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Introduction to Psychology

Presented By :

Cybelle Alexis Gayeta, Rpm, CHRA

Objectives

By the end of this lesson, the students should be able to:

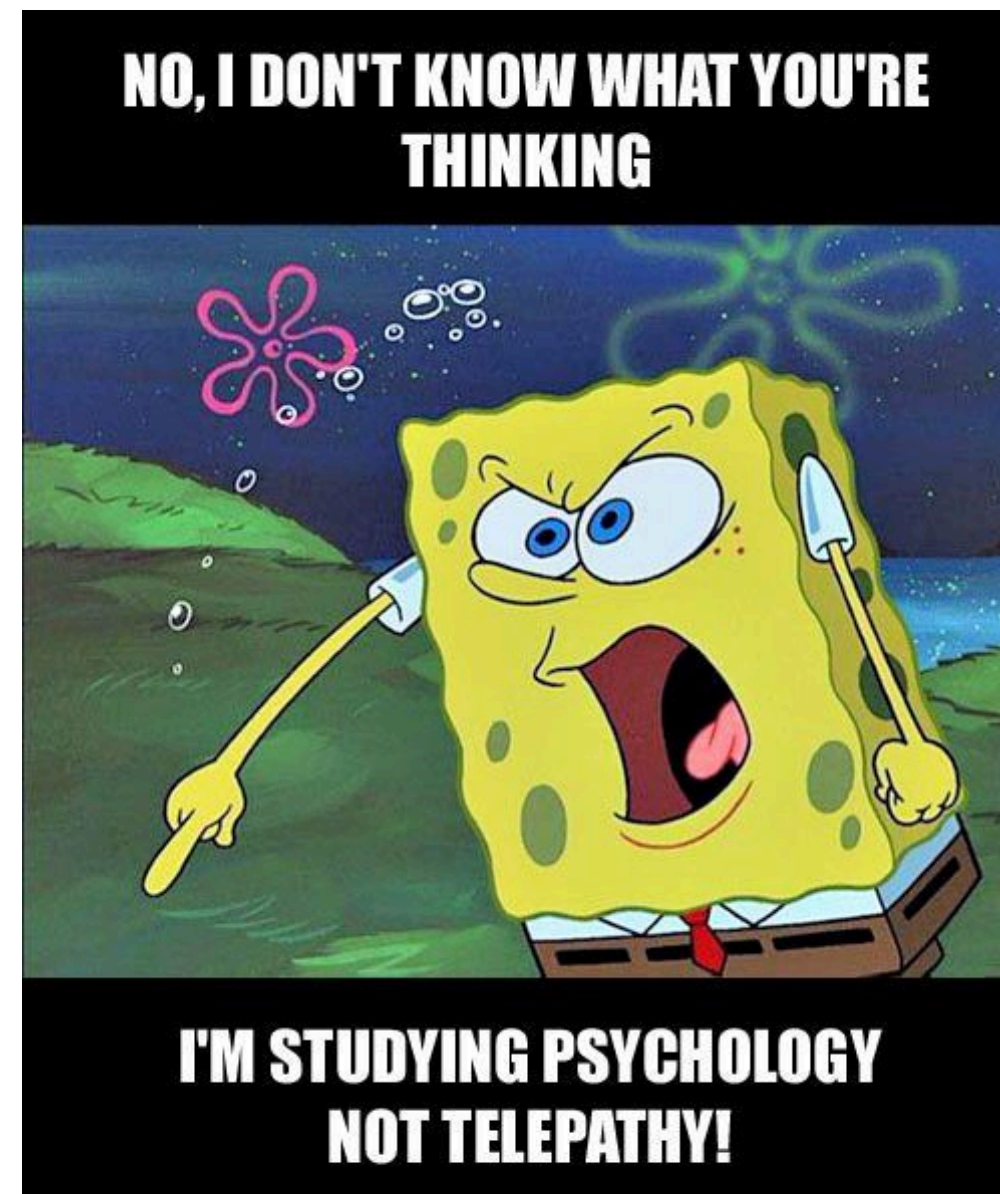
1. Define psychology as a scientific discipline concerned with behavior and mental processes.
2. Differentiate scientific psychology from popular psychology.
3. Explain the goals of psychology.
4. Recognize the relevance of psychology in daily life, personal growth, and various professions.
5. Reflect on their personal reasons for studying psychology and how it relates to their goals as students.



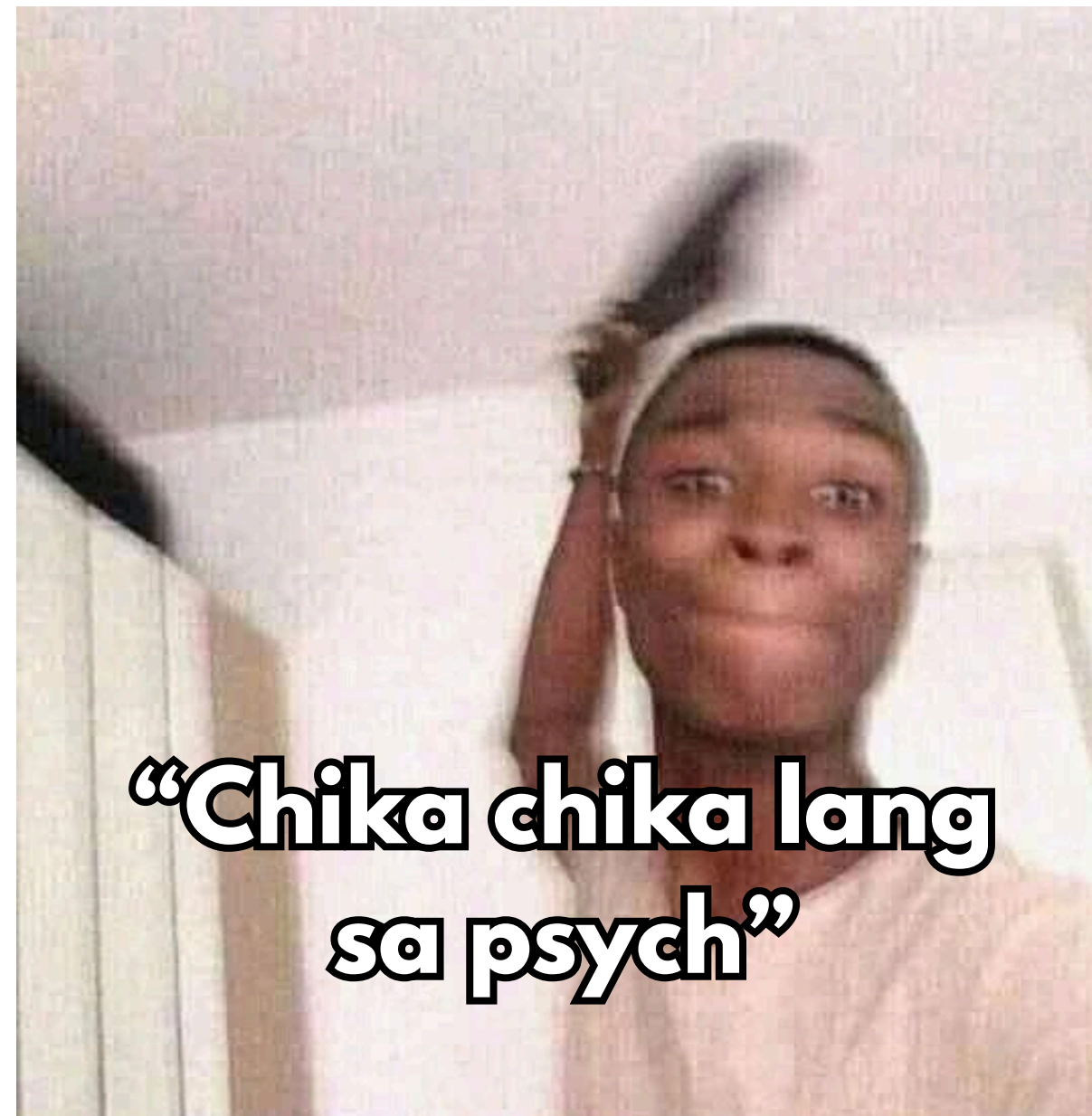
“Walang math sa psychology”



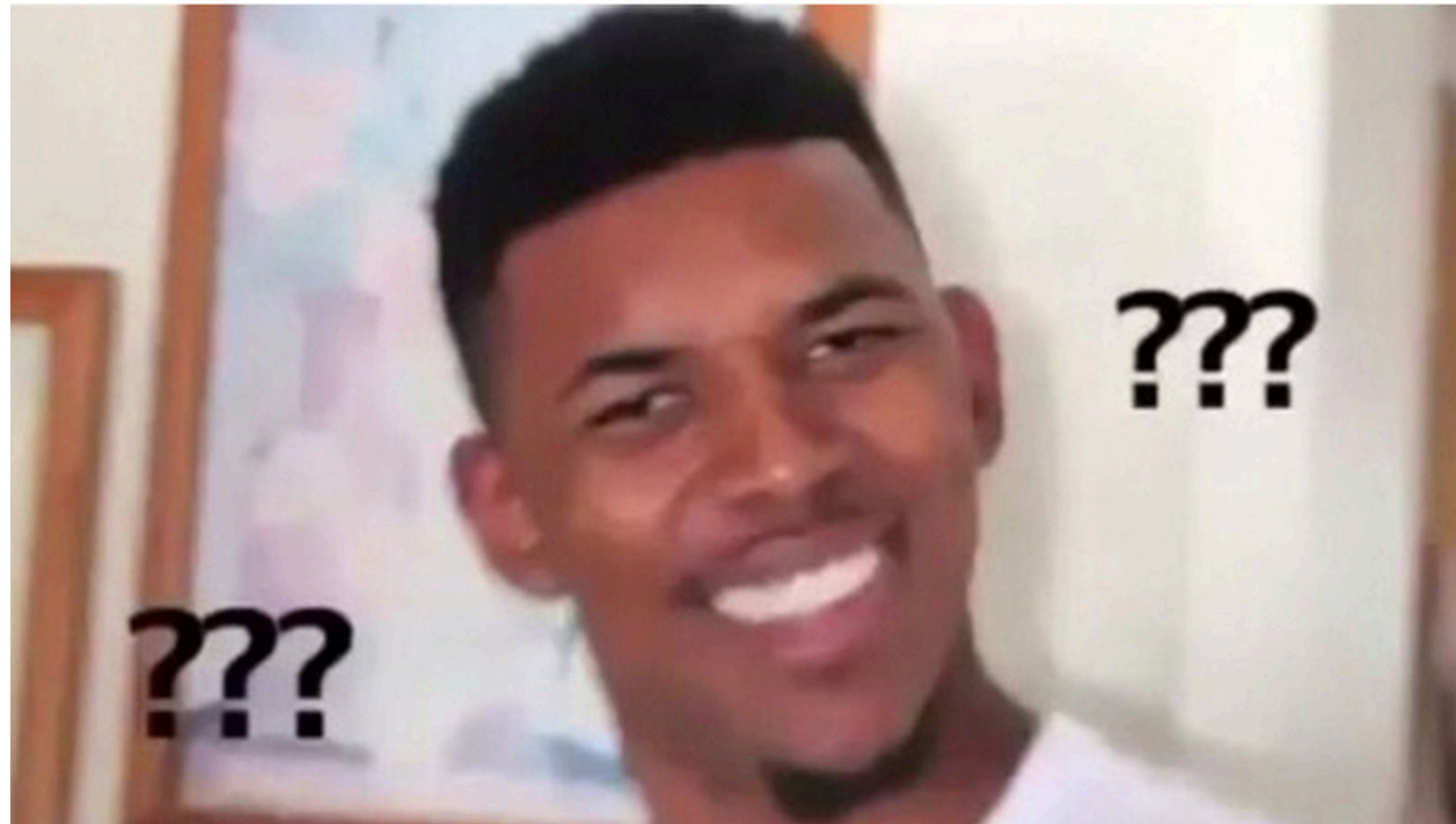
“Psychology student Ka?
Sige nga, basahin mo isip Ko.”

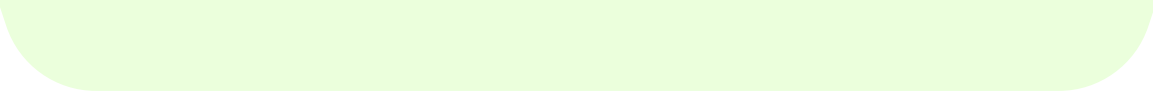


“Madali lang ang
Psychology. Puro
paKiKinig at advice lang”

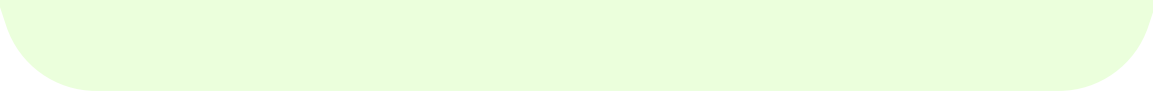


“Para lang 'yan sa mga
baliw”





Psychology or Not?

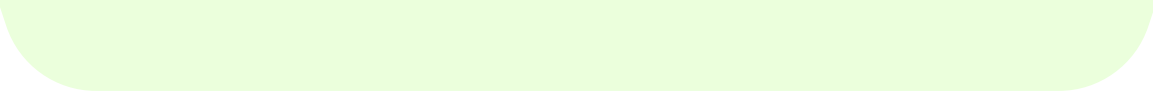


Psychology or Not?

Reading horoscopes

Not Psychology

Reading horoscopes

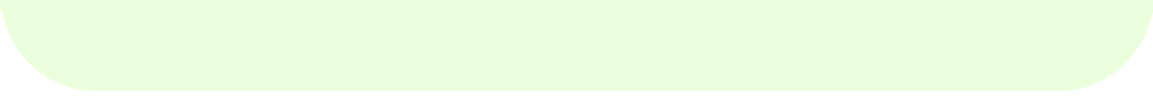


Psychology or Not?

IQ Testing

Psychology

IQ Testing

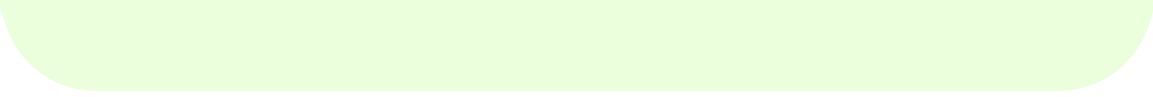


Psychology or Not?

Dream Interpretation

Not Psychology

Dream Interpretation

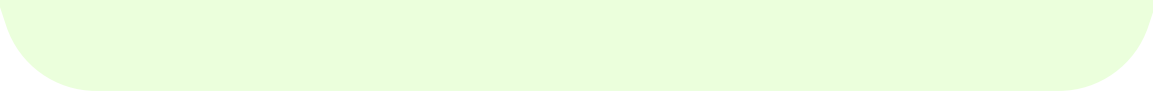


Psychology or Not?

Palm Reading

Not Psychology

Palm Reading



Psychology or Not?

Brain Imaging

Psychology

Brain Imaging



Can you recall a time when you tried
to understand someone's behavior?
What did you do?

Psychology

- derives from the greek roots **psyche**, meaning “soul” or “mind,” and **logos**, meaning “word”
- scientific study of thought and behavior.

Psychology shifted its focus to behavior to make the discipline more scientific and evidence-based.

- The mind cannot be directly observed. Since scientific research relies on observable evidence, psychologists needed a more measurable subject of study > **Behavior.**



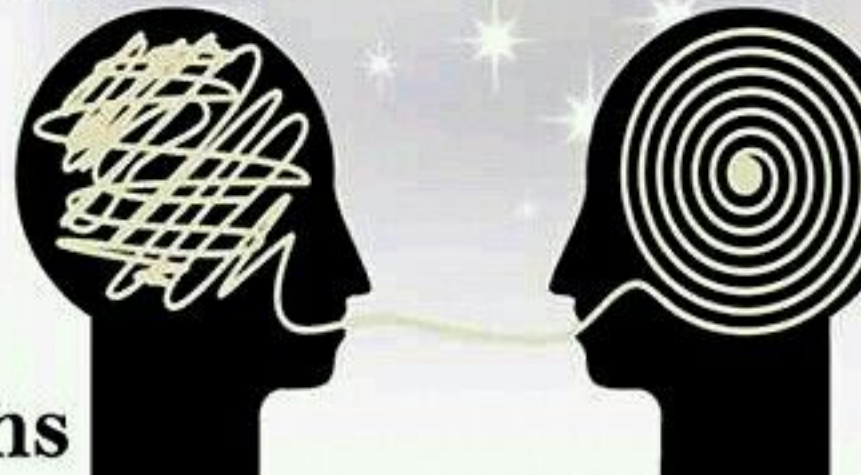
You will learn to understand many aspects of behavior, but you will gain no dazzling_powers.

Psychology is both a **science and a clinical practice**. Practicing psychologists work in places like clinics, schools, and businesses to diagnose and treat behavior and thought problems. People often assume all psychologists are therapists, constantly analyzing others, but **that's just one part of the field**.



Psychology Says

Usually the people
with the
best advice
are the ones
with
the
most
problems

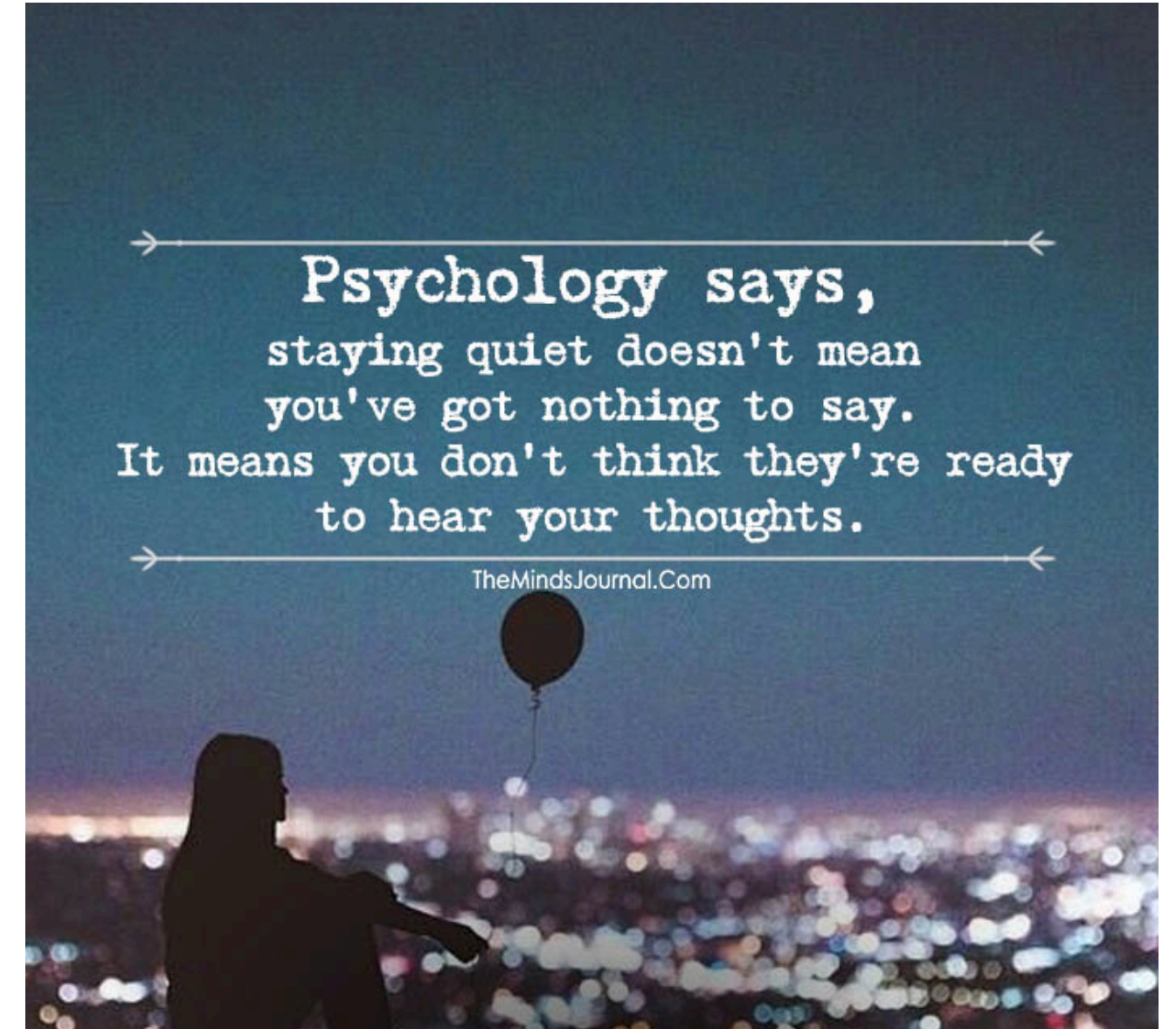


Psychology says, the
lyrics in your favourite
song express
everything that you
struggle to say or
express to others.

iQuote

→ ————— ←
Psychology says,
staying quiet doesn't mean
you've got nothing to say.
It means you don't think they're ready
to hear your thoughts.

TheMindsJournal.Com



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Pop Psychology vs. Scientific Psychology

Pop psychology can be found in homes, media, and online. What sets it apart from scientific psychology is the **method**.

- **Pop psychology** often relies on common sense
- **Scientific psychology** uses research-based methods to study and treat behavior and mental processes.



"First impressions are always correct."

"Opposites always attract."

"IQ determines success in life."

"You can accurately tell if someone is lying just by looking at their eyes or body language."

"People with mental illness are usually violent."

Pop Psychology vs. Scientific Psychology

Scientific Psychology	Pop Psychology
Based on systematic research and the scientific method	Based on opinions, trends, or "common sense"
Conducted by trained professionals	Commonly found in social media, talk shows, blogs, and popular media
Uses experiments, observation, and data analysis	Relies on personal anecdotes, testimonials, or catchy claims
Findings are peer-reviewed, evidence-based, and replicable	Often lacks scientific evidence and may be misleading

Scientific psychology seeks truth through scientific evidence and systematic research, whereas pop psychology often oversimplifies or misrepresents psychological science by relying on opinions, trends, or unsupported claims.

Goals of Psychology

Psychology has four main goals that guide how we understand and influence behavior:



Describe

Observe and accurately name behaviors or mental processes.

Predict

Anticipate when and under what conditions the behavior will occur again.

Explain

Understand why the behavior happens

Control or Change

Use psychological knowledge to influence or modify behavior in helpful ways



Every time John, a Grade 12 student, is asked to give an oral presentation, he trembles, sweats, avoids eye contact, and sometimes asks to leave the classroom.

What is happening?
What will likely happen next?
Why is this happening?
How can we help improve the behavior?

Psychology in the Real World



- Many people view psychology only as a clinical practice, influenced by popular media. In reality, **psychology is a core science**– like chemistry or medicine– **with methods grounded in research. People often study psychology to fulfill requirements, out of curiosity, or because it's useful in many fields.**
- Psychology helps us **understand behavior from multiple perspectives.** Studying psychology improves your **understanding of yourself and others**, which can be valuable in careers and everyday relationships.
- From birth, we are social beings wired to connect. **Psychology, as you'll learn, is a broad field that may intersect with your own passions and goals.**



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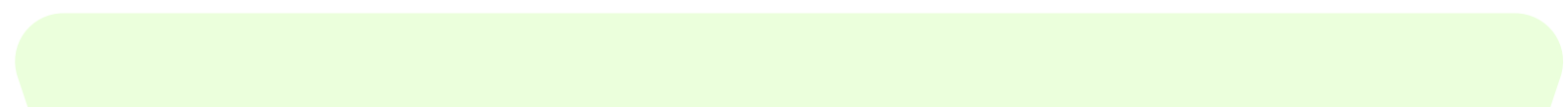
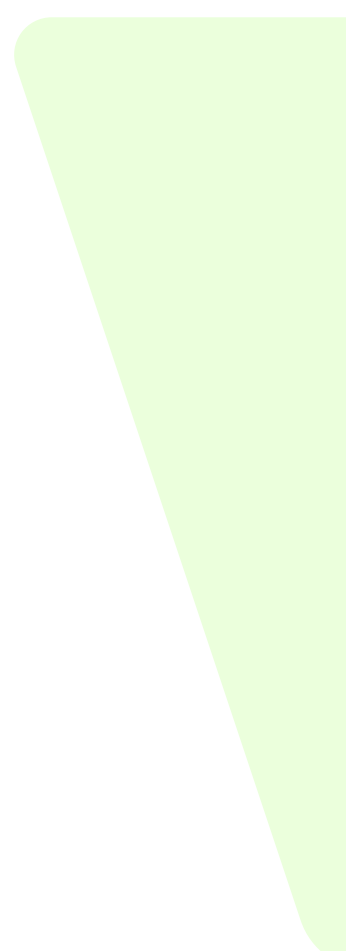
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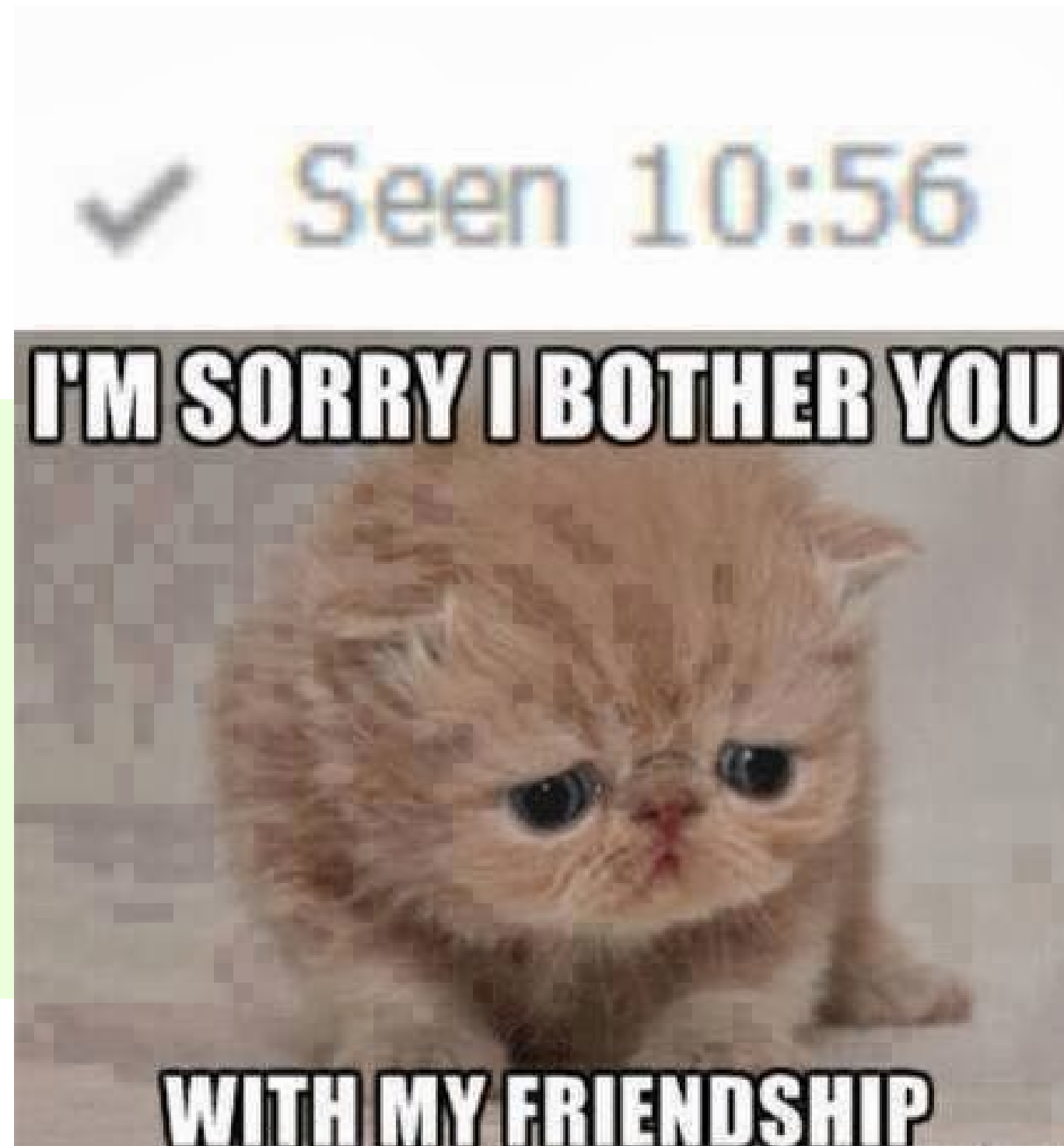
Why is Psychology Relevant?



Why is Psychology Relevant?

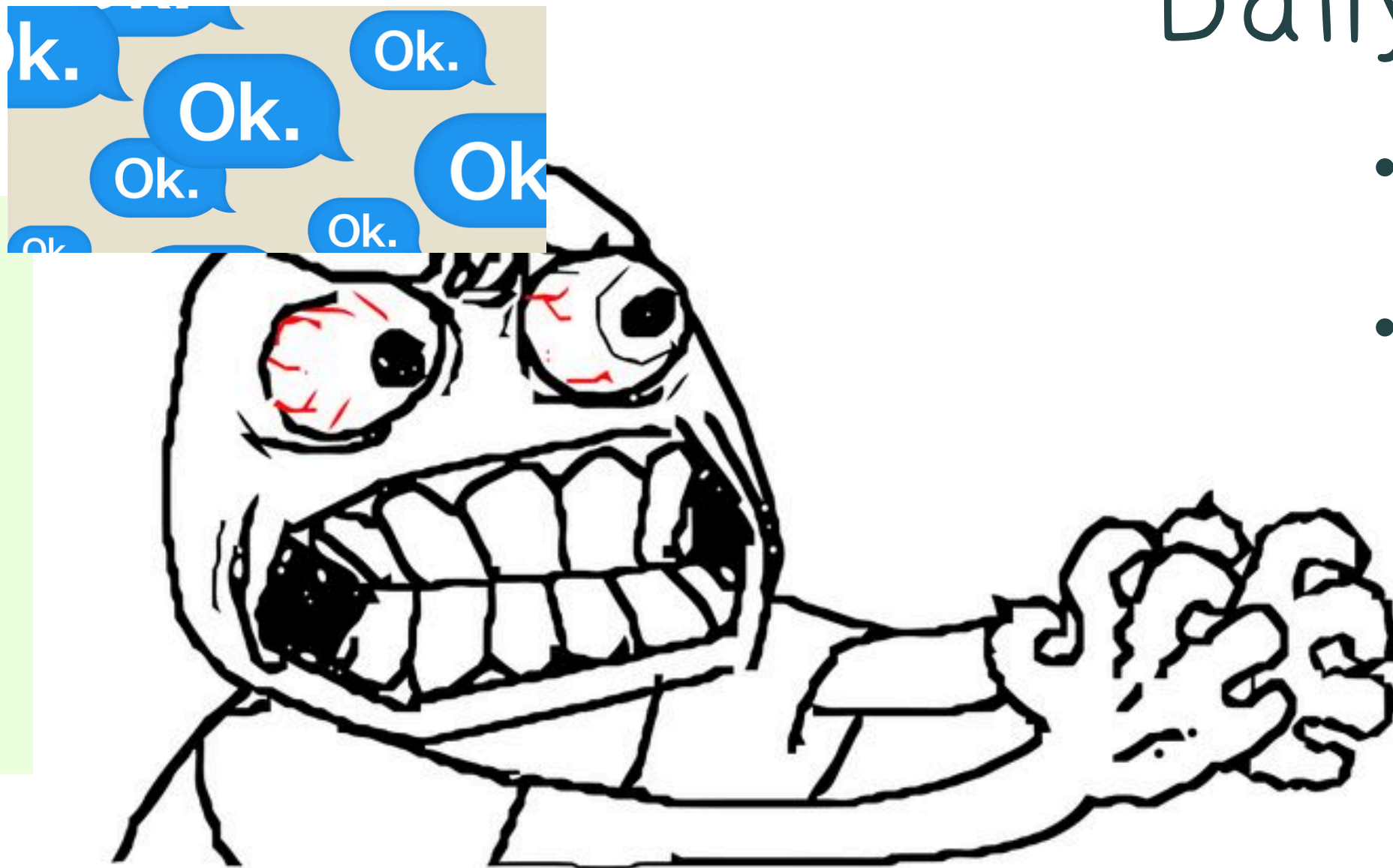
Daily Life

- Helps us understand our own emotions, motivations, and behaviors.



Why is Psychology Relevant? Daily Life

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- Improves interpersonal relationships by helping us better understand others



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- Guides better decision-making by recognizing biases and thought patterns



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- Enhances communication skills by increasing awareness of verbal and nonverbal cues



Why is Psychology Relevant? Daily Life

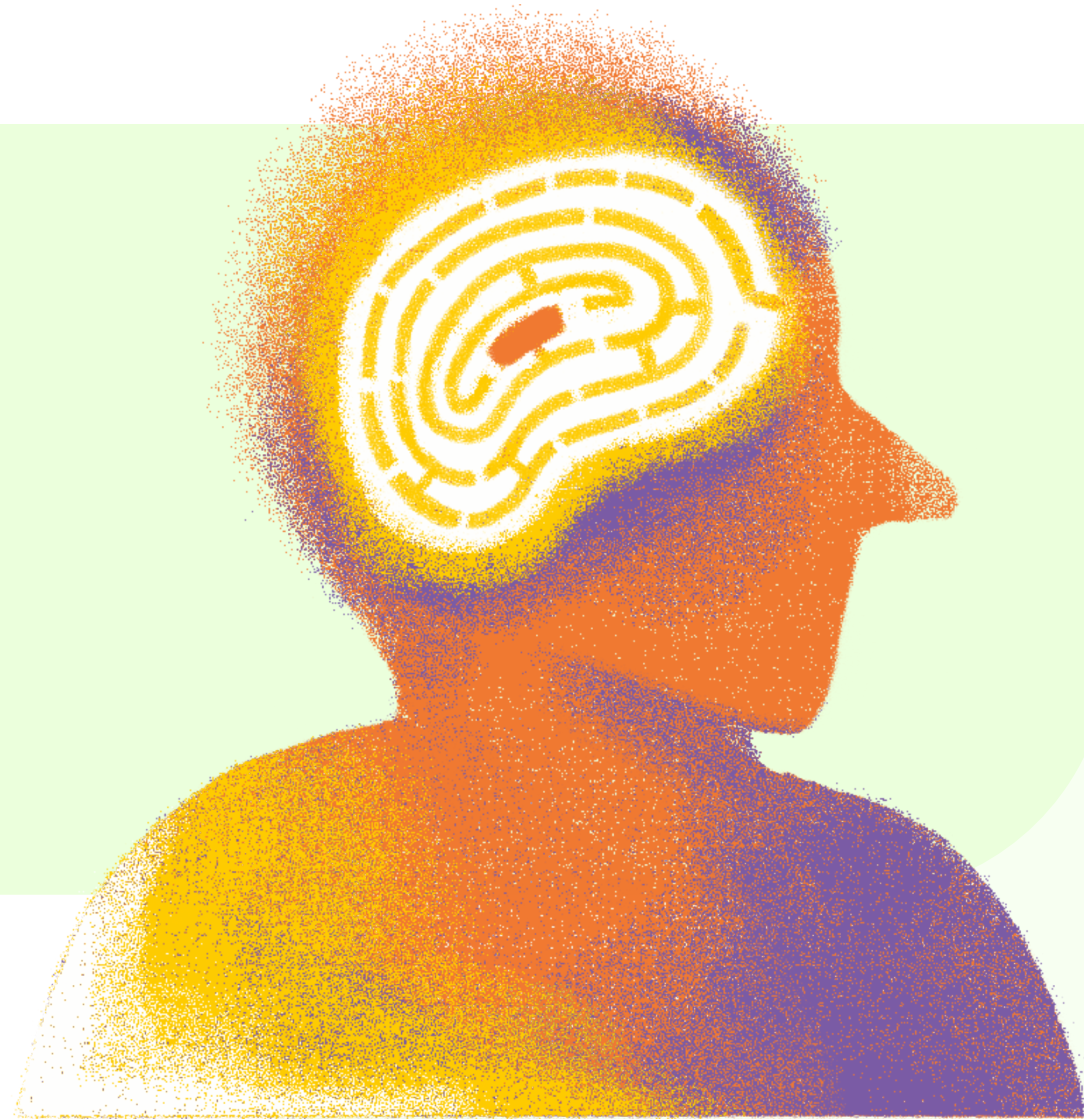


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- Improves interpersonal relationships by helping us better understand others
- Guides better decision-making by recognizing biases and thought patterns
- Enhances communication skills by increasing awareness of verbal and nonverbal cues
- Promotes mental well-being by encouraging healthy coping strategies.



Why is Psychology Relevant?

Personal Growth



- Develops **emotional intelligence** - the ability to recognize and regulate emotions
- Aids in stress and time management using **cognitive and behavioral tools**
- Encourages **self-reflection and self-awareness**, crucial for personal development
- Fosters **empathy and perspective-taking**, improving our interactions with others.
- Strengthens **resilience** by understanding how we adapt to challenges.



Why is Psychology Relevant?

Career Relevance

- Psychology knowledge is valuable in many professions:
 - Health Sciences
 - Education
 - Business and Management
 - Law and Criminology
 - Research and Academia
 - Arts and Media



Psychology is not only for psychologists. It's for anyone who works with people—and that's almost every profession.

Whether you're treating patients, teaching students, managing employees, interviewing witnesses, conducting research, or creating content, understanding how people think, feel, and behave will make you more effective in your career

