

PSYCHOLOGY



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Psychology

Psychology is the science of behavior and mind, including conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope and diverse interests that, when taken together, seek

an understanding of the emergent properties of brains, and all the variety of epiphenomena they manifest. As a social science it aims to understand individuals and groups by establishing general principles and researching specific cases.

In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and

social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors.

Psychologists explore behavior and mental processes, including perception, cognition, attention, emotion (affect), intelligence, phenomenology, motivation (conation), brain functioning, and personality. This extends to interaction between people, such as interpersonal relationships, including

psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some—especially clinical and counseling psychologists—at times rely upon symbolic interpretation and other inductive techniques. Psychology has been

described as a "hub science" in that medicine tends to draw psychological research via neurology and psychiatry, whereas social sciences most commonly draws directly from sub-disciplines within psychology.

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts psychology ultimately aims to benefit society.

The majority of psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Many do scientific research on a wide range of topics related to mental processes and behavior, and typically work in university psychology departments or teach in other academic settings (e.g., medical schools, hospitals). Some are employed in industrial and organizational settings, or in other areas such as human development and aging, sports, health, and the

media, as well as in forensic investigation and other aspects of law.

Etymology and definitions

The word psychology derives from Greek roots meaning study of the psyche, or soul (ψυχή psychē, "breath, spirit, soul" and -λογία -logia, "study of" or "research"). The Latin word psychologia was first used by the Croatian humanist and Latinist Marko Marulić in his book, *Psichiologia de ratione animae humanae*

in the late 15th century or early 16th century. The earliest known reference to the word psychology in English was by Steven Blankaart in 1694 in *The Physical Dictionary* which refers to "Anatomy, which treats the Body, and Psychology, which treats of the Soul. In 1890, William James defined psychology as "the science of mental life, both of its phenomena and their conditions". This definition enjoyed widespread currency for decades. However, this meaning was contested,

notably by radical behaviorists such as John B. Watson, who in his 1913 manifesto defined the discipline of psychology as the acquisition of information useful to the control of behavior. Also since James defined it, the term more strongly connotes techniques of scientific experimentation. Folk psychology refers to the understanding of ordinary people, as contrasted with that of psychology professionals.

The ancient civilizations of Egypt, Greece, China, India, and Persia all engaged in the

philosophical study of psychology. Historians note that Greek philosophers, including Thales, Plato, and Aristotle (especially in his *De Anima* treatise), addressed the workings of the mind.

As early as the 4th century BC, Greek physician Hippocrates theorized that mental disorders had physical rather than supernatural causes.

In China, psychological understanding grew from the philosophical works of Laozi and Confucius, and later from the doctrines of Buddhism. This body of knowledge involves

insights drawn from introspection and observation, as well as techniques for focused thinking and acting. It frames the universe as a division of, and interaction between, physical reality and mental reality, with an emphasis on purifying the mind in order to increase virtue and power. An ancient text known as The Yellow Emperor's Classic of Internal Medicine identifies the brain as the nexus of wisdom and sensation, includes theories of personality based on yin–yang balance, and analyzes mental

disorder in terms of physiological and social disequilibria. Chinese scholarship focused on the brain advanced in the Qing Dynasty with the work of Western-educated Fang Yizhi (1611–1671), Liu Zhi (1660–1730), and Wang Qingren (1768–1831). Wang Qingren emphasized the importance of the brain as the center of the nervous system, linked mental disorder with brain diseases, investigated the causes of dreams and insomnia, and advanced a theory of hemispheric lateralization in brain function.

Distinctions in types of awareness appear in the ancient thought of India, influenced by Hinduism. A central idea of the Upanishads is the distinction between a person's transient mundane self and their eternal unchanging soul. Divergent Hindu doctrines, and Buddhism, have challenged this hierarchy of selves, but have all emphasized the importance of reaching higher awareness. Yoga is a range of techniques used in pursuit of this goal. Much of the Sanskrit corpus was suppressed under the British East

India Company followed by the British Raj in the 1800s. However, Indian doctrines influenced Western thinking via the Theosophical Society, a New Age group which became popular among Euro-American intellectuals.

Psychology was a popular topic in Enlightenment Europe. In Germany, Gottfried Wilhelm Leibniz (1646–1716) applied his principles of calculus to the mind, arguing that mental activity took place on an indivisible continuum—most notably, that among an

infinity of human perceptions and desires, the difference between conscious and unconscious awareness is only a matter of degree. Christian Wolff identified psychology as its own science, writing *Psychologia empirica* in 1732 and *Psychologia rationalis* in 1734. This notion advanced further under Immanuel Kant, who established the idea of anthropology, with psychology as an important subdivision. However, Kant explicitly and notoriously rejected the idea of experimental psychology,

writing that "the empirical doctrine of the soul can also never approach chemistry even as a systematic art of analysis or experimental doctrine, for in it the manifold of inner observation can be separated only by mere division in thought, and cannot then be held separate and recombined at will (but still less does another thinking subject suffer himself to be experimented upon to suit our purpose), and even observation by itself already changes and displaces the state of the observed object."

Having consulted philosophers Hegel and Herbart, in 1825 the Prussian state established psychology as a mandatory discipline in its rapidly expanding and highly influential educational system. However, this discipline did not yet embrace experimentation. In England, early psychology involved phrenology and the response to social problems including alcoholism, violence, and the country's well-populated mental asylums.

Experimental psychology

Gustav Fechner began conducting psychophysics research in Leipzig in the 1830s, articulating the principle that human perception of a stimulus varies logarithmically according to its intensity.

Fechner's 1860 *Elements of Psychophysics* challenged Kant's stricture against

quantitative study of the mind. In Heidelberg, Hermann von Helmholtz conducted parallel research on sensory perception, and trained physiologist Wilhelm Wundt. Wundt, in turn, came to Leipzig University, establishing the psychological laboratory which brought experimental psychology to the world. Wundt focused on breaking down mental processes into the most basic components, motivated in part by an analogy to recent

advances in chemistry, and its successful investigation of the elements and structure of material. Paul Flechsig and Emil

Kraepelin soon created another influential psychology laboratory at Leipzig, this one focused on more on experimental psychiatry.

Psychologists in Germany, Denmark, Austria, England, and the United States soon followed Wundt in setting up

laboratories.[23] G. Stanley Hall who studied with Wundt, formed a psychology lab at Johns Hopkins University in Maryland, which became internationally influential. Hall, in turn, trained Yujiro Motora, who brought experimental psychology, emphasizing psychophysics, to the Imperial University of Tokyo. Wundt assistant Hugo Münsterberg taught psychology at Harvard to students such as Narendra Nath Sen Gupta—who, in 1905,

founded a psychology department and laboratory at the University of Calcutta. Wundt students Walter Dill Scott, Lightner Witmer, and James McKeen Cattell worked on developing tests for mental ability. Catell, who also studied with eugenicist Francis Galton, went on to found the Psychological Corporation. Wittmer focused on mental testing of children; Scott, on selection of employees.

Another student of Wundt, Edward Titchener, created the psychology program at Cornell University and advanced a doctrine of "structuralist" psychology.

Structuralism sought to analyze and classify different aspects of the mind, primarily through the method of introspection. William James, John Dewey and Harvey Carr advanced a more expansive doctrine called functionalism, attuned more to human–environment actions. In 1890, James wrote

an influential book, *The Principles of Psychology*, which expanded on the realm of structuralism, memorably described the human "stream of consciousness", and interested many American students in the emerging discipline. Dewey integrated psychology with social issues, most notably by promoting the cause progressive education to assimilate immigrants and inculcate moral values in children.

A different strain of experimentalism, with more connection to physiology, emerged in South America, under the leadership of Horacio G. Piñero at the University of Buenos Aires. Russia, too, placed greater emphasis on the biological basis for psychology, beginning with Ivan Sechenov's 1873 essay, "Who Is to Develop Psychology and How?" Sechenov advanced the idea of brain reflexes and aggressively promoted a deterministic viewpoint on human behavior.

Wolfgang Kohler, Max Wertheimer and Kurt Koffka co-founded the school of Gestalt psychology (not to be confused with the Gestalt therapy of Fritz Perls). This approach is based upon the idea that individuals experience things as unified wholes. Rather than breaking down thoughts and behavior into smaller elements, as in structuralism, the Gestaltists maintained that whole of experience is important, and differs from the sum of its parts. Other 19th-century

contributors to the field include the German psychologist Hermann Ebbinghaus, a pioneer in the experimental study of memory, who developed quantitative models of learning and forgetting at the University of Berlin,[32] and the Russian-Soviet physiologist Ivan Pavlov, who discovered in dogs a learning process that was later termed "classical conditioning" and applied to human beings.

Consolidation and funding

One of the earliest psychology societies was La Société de Psychologie Physiologique in France, which lasted 1885–1893. The first meeting of the International Congress of Psychology took place in Paris, in August 1889, amidst the World's Fair celebrating the centennial of the French Revolution.

William James was one of three Americans among the four hundred attendees. The

American Psychological Association was

founded soon after, in 1892. The International Congress continued to be held, at different locations in Europe, with wider international participation. The Sixth Congress, Geneva 1909, included presentations in Russian, Chinese, and Japanese, as well as Esperanto. After a hiatus for World War I, the Seventh Congress met in Oxford, with substantially greater participation from the war-victorious Anglo-Americans. In 1929, the Congress

took place at Yale University in New Haven, Connecticut, attended by hundreds of members of the American Psychological Association[23] Tokyo Imperial University led the way in bringing the new psychology to the East, and from Japan these ideas diffused into China.

American psychology gained status during World War I, during which a standing committee headed by Robert Yerkes

administered mental tests ("Army Alpha" and "Army Beta") to almost 1.8 million GIs. Subsequent funding for behavioral research came in large part from the Rockefeller family, via the Social Science Research Council. Rockefeller charities funded the National Committee on Mental Hygiene, which promoted the concept of mental illness and lobbied for psychological supervision of child development. Through the Bureau of Social Hygiene and later

funding of Alfred Kinsey, Rockefeller foundations established sex research as a viable discipline in the U.S. Under the influence of the Carnegie-funded Eugenics Record Office, the Draper-funded Pioneer Fund, and other institutions, the eugenics movement also had a significant impact on American psychology; in the 1910s and 1920s, eugenics became a standard topic in psychology classes.

During World War II and the Cold War, the U.S. military and intelligence agencies established themselves as leading funders of psychology—through the armed forces and in the new Office of Strategic Services intelligence agency. University of Michigan psychologist Dorwin Cartwright reported that university researchers began large-scale propaganda research in 1939–1941, and "the last few months of the war saw a social psychologist become chiefly responsible for

determining the week-by-week-propaganda policy for the United States Government."

Cartwright also wrote that psychologists had significant roles in managing the domestic economy. The Army rolled out its new General Classification Test and engaged in massive studies of troop morale. In the 1950s, the Rockefeller Foundation and Ford Foundation collaborated with the Central Intelligence Agency to fund research on psychological warfare. In 1965, public

controversy called attention to the Army's Project Camelot—the "Manhattan Project" of social science—an effort which enlisted psychologists and anthropologists to analyze foreign countries for strategic purposes.

In Germany after World War I, psychology held institutional power through the military, and subsequently expanded along with the rest of the military under the Third Reich.

Under the direction of Hermann Göring's

cousin Matthias Göring, the Berlin Psychoanalytic Institute was renamed the Göring Institute. Freudian psychoanalysts were expelled and persecuted under the anti-Jewish policies of the Nazi Party, and all psychologists had to distance themselves from Freud and Adler. The Göring Institute was well-financed throughout the war with a mandate to create a "New German Psychotherapy". This psychotherapy aimed to align suitable Germans with the overall

goals of the Reich; as described by one physician: "Despite the importance of analysis, spiritual guidance and the active cooperation of the patient represent the best way to overcome individual mental problems and to subordinate them to the requirements of the Volk and the Gemeinschaft." Psychologists were to provide Seelenführung, leadership of the mind, to integrate people into the new vision of a German community. Harald Schultz-

Hencke melded psychology with the Nazi theory of biology and racial origins, criticizing psychoanalysis as a study of the weak and deformed. Johannes Heinrich Schultz, a German psychologist recognized for developing the technique of autogenic training, prominently advocated sterilization and euthanasia of men considered genetically undesirable, and devised techniques for facilitating this process. After the war, some new institutions were created

and some psychologists were discredited due to Nazi affiliation. Alexander Mitscherlich founded a prominent applied psychoanalysis journal called *Psyche* and with funding from the Rockefeller Foundation established the first clinical psychosomatic medicine division at Heidelberg University. In 1970, psychology was integrated into the required studies of medical students.

After the Russian Revolution, psychology was heavily promoted by the Bolsheviks as a way to engineer the "New Man" of socialism. Thus, university psychology departments trained large numbers of students, for whom positions were made available at schools, workplaces, cultural institutions, and in the military. An especial focus was pedology, the study of child development, regarding which Lev Vygotsky became a prominent writer. The

Bolsheviks also promoted free love and embraced the doctrine of psychoanalysis as an antidote to sexual repression. Although pedology and intelligence testing fell out of favor in 1936, psychology maintained its privileged position as an instrument of the Soviet state. Stalinist purges took a heavy toll and instilled a climate of fear in the profession, as elsewhere in Soviet society.[50] Following World War II, Jewish psychologists past and present

(including Vygotsky, A. R. Luria, and Aron Zalkind) were denounced; Ivan Pavlov (posthumously) and Stalin himself were aggrandized as heroes of Soviet psychology. Soviet academics was speedily liberalized during the Khrushchev Thaw, and cybernetics, linguistics, genetics, and other topics became acceptable again. There emerged a new field called "engineering psychology" which studied mental aspects of complex jobs (such as pilot and

cosmonaut). Interdisciplinary studies became popular and scholars such as Georgy Shchedrovitsky developed systems theory approaches to human behavior.

Twentieth-century Chinese psychology originally modeled the United States, with translations from American authors like William James, the establishment of university psychology departments and journals, and the establishment of groups

including the Chinese Association of Psychological Testing (1930) and the Chinese Psychological Society (1937).

Chinese psychologists were encouraged to focus on education and language learning, with the aspiration that education would enable modernization and nationalization.

John Dewey, who lectured to Chinese audiences in 1918–1920, had a significant influence on this doctrine. Chancellor T'sai Yuan-p'ei introduced him at Peking

University as a greater thinker than Confucius. Kuo Zing-yang who received a PhD at the University of California, Berkeley, became President of Zhejiang University and popularized behaviorism. After the Chinese Communist Party gained control of the country, the Stalinist USSR became the leading influence, with Marxism–Leninism the leading social doctrine and Pavlovian conditioning the approved concept of behavior change.

Chinese psychologists elaborated on Lenin's model of a "reflective" consciousness, envisioning an "active consciousness" (tzu-chueh neng-tung-li) able to transcend material conditions through hard work and ideological struggle. They developed a concept of "recognition" (jen-shih) which referred the interface between individual perceptions and the socially accepted worldview. (Failure to correspond with party doctrine was "incorrect recognition".)

Psychology education was centralized under the Chinese Academy of Sciences, supervised by the State Council. In 1951, the Academy created a Psychology Research Office, which in 1956 became the Institute of Psychology. Most leading psychologists were educated in the United States, and the first concern of the Academy was re-education of these psychologists in the Soviet doctrines. Child psychology and

pedagogy for nationally cohesive education
remained a central goal of the discipline.

Disciplinary organization

In 1920, Édouard Claparède and Pierre Bovet created a new applied psychology organization called the International Congress of Psychotechnics Applied to Vocational Guidance, later called the International Congress of Psychotechnics and then the International Association of Applied Psychology. The IAAP is considered the oldest international

psychology association. Today, at least 65 international groups deal with specialized aspects of psychology. In response to male predominance in the field, female psychologists in the U.S. formed National Council of Women Psychologists in 1941. This organization became the International Council of Women Psychologists after World War II, and the International Council of

Psychologists in 1959. Several associations including the Association of Black Psychologists and the Asian American Psychological Association have arisen to promote non-European racial groups in the profession.

The world federation of national psychological societies is the International Union of Psychological Science (IUPsyS), founded in 1951 under

the auspices of UNESCO, the United Nations cultural and scientific authority.

Psychology departments have since proliferated around the world, based primarily on the Euro-American model.

Since 1966, the Union has published the International Journal of Psychology.

IAAP and IUPsyS agreed in 1976 each to hold a congress every four years, on a staggered basis.

The International Union recognizes 66 national psychology associations and at least 15 others exist.[56] The American Psychological Association is the oldest and largest. Its membership has increased from 5,000 in 1945 to 100,000 in the present day. The APA includes 54 divisions, which since 1960 have steadily proliferated to include more specialties. Some of these divisions, such as the

Society for the Psychological Study of Social Issues and the American Psychology–Law Society, began as autonomous groups.

The Interamerican Society of Psychology, founded in 1951, aspires to promote psychology and coordinate psychologists across the Western Hemisphere. It holds the Interamerican Congress of Psychology and had 1000

members in year 2000. The European Federation of Professional Psychology Associations, founded in 1981, represents 30 national associations with a total of 100,000 individual members. At least 30 other international groups organize psychologists in different regions.

In some places, governments legally regulate who can provide psychological

services or represent themselves as a "psychologist". The American Psychological Association defines a psychologist as someone with a doctoral degree in psychology.

Boundaries

Early practitioners of experimental psychology distinguished themselves from parapsychology, which in the late nineteenth century enjoyed great

popularity (including the interest of scholars such as William James), and indeed constituted the bulk of what people called "psychology".

Parapsychology, hypnotism, and psychism were major topics of the early International Congresses. But students of these fields were eventually ostracized, and more or less banished from the Congress in 1900–1905. Parapsychology

persisted for a time at Imperial University, with publications such as *Clairvoyance and Thoughtography* by Tomokichi Fukurai, but here too it was mostly shunned by 1913.

As a discipline, psychology has long sought to fend off accusations that it is a "soft" science. Philosopher of science Thomas Kuhn's 1962 critique implied psychology overall was in a pre-

paradigm state, lacking the agreement on overarching theory found in mature sciences such as chemistry and physics.[60] Because some areas of psychology rely on research methods such as surveys and questionnaires, critics asserted that psychology is not an objective science. Skeptics have suggested that personality, thinking, and emotion, cannot be directly measured

and are often inferred from subjective self-reports, which may be problematic.

Experimental psychologists have devised a variety of ways to indirectly measure these elusive phenomenological entities.

Divisions still exist within the field, with some psychologists more oriented towards the unique experiences of individual humans, which cannot be understood only as data points within a

larger population. Critics inside and outside the field have argued that mainstream psychology has become increasingly dominated by a "cult of empiricism" which limits the scope of its study by using only methods derived from the physical sciences. Feminist critiques along these lines have argued that claims to scientific objectivity obscure the values and agenda of

(historically mostly male)researchers.

Jean Grimshaw, for example, argues that mainstream psychological research has advanced a patriarchal agenda through its efforts to control behavior.

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