

## 1.1 Introduction

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### Learning objectives

This chapter aims at facilitating students to

1. know how Psychology has evolved as an important subject to understand human behaviour.
2. understand the basic concepts related to human behaviour.
3. understand the goals of Psychology.

## 1.1 Introduction

Although Psychology is new for us in terms of study, we are aware of this subject from our childhood, because we have been observing different forms of emotions, behaviour, moods of human beings. Human behaviour is full of diversity. This diversity amazes us. When we open daily newspaper or watch news on T.V. we see different aspects of human behaviour. Some examples are given in following pictures.



Following are the news in the collage.

1. Spontaneous blood donation by youth for passengers injured in Bus Accidents.
2. Neighbour saves life from a house that caught fire risking his own life.
3. Man killed his own brother due to property dispute.
4. Wife donates her kidney to her husband.
5. Officer arrested for taking a bribe of Rs. 50,000.
6. Arunima Sinha, who lost her both legs in an accident climbed Everest.
7. Student's suicide due to failure in exam.
8. India lost a cricket match, a viewer furiously broke his T.V. set.
9. France won Football World Cup, citizens celebrated whole night.

### Activity 1 :

- What type of emotions and human nature is expressed through above news?
- Apart from above news, what type of news you read in newspapers or see on T.V.?
- What could be the possible reasons of such behaviours?

When we observe people around us, we realize that some individuals do not lose their courage and overcome difficult situations. On the other hand some commit suicide due to some minor failure. Some do not hesitate to harm others for their motives while some sacrifice their lives for others.

We have seen diversity of human behaviour through the above examples. Why is human behaviour so diverse? What type of circumstances lead to these behaviours?

Psychology helps us to understand these aspects of human behaviour.

## 1.2 The history of Psychology

Psychology is a vast field studying behavioural aspects of mankind. This makes it difficult to define Psychology precisely and in concrete terms.

Psychology did not emerge directly as a science. It started as a branch of philosophy. It evolved as a separate branch later 19th century.

**Plato** believed that knowledge is innate, whereas **John Locke** thought that each child is born as an “empty slate” and that knowledge is primarily acquired through learning and experience.

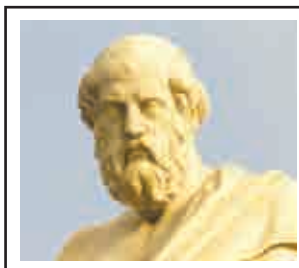


Fig. 1.1 Plato

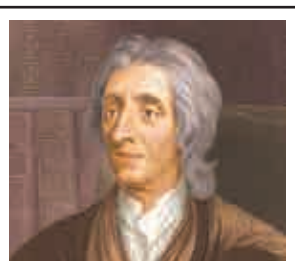


Fig. 1.2 John Locke

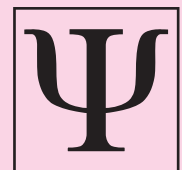
## Science of soul

The first attempt to define psychology was made on the basis of the terminology used. The word Psychology was derived from two **Greek words – ‘Psyche’ and ‘Logos’**. Psyche means soul or mind and logos means science or branch of knowledge. Thus Psychology was meant to be the Science or branch of knowledge that deals with soul or mind.

### Do you know?

Symbol of Psychology

The symbol of Psychology is the 23rd Greek alphabet Psi means soul or mind.



But later psychologists were not satisfied with this definition. To them, soul was difficult to study as it could neither be visualized nor could be described in concrete terms.

Both **Soul and mind** are **abstract concepts**. Rational Sciences establish their facts from

observation and experimentation. If Psychology is a Science, it must be based on some sort of observation and experimentation. However neither soul nor mind can be observed. We cannot see or touch them. We can't describe its nature nor can we say where it exists. Therefore, the definition of Psychology was modified.

#### Activity 2 :

Do you agree with the definition of Psychology as the Science which deals with the soul? If yes why? If no why?

#### Activity 3 :

Collect information about **Bahinabai Chaudhri : Mana** (description of Mind)

<http://www.youtube.com/watch?v=DESDQqNyg4>

### 1.2.1 Study of Conscious

In late 19th century German Physician and Philosopher Wilhelm Wundt established first Psychological laboratory at Leipzig University in 1879 to study human behaviour. He introduced the term 'conscious experience'. The term 'conscious experience' refers to the awareness of the mental activities of an organism. The awareness includes the stored mental impressions or representations of the past, present and future. He conducted experiment on reaction time, perception, consciousness etc. After that psychology emerged as a science.



**Fig. 1.3 Wundt and his colleagues in the first laboratory of psychology**

#### Do you know?

The year 1879 is an important year in the history of Psychology because it was the beginning of systematic study. Psychology emerged as an independent branch of knowledge.

#### Wilhelm Wundt (1832 - 1920)



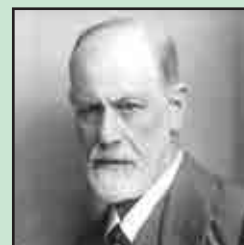
**Fig. 1.4 Wilhelm Wundt**

- University of Leipzig, Germany
- Established first Psychology Laboratory in 1879.
- Defined psychology as the study of consciousness.
- He used scientific methods to study fundamental psychological processes, such as reaction time in response to visual or auditory stimuli.
- He introduced Introspection method.

### 1.2.2 Study of Unconscious

**Dr. Sigmund Freud**, an Austrian physician defined of Psychology as the study of unconscious. He believed that most of our motives are hidden. There is an unconscious level of our mind where we push or repress all our threatening urges and desires. He stressed the importance of early childhood experiences and believed that personality is formed in first five years of life. If there are any major psychological problems seen in the person's life, it has roots in the early years of life.

#### Dr. Sigmund Freud (1856 - 1939)



**Fig. 1.5 Dr. Sigmund Freud**

- Austrian neurologist and the founder of psychoanalysis
- Defined Psychology as the study of unconscious.
- Believed that early childhood experiences and unconscious impulses contributed to the development of adult personality and behaviour.

### Activity 5 :

Do you agree with the definition that psychology is the study of unconscious? What could be the limitations of this definition?

### 1.2.3 Study of Behaviour

Wilhelm Wundt defined Psychology as study of Consciousness and Dr. Sigmund Freud as study of Unconsciousness. However, here again, 'consciousness', and 'unconsciousness' are not observed directly. Hence, John B. Watson redefined Psychology as a Science of human behaviour.

**The latest definition is -**

**The study of human behaviour and mental processes.**

In this definition, following terms are important.

### (1) Behaviour

In general we can say that behaviour is an organism's response to various stimuli present in our surrounding. But each individual might have different response to the same stimulus, because of their interest, personality and attitudes.

Behaviour is either overt or covert. Overt behaviour includes directly observable responses like walking, talking, dancing etc. Covert behaviour includes responses which are not directly observable but can be inferred from behaviour like thinking, feeling etc.

### (2) Mental processes

In Psychology, we study the external as well as internal factors of behaviour. Here we study the mental processes of an individual. It includes thinking, memory, forgetting, emotion, motivation, attention, perception.

### (3) Scientific method

Experiment means an individual's objective observations in controlled conditions. Here a researcher or experimenter can test his assumptions by observing and collecting the data from sample population. These observations can be generalized for analyzing and predicting human behaviour.

### 1.3 What is Behaviour

**John Watson - 1878 - 1958**



**Fig. 1.6 John Watson**

- American psychologist
- Established school of behaviourism.
- Conducted research on animal behaviour, child rearing and advertising.

### S-O-R Model

John Watson defined behaviour as anything a person or animal does, that can be observed, recorded and studied. Behaviour is an organism's response to any external or internal stimulus.

This fact is represented by the symbol : S-O-R, where 'S' stands for stimulus 'O' stands for organism and 'R' stands for Response which is reaction of the organism to the stimulus.



### Example :

Stimulus is same, but individual responses are different.

Stimulus	Organism	Response
Teacher asks some questions in the classroom	Rohan – Sanika – Sachin – Saurabh –	gives answer remains silent ignores tries to recollect answer in his mind

**Stimulus** is any physical event or condition that gives rise to a reaction. The stimulus can be external or internal. An **Organism** stands for human being or an animal, who gives a response to the stimulus. A **Response** is a reaction of the organism to a given stimulus.

#### Activity 6 :

Make a note of how your friends react to the same stimulus in a different way. Example. examination.

Behaviour includes overt and covert activities. Overt activities include bodily movements like

walking, playing, dancing, singing, fighting and many other things which can be observed directly. Covert activities include mental processes like feeling, thinking, remembering, forgetting etc. which can't be observed directly. These mental processes can be measured through how people react to different problems and situations in their lives.

#### Activity 7 :

Do you agree with Watson's definition that psychology is the study of covert and overt behaviour? What are the limitations of this definition? Can you think of examples which can't be explained with the help of this definition?

### 1.4 Study of Cognition

During 1950s and 1960s, focus of psychology shifted from behaviour to cognitive processes. Psychologists were interested in studying processes like perception, thinking, memory and other higher order activities. Cognitive psychologists are interested in studying inner processes that trigger particular response to the stimulus.

### 1.5 Psychology in India

Just for your reference

Table No. 1

Professional development of Psychology in India	
1916	First psychology department was established in Calcutta University by Prof. Narendra Nath Sen Gupta.
1925	Indian Psychological Association (IPA) was established and launched the Indian Journal of Psychology
1940	Lumbini Park Mental Hospital was founded in Calcutta.
1945 to 1949	Psychology wing of Defence Research was established. It is part of the Defence Science of Organization of India.
1955	National Institute of Mental Health and Neurosciences (NIMHANS) was established in Bangalore.
1962	Indian Academy of Applied Psychology (IAAP) was established.
1962	Establishment of Hospital for Mental diseases at Ranchi.
1968	The Indian Association of Clinical Psychologists was formed.
1989	National Academy of Psychology (NAOP) was founded.

### 1.5.1 Psychology : Indian Perspective

Many ancient Indian thinkers tried to solve the mystery of human mind. During the period of 2000 B.C. to 500 A. C., Philosophers studied mind and human behaviour from different perspectives and tried to explain ideas like soul, mind, intuition and so on. All this was a part of philosophy.

Upanishadas explain the self and personality structure with the help of concept called Kosha (something similar to cover).

These are Annamaya kosha, Pranmayakosha, Manomayakosha, Vidnyanmaya kosha and Anandmaya kosha.

They also talked about factors that affected these koshas and also how these koshas determine human behaviour.

According to Ayurveda, there are three types of doshas, which are Kapha, Vata and Pitta and these doshas determine Prakruti (characteristics) of human beings. For example, individuals who have kapha as a dominant doshas are calm, flexible, patient, and caring. They have strong memory. It is said, that they take longer to grasp a subject but once they understand it they are able to retain it for a longer time. Individuals who have Vata as a dominant dosha are unpredictable. Their moods and thoughts fluctuate. They get angry very quickly but they also calm down very fast. They are art lovers. Individuals who have Pitta as a dominant dosha are believed to be very sharp. They are known to be short tempered.

#### Activity 8 :

Find out more attributes of vata, kapha and pitta and try to find out which two dosha dominate your personality.

Besides doshas, there is another concept to explain human temperament called Guna namely, Sattva Guna, Rajas guna, Tamas Guna

Human body is made up of Rajas, Tamas and Sattva Guna. The influence of Gunas is seen in the person's behaviour. For example, people who

have Tamasi qualities are idle and sluggish. They do not work hard. They seem to be depressed. Rajasi people are aristocratic. Their self esteem is very strong. They think that everything should happen according to their own wish. They are belligerent. People those have Sattvaguna are calm and understanding. They do their work carefully and promptly. They are aware of reality therefore they behave calmly.

#### Activity 9 :

- (1) Find out different characteristics of Rajas, Tamas and Sattva guna.
- (2) Find out which guna are observed in your personality?

In the fifth century B.C., Patanjali explained deep thought about Psychology in Yogsutra. He was the Yogi having a great scientific vision. He studied levels of human consciousness and also proposed ways to evolve spiritually. His theory of ashtangyoga is useful today also. Eight aspects of *ashtangyoga* are *yama, niyama, aasana, pranayam, pratyahar, dharana, dhyan and Samadhi*.

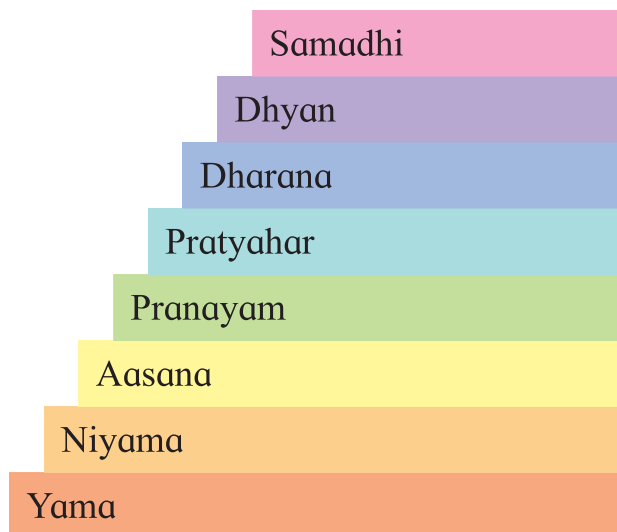


Fig. 1.7 Aspects of Ashtang yoga

It also helps us to control our wishes and desires. Many Indian saints and philosophers have made many comments about mind or human behaviour. Jain Tirthankar, Saint Kabir, Samartha Ramdas, Swami Vivekanand etc. highlighted various aspects of human mind and behaviour. It reflects their understanding of human nature.

## 1.6 Goals of Psychology

- (1) Why did you opt for psychology in 11th std?
- (2) Why did you select psychology over other subjects?
- (3) Why should we study psychology?

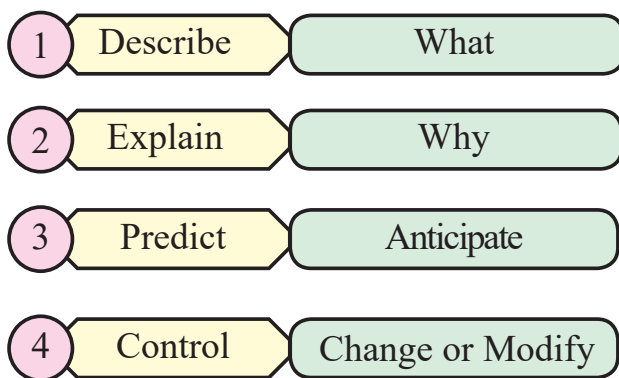
### Activity 10 :

Look at the statements given below. Analyse each one of them and come up with goals of Psychology or role that Psychology plays in real life.

- (1) A group of psychologists observed 1000 individuals and recorded their behaviour and reactions.
- (2) After analysing their responses, they tried to understand the reasons behind their behaviours.
- (3) These observations can be generalized to entire population. Therefore behaviour of an individual under stressful situation can be predicted.
- (4) The psychologists came up with some conclusions so that people can change their responses to stressful situations for better.

There are four main goals of Psychology.

### Four Goals of Psychology



### 1.6.1 Describe: What is happening?

The primary goal of Psychology is to identify and classify behaviours and mental processes as accurately as possible. How do individuals think? What factors are responsible to stimulate their behaviour? How do individuals react to a specific situation? To know these answers, researchers need to record a particular behaviour in the socio-economic, cultural, geographical space. For example People behave differently in formal and informal situations and their reactions are studied in psychology. For this purpose researchers use various psychological tools. For example Standardized psychology tests, psycho-analytical techniques, survey method, laboratory experiments and observations.

### 1.6.2 Explanation : Why it is happening?

Second major goal of Psychology is to understand the causes of the observed responses by explaining the facts in a meaningful way. Psychologists are interested in knowing the reasons behind their reactions. They use standardized psychological tests to understand the causes of their behaviour. If a particular behaviour is observed only in one individual, it can not be generalized to entire population. Whereas if it is observed in most of the people, then we can generalize it to entire population. For example, accidents of bike riders are more fatal due to head injury therefore wearing helmet should be made compulsory for bike riders.

### 1.6.3 Prediction : What will happen next?

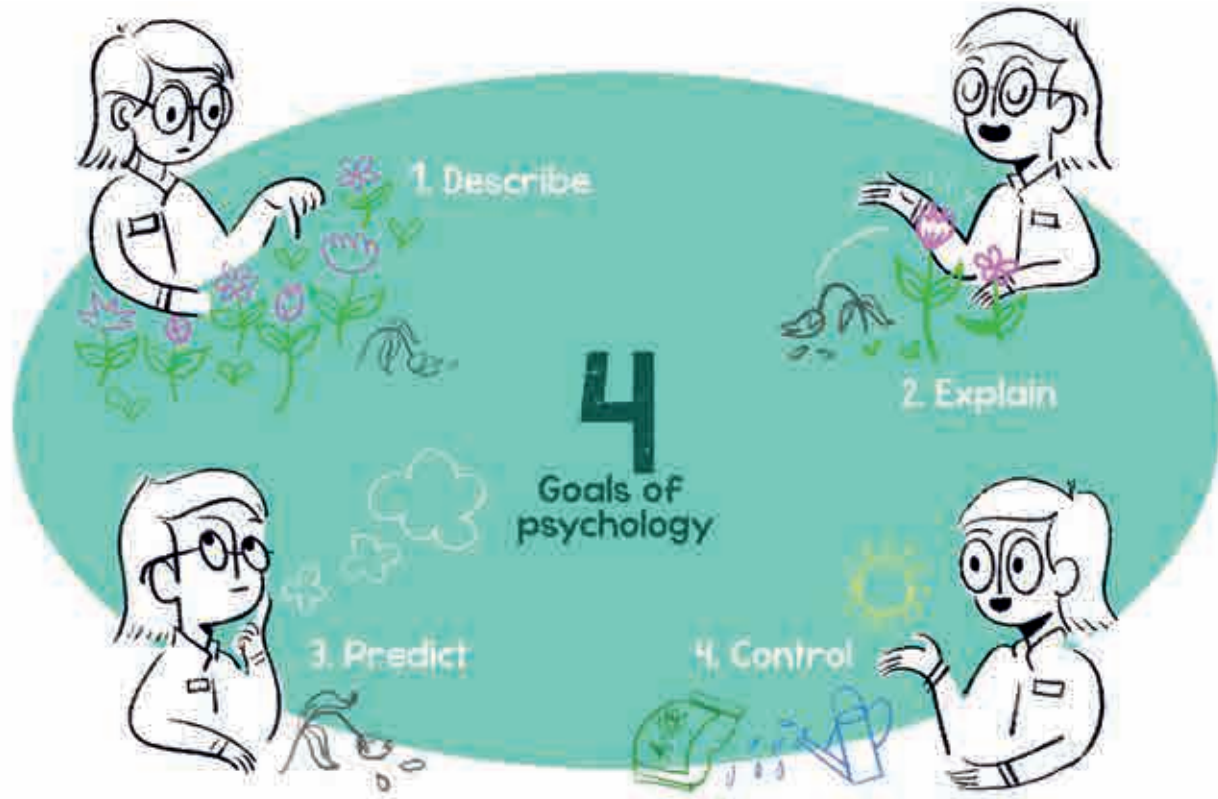
Third major goal of Psychology is to predict how a given condition or set of conditions will affect or lead to particular behaviour and mental processes of an individuals. Prediction involves knowledge about the possible outcomes of behaviour.

**Example :** If someone drinks alcohol, it will slow down his reactions and that will increase possibility of an accident. So driving after consuming alcohol should be strictly avoided.

#### 1.6.4 Control : How can it be changed?

Control or modification of behaviour is the fourth goal of Psychology. Controlling behaviour means shaping or moulding behaviour in a particular direction. It is accomplished when the researcher uses various principles of psychology to bring successful and smooth changes in behaviour so that unwanted behaviour patterns can be avoided. Psychologists use various psychotherapeutic techniques to shape and modify human behaviour.

For example, if some students remain absent in the school or do not study then school psychologists can help them to find out the causes and modify their behaviour. For this purpose, they may organize some intervention programs in school. School counsellors can study psychological problems of students and help them with proper guidance and counselling. Now a days, students experience stress due to bullying, parental expectations, unhealthy competition etc. Counsellors can help these students by making them accept the reasons behind it so that they can modify their behaviour wherever necessary.



**Fig. 1.8 Describing Behaviour by noting behaviour, Explaining behaviour, Predicting behaviour, Changing behaviour**

#### Activity 11 :

Find more examples of each of the above goals of psychology. They could be real examples that you know or you have read about or they could be fictional examples.

#### Activity 12 :

Go through internet and search for researches which fit into either of the four categories. Find at least one example each.

Let us look at the different branches of Psychology in the next chapter.





### Summary :

- Psychology has evolved from the quest of man to understand behaviour. From perceiving as a study of soul, mind, consciousness to behaviour and mental processes, it has been still exploring the behavioural aspects of man.
- It was only in 1879 when Wilhelm Wundt established the first psychology laboratory in Leipzig that it was known to be an independent science.
- We saw in this chapter that how in India too, the study of human behaviour has been reflected in our Ayurveda and Patanjali Yogsutra.
- The important goals of Psychology are description, explanation, prediction and control.

### Key Terms :

- Psychology
- Behaviour
- Overt Behaviour
- Covert Behaviour
- Stimulus
- Response
- Kapha
- Vaat
- Pitta
- Ashtanga Yog
- Prediction

### Key Psychologists :

**John Locke :** John Locke was an English philosopher in the 17th century and gave theory of mind which suggested that each child is born as a “an empty slate” and the knowledge is primarily acquired through learning and experiences.

**Plato :** Plato was Athenian philosopher who believed that knowledge is innate.

**Wilhelm Wundt :** A German physician and philosopher who established first Psychology Laboratory in 1879.

**Sigmund Freud :** An Austrian neurologist and psychoanalyst who put forth the concept of unconscious level of human consciousness and asserted that the unconscious forces have a very strong impact upon behaviour.

**John Watson :** American psychologist who established school of behaviourism.

## Exercise

### Q. 1. (A) Complete the following statements

- Psychology is a study of .....  
*a. Mind                      b. Behaviour*  
*c. Soul*
- ..... processes include thinking, memory, emotions etc.  
*a. Mental                      b. Cognitive*  
*c. Spiritual*

### (B) Match the following pairs.

A	B
1. Tri-doshas	a) First laboratory of psychology
2. Tri-gunas	b) Study of unconscious
3. Wilhelm Wundt	c) Perception, thinking, memory etc
4. Sigmund Freud	d) Satva, Rajas, Tamas
5. Cognitive processes	e) Ashtanga Yog
6. Patanjali	f.) Kapha, Vaat and Pitta

### (C) State whether the following statements are true or false.

- Psychology is a study of mind.
- The first mental hospital in India was established in Mumbai.
- There was no study of mental processes in India till the formal discipline of Psychology was recognized as a science.
- Dr. Sigmund Freud proposed the concept of unconscious.
- Control is one of the objectives of Psychology.

### (D) Identify the odd item from the following and give reasons for the same.

- Soul, Mind, Feeling, Consciousness, Behaviour.
- Walking, dancing, playing, thinking, eating.
- Yam, Niyam, Karya, Aasana, Pratyahar.
- Feeling, memory, attention, perception

### (E) Complete the following table.

- Soul
- John Locke -
- Leipzig university
- Sigmund Freud -
- Behaviour

### Q. 2. Explain the following concepts

- Psychology
- Behaviour
- Overt Behaviour
- Covert Behaviour
- Stimulus
- Response

### Q. 3. Answer the following questions in 35 to 40 words

- Psychology is a science: explain why?
- Explain the S-O-R model, with your own experience.
- Explain the goals of Psychology.

### Q. 4. Give a historical account of emergence of Psychology as a science.