

**PSYCHOLOGY**

**General Psychology**

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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