

CLASS – 11

PSYCHOLOGY

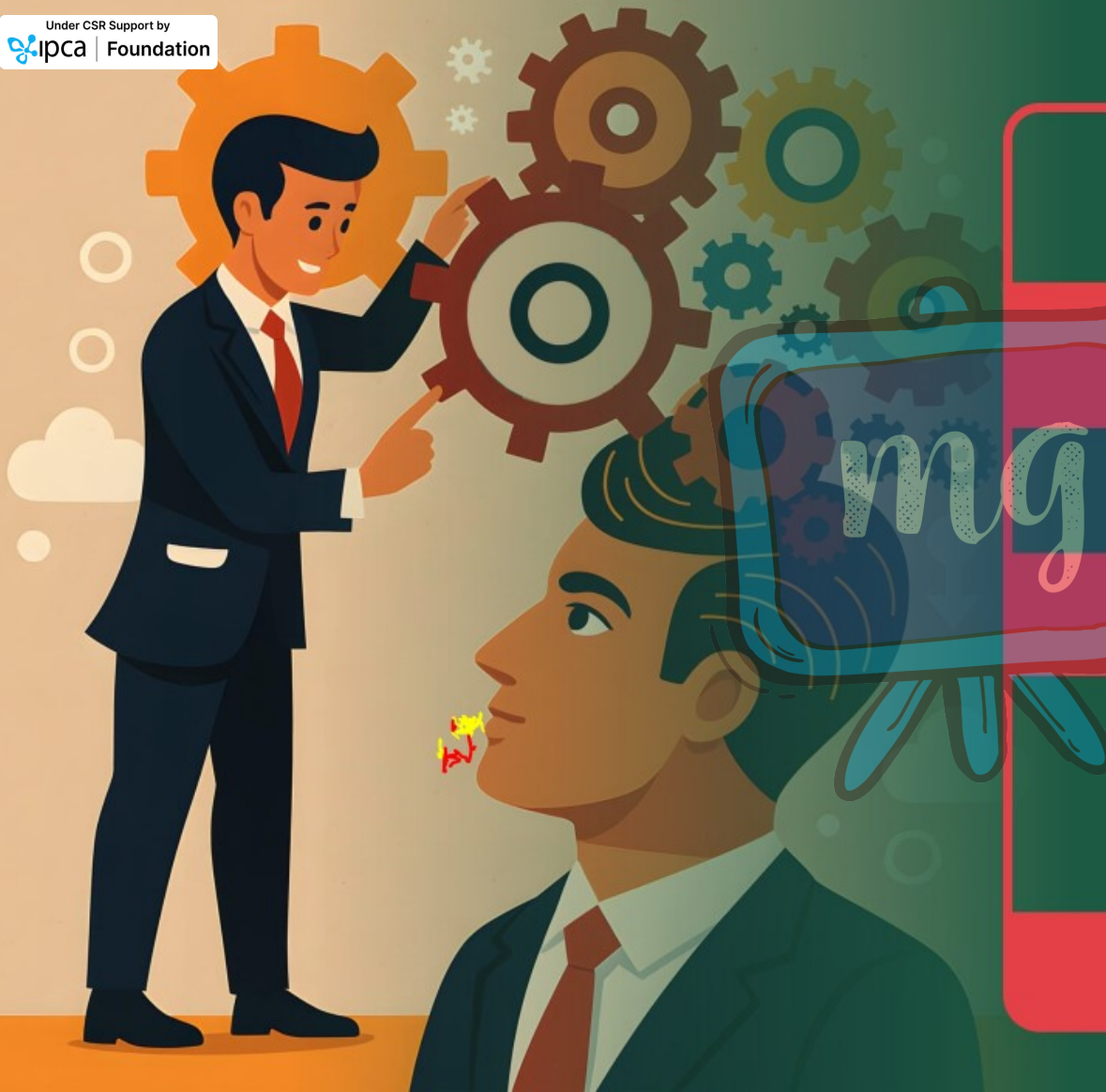
Chapter – 1

What is Psychology?

Part – 1

Introduction

Sonal Koul





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

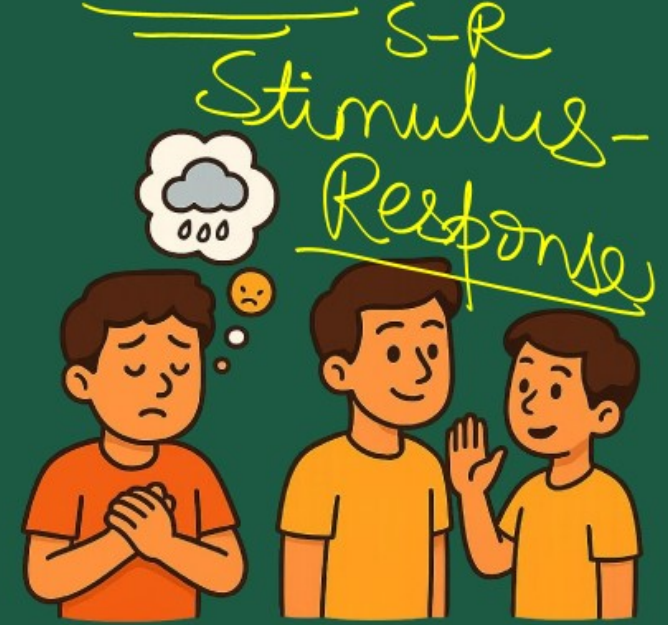


Introduction

- Psychology comes from the Greek words psyche (soul) and logos (study/discourse).
- Earlier, psychology was defined as the study of the soul, then the mind, and now :

COGNITION

- Modern Definition : Psychology is the scientific study of mental processes, subjective experiences, and behavior in different contexts.

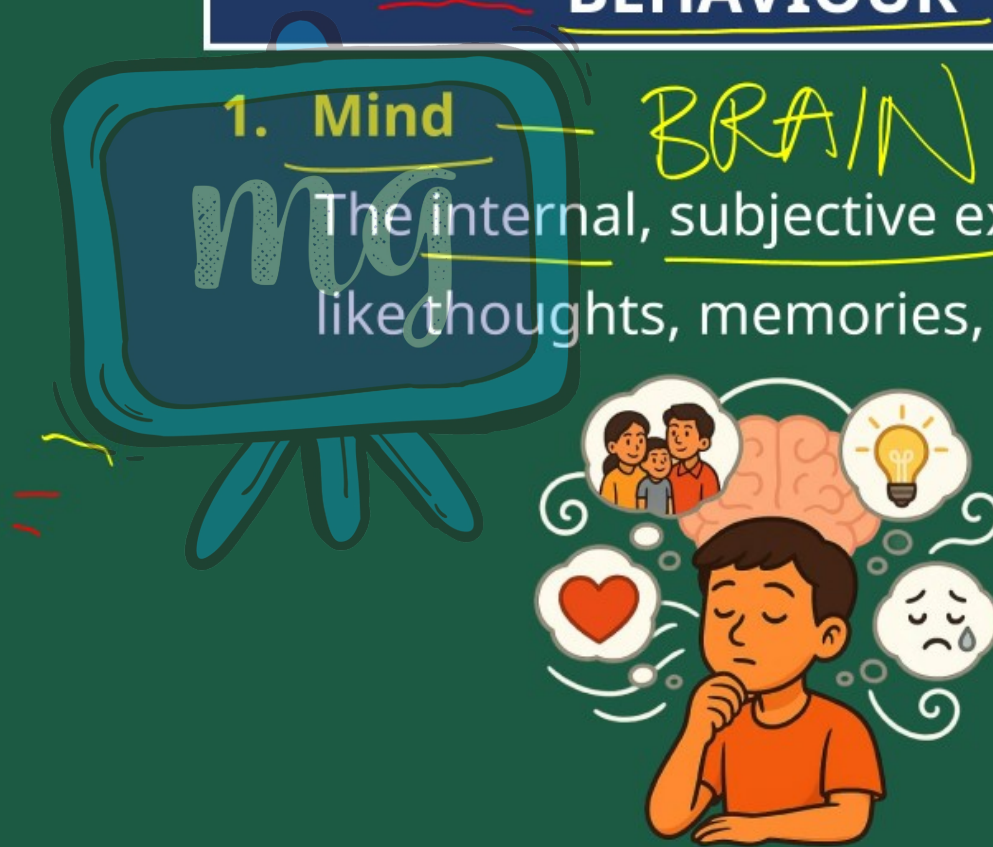


UNDERSTANDING MIND AND BEHAVIOUR

1. Mind

BRAIN

The internal, subjective experiences
like thoughts, memories, emotions.



2. Behaviour — S-R

Any observable and measurable activity of a person.

Example : speaking, writing, smiling, crying, etc.



Psychology focuses on both overt
(observable) and covert (internal)
processes.

O-Outside



POPULAR NOTIONS ABOUT PSYCHOLOGY

- Many people misunderstand psychology, assuming it's just about reading minds.
- It is often confused with psychiatry, spiritualism, or parapsychology.
- Psychology is scientific and based on empirical methods.

WHAT PSYCHOLOGY IS NOT

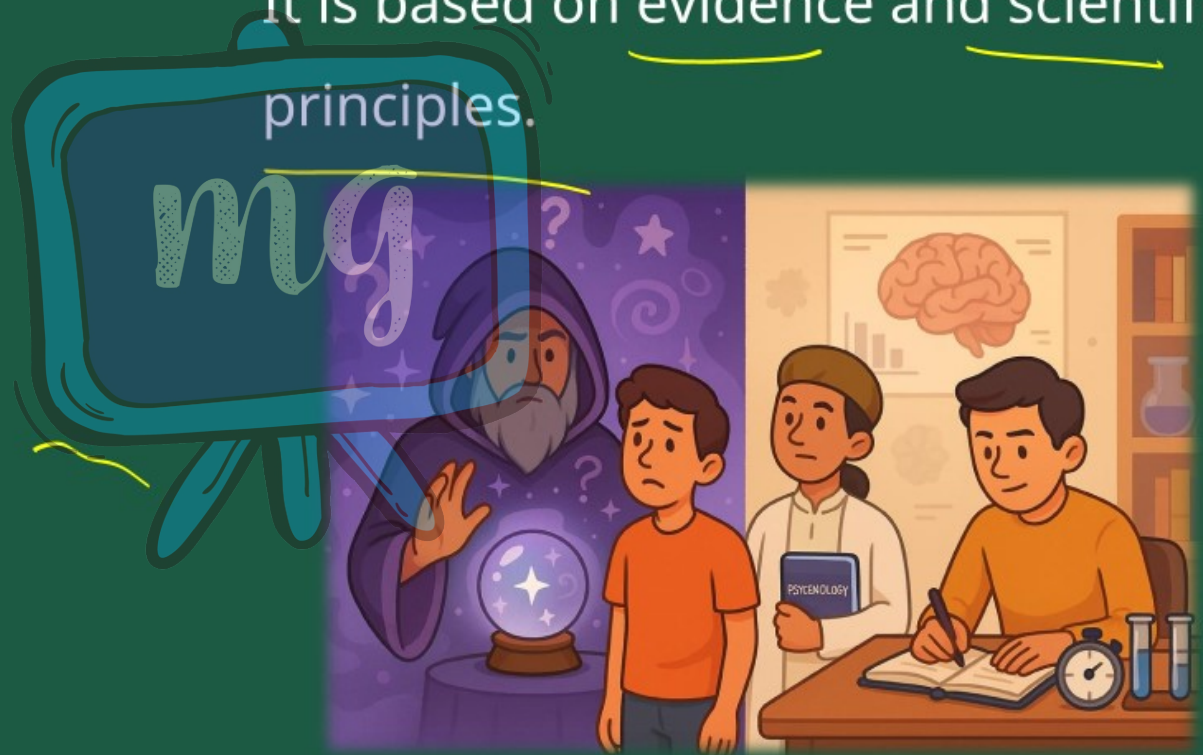
- ❑ **Not just common sense** : Psychology uses systematic observation and experimentation.

Example : Dweck's Study (1975)

- ❑ **Not mind reading** : Psychologists study behaviors to infer mental processes.

➤ Not about supernatural phenomena :

It is based on evidence and scientific
principles.



LEARNING OUTCOMES



1

Introduction to Psychology

2

Mind and Behaviour

3

Notions about Psychology

1

According to Greek language, what does Pscythe means?

- ☐ A Life
- ☐ B Subject
- ☐ C Soul
- ☐ D None of the above

2

Common sense is based on -

A

Science

B

spirituality

C

Hindsight

D

None of the above

3

Behaviours that can be seen or
observed is called covert behaviour.

A True
B False

OUTSIDE

B)

