

Introduction of Psychology

Tutorial 3 Perspectives in Psychology



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1. What is the modern definition of psychology?

Psychology is the scientific study of behavior and mental processes, encompassing not just what people do but their biological activities, feelings, perceptions, memory, reasoning, and thoughts (Feldman, 2006: 5)

2. What are the four goals of the science of psychology?

- Describe
- Predict
- Understand
- Influence

(Lahley, 2002: 5)

6. For solving a serious social problem in Hong Kong, which psychological perspective(s) that you think can be used? Please illustrate.

Perspective	View
Biological	Human and animal behaviour is the result of internal physical, chemical, and biological processes.
Behaviourism	Behaviour is shaped and controlled by one's environment.
Psychoanalytic	Behaviour is directed by forces within one's personality which are often hidden or unconscious

Perspective	View
Humanistic	Behaviour is guided by one's self-image, by subjective perceptions of the world, and by needs for personal growth.
Cognitive	Much human behaviour can be understood in terms of the mental processing of information.

4. What are the five perspectives in contemporary psychology? Who are the significant psychologists for each perspectives?

- Neuroscience (Santiago Ramón y Cajal)
- Psychodynamic (Sigmund Freud, Carl Jung)
- Behavioral (Ivan Pavlov, John B. Watson, B. F. Skinner)
- Cognitive (Mary Calkins)
- Humanistic (Carl Rogers, Abraham Maslow)

(Feldman, 2006: 19)

5. Each founder of psychology focused on a different aspect of behavior and mental processes. If you had been one of the founders, on what topic do you think you would have focused? (Lahley, 2002: 12)

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