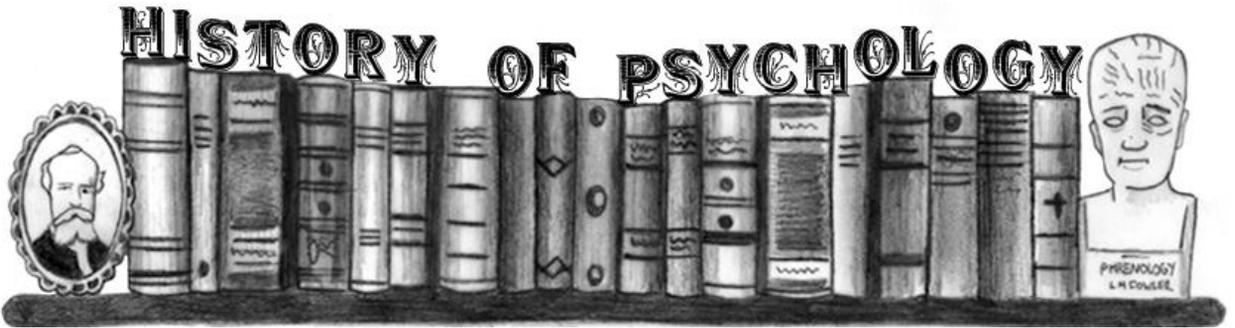


AP Psychology

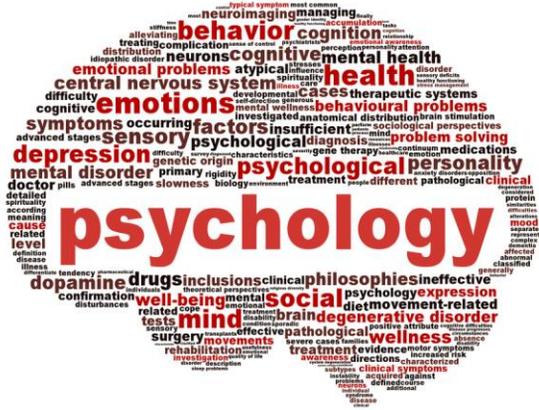


1.1 - Intro & Historical Approaches

Introduction

• What is Psychology?

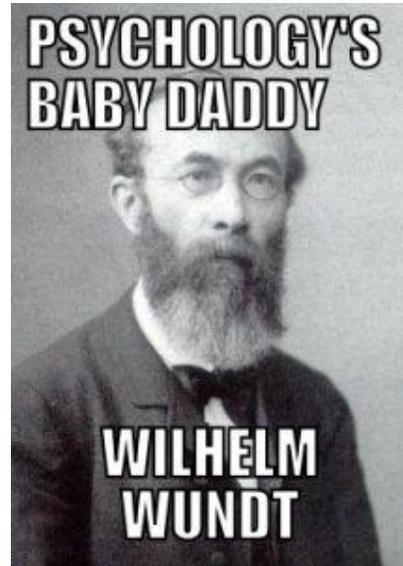
- The scientific study of behavior and mental processes
- Behavior: Any action or reaction of a living organism that can be directly observed
- Mental Processes: Internal processes such as thinking, feeling, and desiring that can only be indirectly observed



Early Approaches

• Wilhelm Wundt (1832-1920)

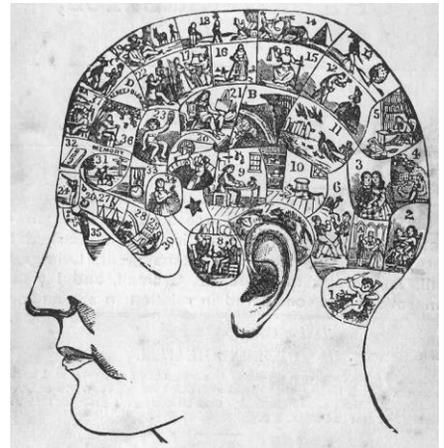
- Conducted studies on the "elements" of consciousness
 - Sensation, Perception, Emotion, etc.
- Pioneered a research method called "Introspection"
 - Subjects reported detailed descriptions of their own conscious mental experiences



Early Approaches

• Structuralism

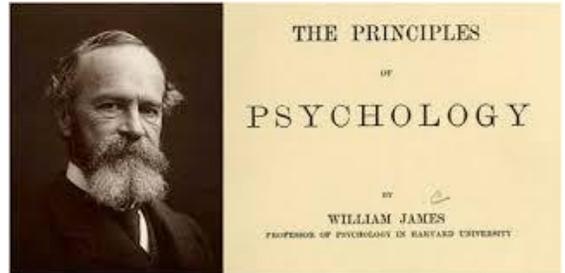
- Edward Titchener (1867-1927) created this approach after being inspired by Wundt's ideas
 - Trained his students to use introspection to identify the most basic components, or structures, of conscious experiences
- Proved to be unreliable for many reasons:
 - Different subjects offered very different introspective findings about the same stimulus
 - Could not be used to study children, animals, or complex topics such as mental disorders



Early Approaches

• Functionalism

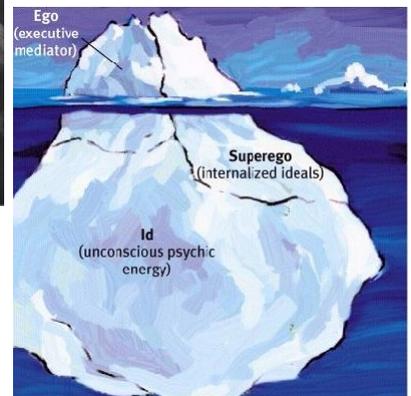
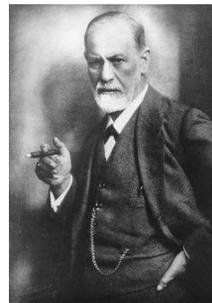
- Led by William James (1842-1910)
 - First American psychologist
- Emphasized studying the purpose, or function, of behavior and mental experiences
- Rejected the introspective method of gathering information
 - Example: Instead of asking subjects to describe the emotion of fear, Functionalists studied how fear enables people and animals to adapt to their environment



Early Approaches

• Psychoanalysis

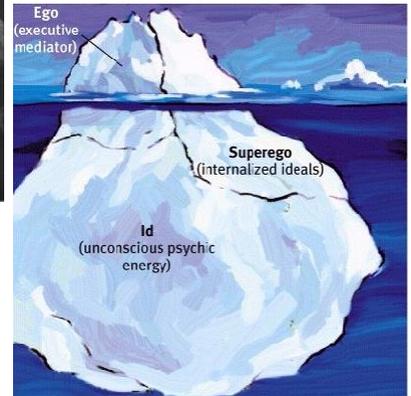
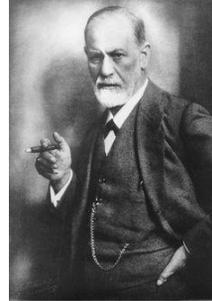
- Developed by Sigmund Freud (1856-1939)
- Rather than conscious experiences, Freud emphasized the role of the unconscious conflicts in determining behavior and personality
- Focused attention on conflicts between accepted social norms of behavior and unconscious sexual and aggressive impulses



Early Approaches

• Psychoanalysis

- Freud believed certain experiences provided glimpses into the unconscious mind
 - Examples:
 - Dreams
 - "Slips" of the Tongue
 - Memory Blocks
- Modern Psychodynamic Approach incorporates many of Freud's theories



Early Approaches

• Gestalt

- Focused on "Perceptual Wholes" rather than elements that could be analyzed separately
- Gestalt theories and methodologies are used to explain perceptual organization

