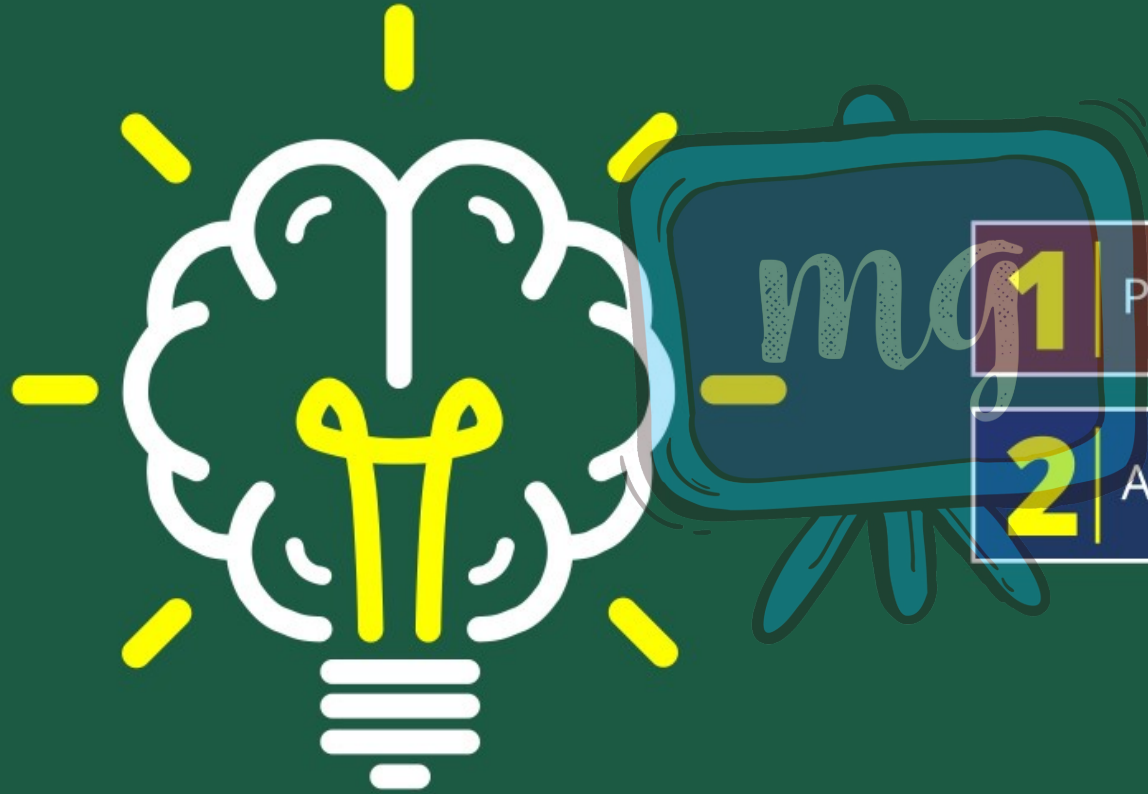
Related Field	Relationship
Biology	Study of <u>brain and behavior</u> (e.g., neuropsychology)
Medicine	Helps in <u>understanding mental illnesses</u>
Sociology	Studies behavior in a <u>social context</u>
Anthropology	Studies <u>cultural impact</u> on behavior
Education	Psychology helps in learning and teaching methods
AI & Computer Science	<u>Cognitive psychology</u> helps develop AI

PSYCHOLOGY IN EVERYDAY LIFE

Helps in improving relationships, learning,
stress management, and decision-making.







1

Psychology as a discipline

2

Application of psychology

1

First psychology laboratory was found
in _____.

- ☐ A America
- ☐ B Russia
- ☐ C Leipzig
- ☐ D None of the above

2

Descartes helped with the development
of psychology.

A	True
B	False

A)