

Unit 1 - Foundations Of Psychology

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→ 1.1 Basics of Psychology ←

☆ Psychology is the scientific study of human behaviour and mental processes.

✓ Scientific Study

- Empirical
- Tested data
- Objective : i.e. not based on opinions/biases
- Research
- Ever evolving, long term, detailed and elaborate

✓ Behaviour

- Overt / observable
- Tangible & measurable

✓ Mental Processes

- Covert / Covered
- Can be only inferred not seen or observed. Inferences may not always be accurate.

*Always be a keen observer

☆ Subject matter of psychology

→ aspects explored in psychology

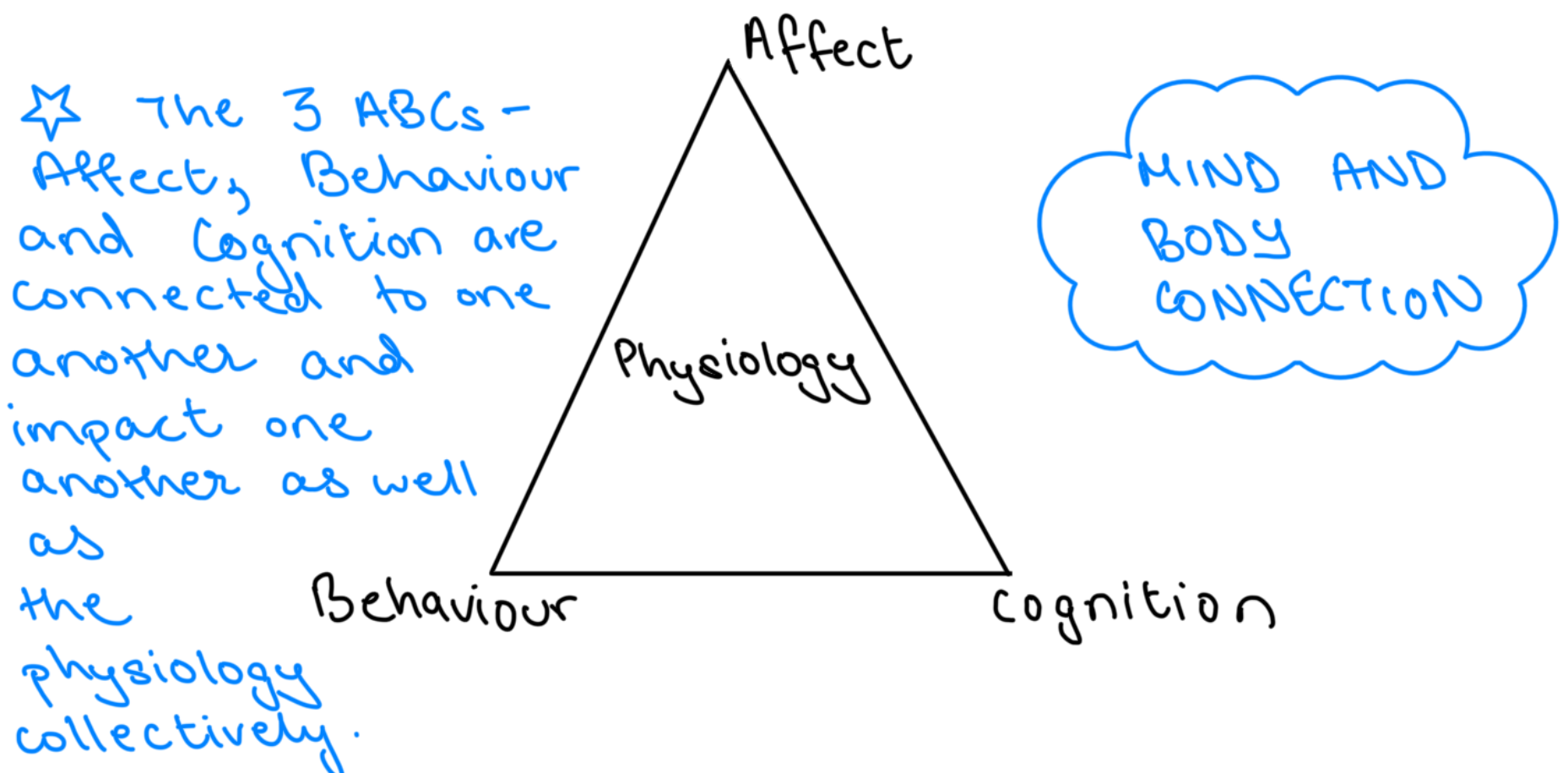
(1) **AFFECT** : A physiological feeling of something positive or negative, that when identified becomes an emotion. Example: Butterflies in the stomach is an affect, Love is an emotion.

(2) **BEHAVIOUR**

(3) **COGNITION** : (to cognize) to interpret or comprehend.

(4) **PHYSIOLOGY** : Bodily reaction to the ABC. Our body and hormones react in different ways to various ABCs.

(5) **SOCIETY/CULTURE ENVIRONMENT**





WHY STUDY PSYCHOLOGY ?

Better understanding self and people (not self diagnosis!)

Brain-body connection

Improve learning abilities and memory

Cope with stresses of life

Promotes critical thinking
