

**Welcome to N1 Psychology!**



# N1 Psychology Course Orientation

Asst. Prof. Maria Angela A. Mabale, MA, RN

## INTRODUCTORY ACTIVITY



What do you usually do when you are happy?

- Celebrate with family/friends
- Express messages of gratitude
- Actively pursue goals
- Treat self with food/ things that I love
- Give or share to others
- Others

## How do you handle sadness?

- Isolate self from others/ withdraw from people
- Talk with close friends/ family
- Divert attention through movies, music, etc.
- Journal writing
- Meditation/ Prayer
- Exercise
- Others

## What is the meaning of love for you?

- Love is complete acceptance
- Love is selfless
- To live in the moment is to love
- Love is a decision
- Love is patient and kind
- None of the above

## What makes you angry?

- Disrespect
- Lack of integrity/ Dishonesty
- Aggression
- When things did not go as planned
- Relational conflicts/ misunderstandings
- Others

## What makes you feel hopeful everyday?

- Positive thoughts / Looking at obstacles as a sign of hope
- People who support you
- Prayer/ faith
- Focusing on things that are within your control
- Enjoying the process/ "One step at a time"
- Others

## Breakout Session (20 minutes)

Complete the following statements:



- Through the activity, I discovered that I am...
- For this N1 Psychology portion, I look forward to...

## Welcome to N1 Psychology!



## The Nature of Psychology

- Why are some individuals shy and others outgoing?
- What causes people to become attracted to one another?
- Can we predict the relationships that will last?
- Why is it that we remember a first date from long ago yet forget information during a test that we studied for only hours before?

## Introduction to Psychology

Asst. Prof. Maria Angela A. Mabale, MA, RN

## Psychology as the scientific study of **behavior** and the **mind**

Behavior refers to **actions and responses** that we can directly observe



Mind refers to **internal states and processes** (such as thoughts and feelings) that must be inferred from observable, measurable responses

As a science, psychology has five central goals:

1. To **describe** how people and other species behave
2. To **understand** the causes of these behaviors
3. To **predict** how people and animals will behave under certain conditions
4. To **influence** behavior through the control of its causes
5. To **apply psychological knowledge** in ways that enhance human welfare

## CRITICAL THINKING



- Critical thinking involves **taking an active role** in understanding the world around you rather than merely receiving information.
- It's important to reflect on **what the information means, how it fits in** with your experiences, and its **implications** for your life and society. It also means **evaluating the validity** of something presented to you as fact.

## CRITICAL THINKING



- What are you asking me to believe?
- How do you know? What is the evidence?
- Are there other possible explanations?
- What is the most reasonable conclusion?

## Psychology as a basic and applied science

- **Basic research** – reflects the quest for knowledge purely for its own sake
- **Applied research** – designed to solve specific practical problems



## Psychological Research

- Curiosity, skepticism, and open-mindedness are key scientific attitudes. The scientific process proceeds through several steps:
  1. Identifying a question of interest
  2. Formulating a tentative explanation and testable hypothesis
  3. Conducting research to test hypothesis
  4. Analyzing the data, drawing a tentative conclusion, and reporting one's findings to the scientific community, and
  5. Building a body of knowledge by asking further questions, conducting more research, and developing and testing theories.

## Psychological Research

- In everyday life, we typically use hindsight to explain behavior. Hindsight is flawed because there may be many possible explanations and no way to assess which is correct. Psychologists prefer to test their understanding through prediction, control and theory building.
- A good theory organizes own facts, gives rise to additional hypotheses that are testable, is supported by the findings of new research and is parsimonious
- To measure behavior, psychologists obtain people's self-reports and reports from others who know the participants, directly observe behavior, use unobtrusive measures, analyze archival data, administer psychological tests, and measure physiological responses.

## Levels of Analysis:

### Biological level

(brain processes, genetic influences)

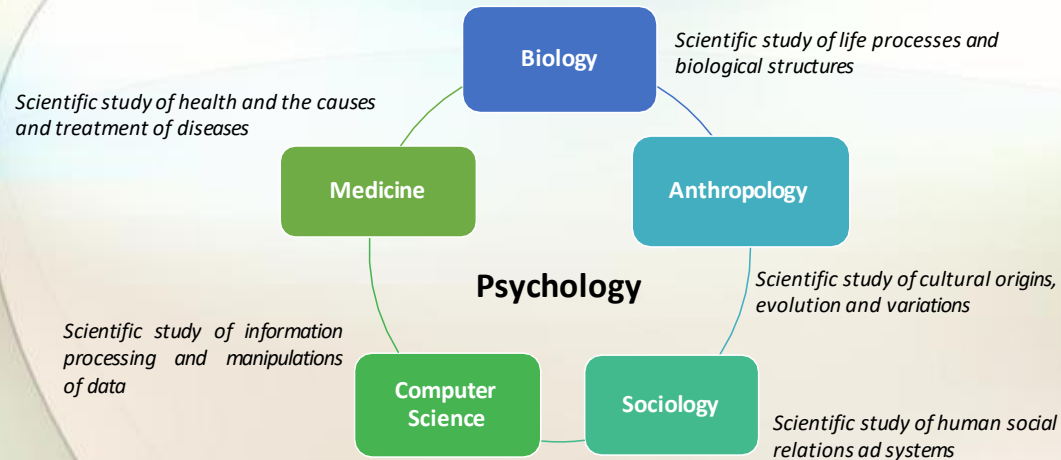
### Psychological level

(thoughts, feelings and motives)

### Environmental level

(past and current physical and social environments to which we are exposed)

## Psychology as a scientific hub



## Major Perspectives on Human Behavior



## Psychodynamic Perspective

- Unconscious motives, conflicts and defense mechanisms that influence our personality and behavior
- **Freud** emphasized how unconscious sexual and aggressive impulses and childhood experiences shape personality
- Focus on how early family relationships and our sense of self unconsciously influence our current behavior



## Behavioral Perspective



- Emphasizes how the external environment and learning shape behavior
- Behaviorists such as **Watson and Skinner** believed that psychology should only study observable stimuli and responses, not unobservable mental processes
- Behaviorists discovered basic laws of learning through controlled research with laboratory animals and applied these principles to enhance human welfare.

## Humanistic Perspective

- Emphasizes personal freedom and choice, psychological growth, and self actualization.
- Humanism has contributed to research on the self, the process of psychotherapy, and today's positive psychology movement.



## Cognitive Perspective

- Views human as information processors who think, judge and solve problems
- Its roots lie in the early school of structuralism, functionalism, and Gestalt psychology.
- Cognitive neuroscience examines the brain processes that occur as people perform mental tasks.
- Social constructivism maintains that much of what we call reality is a creation of our own mental processes.



## Sociocultural Perspective

- Examines how the social environment and cultural learning influence behavior and thoughts
- Cultural psychologists study how culture is transmitted to its members and examine similarities and differences among people from various cultures.
- An orientation toward individualism versus collectivism represents one of many ways in which cultures vary.



## Biological Perspective

- With roots in physiology, medicine, and Darwin's theory of evolution, the biological perspective examines how bodily functions regulate behavior.
- Behavioral neuroscientists study brain and hormonal processes that underlie our behavior, sensations, emotions and thoughts.
- Behavior geneticists study how behavior is influenced by our genetic inheritance.

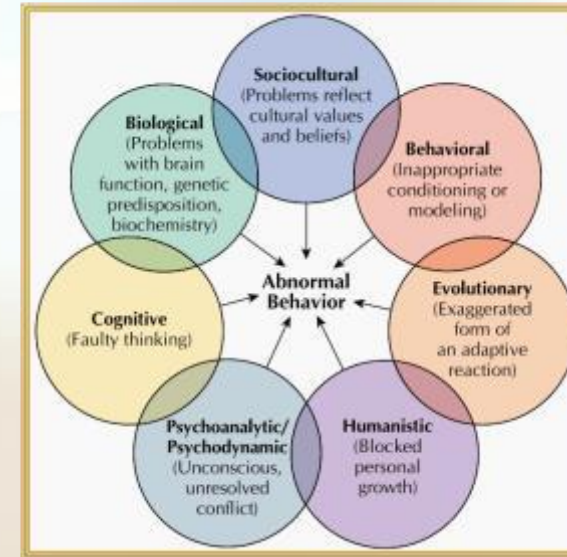


## Evolutionary Perspective

- Examine the adaptive functions of behaviors and seek to explain how evolution has biologically predisposed modern humans toward certain ways of behaving
- Behavior is strongly influenced by inherited factors, are kept and passed on from one generation to the next



## How to integrate the perspectives?



## Example of level of analysis framework: Depression

- **Biochemical** – neurotransmitter systems do not operate normally (antidepressants)
- **Evolutionary** – the psychological and physical ability to withdraw and conserve one's resources was undoubtedly the most adaptive defense against an environmental stressor such as unavoidable defeat and personal loss – this perspective views depression as an exaggerated form of this withdrawal process
- **Psychological** – pessimist thinking style – blaming themselves for negative things and taking little credit for the good things; perfectionist expectations
- **Psychodynamic** – severe losses, rejections or traumas in childhood create a personality style that causes people to overreact to setbacks, setting the stage for future depression
- **Environmental** – behaviorists propose that depression is a reaction to non-rewarding environment.

## Summary:

- As a science, psychology is **empirical**. It favors direct observation over pure intuition or reasoning as means of attaining knowledge about behavior
- Although committed to studying behavior objectively, psychologists recognize that our personal experience of the world is **subjective**.





## Summary:

- Behavior is determined by **multiple causal factors**, including our biological environment (nature), the environment and our past learning experiences (Nurture), and psychological factors that include our thoughts and motives



## Summary:

- Behavior is a means of **adapting** to environmental demands; capacities have evolved during each species' history because they facilitated adaptation and survival.
- Behavior and cognitive processes are affected by the **social and cultural environments** in which we develop and live.



**Thank you!**

## LIGHT UP DISCUSSION FORUM

- This will be our break room for this portion of the course. Here, you are encouraged to post anything that is non-ACADEMIC per week.
- You can also post pictures/ videos, really anything-- in English or Tagalog!
- Feel free to react to your classmate's posts as well.
- This will be an opportunity for virtual *kuwentuhan* that sometimes we are missing because of remote learning set-up. Enjoy!

## Activity 1: Self Awareness Exercise

1. What preoccupies your mind right now? Why?
2. What is the most significant experience that you have so far as you start this academic year? It can be an academic or non-academic activity.
3. What stresses you at the moment? How do you try to cope up in general?
4. What are your personal goals in relation to this portion of the course?