

## ◀ Psychology ▶

**At the end of This lecture you are going to learn the followings :**

- What means by psychology?
- What are the main aims of psychological studies?
- Which topics do psychologists deal with?
- What are the main fields of psychology and which characteristics they have?
- What importance psychology has to languages teaching ?

### 1. Definition :

It is an academic and applied discipline that involves the **scientific study of mental functions and behaviours**. From **Greek** roots meaning study of the psyche, or soul *psukhē*, "breath, spirit, soul" and - *-logia*, "study of" or "research") : **study of the soul**. The earliest known reference to the word psychology in English was by *Steven Blankaart* in 1694 in *The Physical Dictionary*.

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**Tip :** The professional practitioner in this field is called **psychologist**. He/she can be classified as a social behavioural or cognitive scientist.

### 2. Aims of psychology:

- It has two main specific aims :
  1. understanding individuals and groups by both establishing general principles and researching scientific cases.
  2. Look for people benefits ;happiness, welfare , wisdom ,etc.
- And other aims like those of other sciences :
  - To **describe** : After observing and measuring behaviour and mental processes
  - To **explain** the meaning of data collected in study by making theories and assumptions.
  - To **predict** behaviour and mental processes by using a set of circumstances to anticipate what will happen next.
  - To **use** and apply the knowledge gained through study to promote human welfare.

3. **Topics of psychology:** Psychologists explore different concepts such as :

Perception – Attention- Cognition – Emotion – Motivation – Brain Functioning – Personality – Behaviour – Interpersonal relationships....

#### 4. *Great Names in Psychology :*

- B.F. Skinner
- Sigmund Freud
- Albert Bandura
- Jean Piaget
- Carl Rogers
- Erik Erikson
- Ivan Pavlov

#### 5. *Methods of research in psychology:*

- ✓ **Naturalistic observation** : It involves observing or studying people in their natural habitats. For example students are best studied in a classroom environment.
- ✓ **Case study** :With the purpose of generating hypothesis, psychologists examine an individual 's personal life, such as how a teacher plans a lesson.
- ✓ **Survey**: This method uses questionnaires administered to samples of people from what is referred to as a population to find out about attitudes and behaviour.
- ✓ **Correlational study** : Psychologists consider the relationship between two or more variables which can either be positive or negative. A correlation coefficient is computed to establish either a positive or negative relationship between the variables under study.
- ✓ **Experimentation** : Psychologists treat an object of study in a specific way and then observe the effects of that treatment. In experiments, psychologists study animals as well as people. Animals are studied either out of interest in animals themselves or as models for human behaviour.

#### 6. *Branches of Psychology :*

##### **1. Pure psychology: It includes**

- General psychology
- Abnormal psychology
- Social psychology
- and others

##### **2. Applied psychology : It Concerned with the application of theories, principles and techniques of psychology including :**

- Clinical psychology
- Industrial psychology
- Legal psychology
- Political psychology
- Organizational psychology
- Marketing psychology
- Educational psychology.

## 7. Characteristics of Psychology :

- It deals with the **mind and personality of the individual**.
- Psychologists prefer to use more **objective scientific methods to understand , explain and predict human behaviours**.
- Psychological studies **are highly structured; start with a hypothesis that is then empirically tested**.
- It focuses on the **use of different psychological principles to solve real world problems**.

## 8. The importance of educational psychology for teachers:

1. *A teacher acts as a guide and assistant to the students. He must know the growth and development of the child and his requirements at different levels. Educational psychology helps the teacher to study the ability, interests, intelligence, needs and adopt different techniques of teaching for effective communication*
2. *Teacher can also :*
  - *know the individual differences between learners;*
  - *know the classroom teaching-learning process;*
  - *Be Aware of the different effective methods and approaches of teaching ;*
  - *develop curriculum of different levels of students in different subjects;*
  - *study mental health of students ;*
  - *measure learning outcomes and judge the improvement and effectiveness of teaching-learning process.*
3. *The study of educational psychology is very useful for teachers for planning, organizing and evaluating the teaching learning activities in the class.*

### Ref :

- 1- <http://researchcooperative.org/profiles/blogs/psychology-and-its-educational>
- 2- From wikipedia ( Psychology)
- 3- <http://www.preservearticles.com/201105206833/importance-of-educational-psychology-for-teachers.html>