

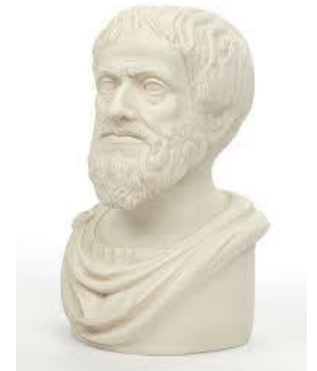


**INTRODUCTION -  
PSYCHOLOGY  
LECTURE 1**

**Mgr. Tereza Škubalová, Ph.D.**

# WHAT IS PSYCHOLOGY?

- Originally: "studies of the soul" (Aristotle)
- Psyche (mind/breath/essence) + logos (to study)



# WHAT IS PSYCHOLOGY?

- scientific study of behavior and mental processes

Aim is to systematically:

- Describe
- Predict
- Understand
- Influence
- Apply

Methods (qualitative/quantitative)

- experiment, observation, interview, questionnaire, content analysis, case study

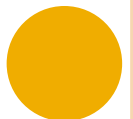


# SYSTEM OF PSYCHOLOGICAL DISCIPLINES

- 1. basics of psychology (theoretical) – general, developmental, social, patopsychology, personality p.
- 2. special – zoopsychology, psychometrics, parapsychology, psycholinguistics...
- 3. applied – educational, forenzcic, health, counselling, work, sport...

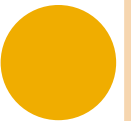


# BIO-PSYCHO-SOCIAL FRAMEWORK

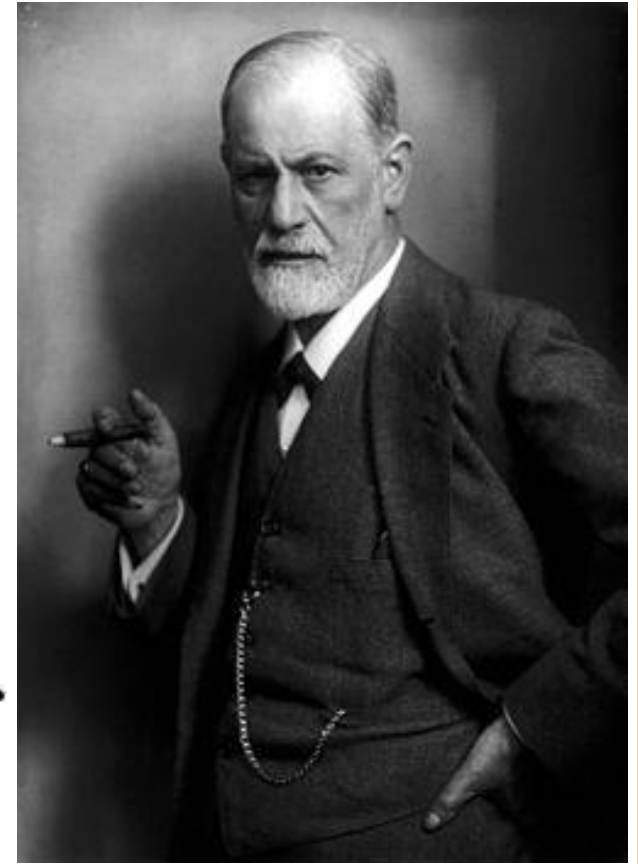
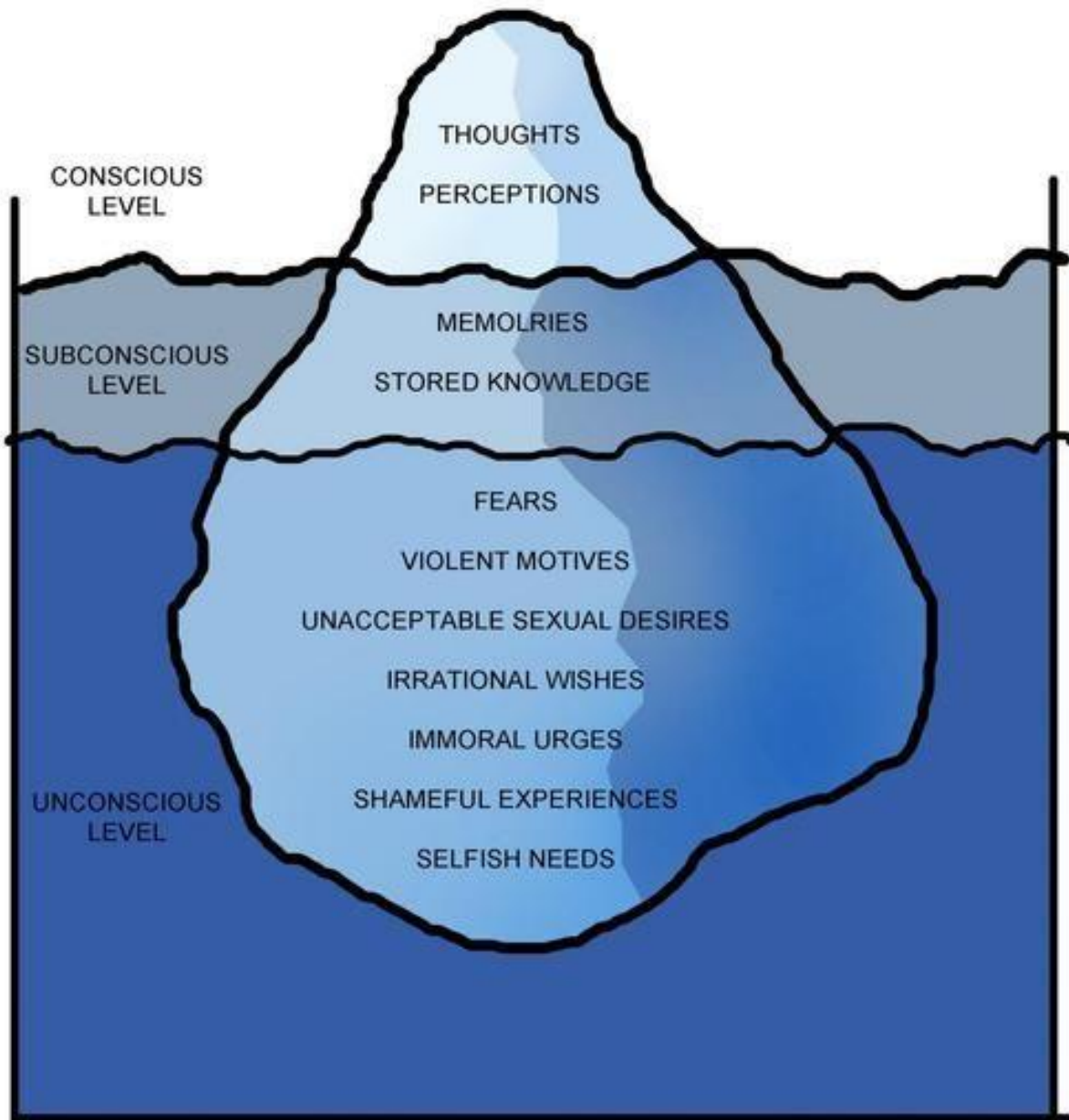


# BASIC CONCEPTS

- behavior x conduct
- conscious x subconscious x unconscious mind



# Freud's View of the Human Mind: The Mental Iceberg

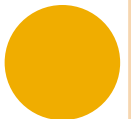


**1856-1939**  
**Sigmund Freud**  
**Psychoanalysis**

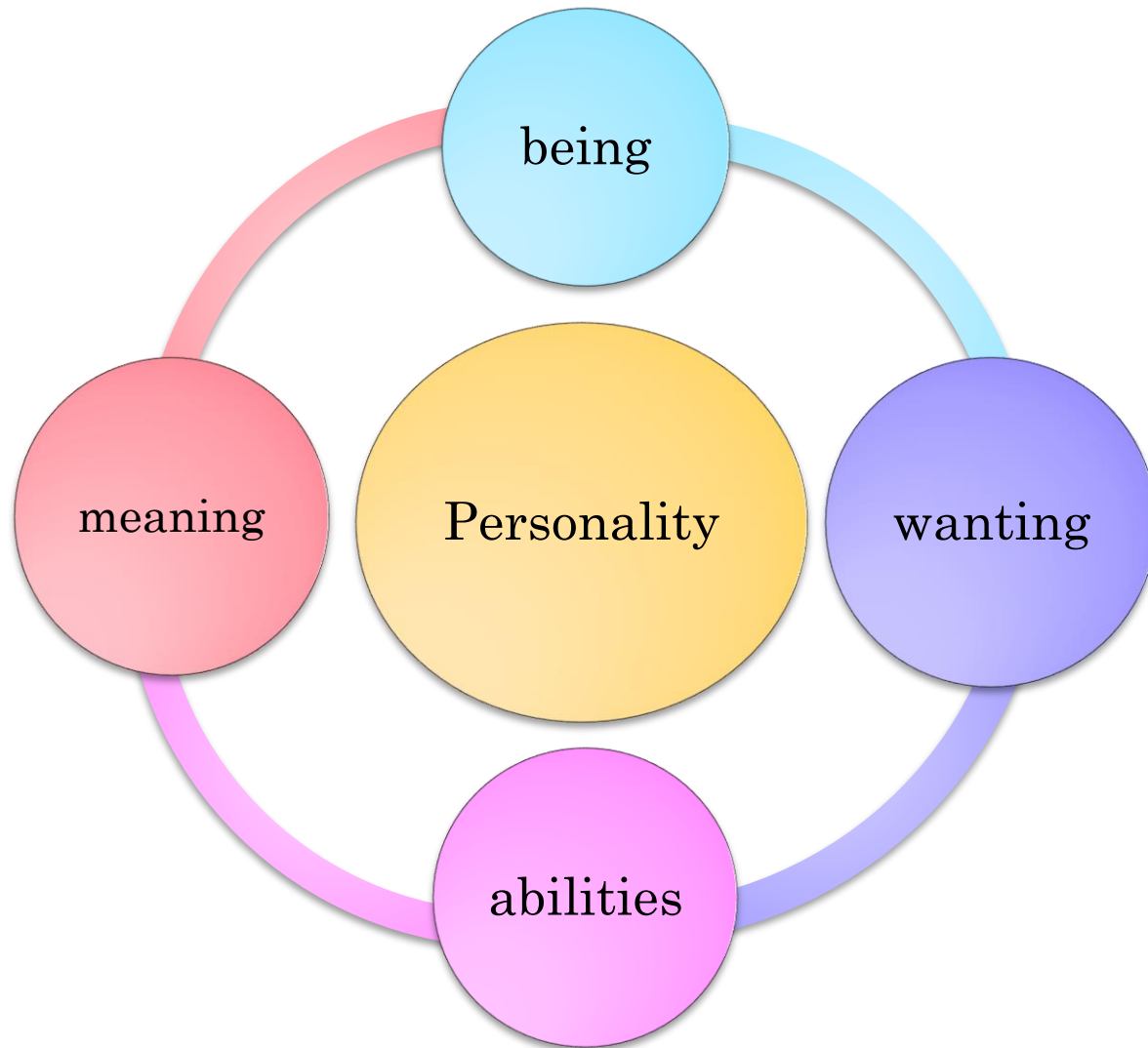


# BASIC CONCEPTS

- personality = construct = integrated mental unit
  - unity and structure of its subcomponents
  - uniqueness
  - developmental continuity
  - result of the interaction of the individual and the environment







# BRIEF HISTORY

- Era of introspection – ancient age, middle ages
- Era of experiments (à la natural sciences) – 19th century (Wundt 1st lab)
- Era of cognition and personality – 1920 onwards

modern and postmodern psychology (70´)

Behaviorism

Social constructionism

Gestalt psychology > Cognitive p.

Critical psychology

Psychoanalysis > Psychodynamic

Narrative psychology

