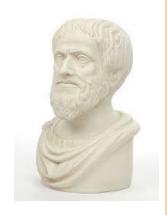


INTRODUCTION PSYCHOLOGY LECTURE 1

Mgr. Tereza Škubalová, Ph.D.

WHAT IS PSYCHOLOGY?

- Originally: "studies of the soul" (Aristotle)
- Psyche (mind/breath/essence) + logos (to study)



WHAT IS PSYCHOLOGY?

scientific study of behavior and mental processes

Aim is to systematically:

- Describe
- Predict
- Understand
- Influence
- Apply

Methods (qualitative/quantitative)

• experiment, observation, interview, questionaire, content analysis, case study

System of psychological disciplines

- 1. basics of psychology (theoretical) general, developmental, social, patopsychology, personality p.
- 2. special zoopsychology, psychometrics, parapsychology, psycholinguistics...
- 3. applied educational, forenzic, health, counselling, work, sport...

BIO-PSYCHO-SOCIAL FRAMEWORK

Psychological

- Personal Identity: Self-Esteem, Self-Acceptance, Personality Temperament, Culture/Gender/Sexual
- Developmental Level (Neurobiological)
- . Emotional Health (Regulation/Tolerance)
- Cognitive Factors: Memory, Thinking, Perceptions, Beliefs, Attitudes and Expectations
- . Behavioral Factors: motivation
- Coping Skills/Strategies: Stress Management, Social Skills, Emotion Regulation, Mental Health Literacy, Mindfulness, Resiliency
- . Sense of Purpose: meaning, spiritual

Biological

- Neurochemistry
- · Genetic predisposition
- Epigenetics
- Medication Side-effects
- Sleep Disturbance
- HPA Axis (Stress Response)
- Fight-Flight Response (Safety)
- · Gut-Brain Axis (Biome)
- · Somatic Illness/Disorder
- Physical Exercise & Nutrition
- Substance Use/Misuse
- Chronic Pain
- Developmental Level (Physical)

Mental Health

Social

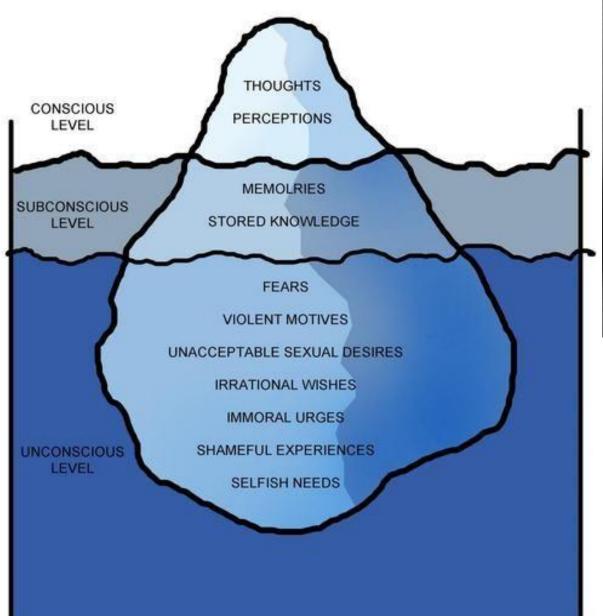
- · Culture/Ethnicity
- · Spiritual/Religious Beliefs
- · Physical Safety
- · Cultural Safety/Racism
- Socioeconomic Status
- · Interpersonal Relationships
- Disability
- Social Support
- · Gender Identity
- Sexual Orientation
- · Family Background (Trauma)
- · Access to Psychological/ Medical Care
- Employment Status
- Environmental Events

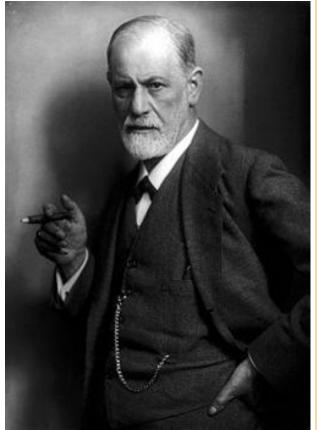
BASIC CONCEPTS

• behavior x conduct

o conscious x subconscious x unconscious mind

Freud's View of the Human Mind: The Mental Iceberg





1856-1939 Sigmund Freud Psychoanalysis

BASIC CONCEPTS

- personality = construct = integrated mental unit
 - unity and structure of its subcomponents
 - uniqueness
 - developmental continuity
 - result of the interaction of the individual and the environment



Brief History

- Era of introspection ancient age, middle ages
- Era of experiments (á la natural sciences) 19th century (Wundt 1st lab)
- Era of cognition and personality 1920 onwards

modern and postmodern psychology (70')

Behaviorism Social constructionism

Gestalt psychology > Cognitive p. Critical psychology

Psychoanalysis > Psychodynamic Narrative psychology