

## 1. Details of Module and its structure

Module Detail	
Subject Name	Psychology
Course Name	Psychology 01 (Class XI, Semester - 1)
Module Name/Title	What is Psychology? – Part 3
Module Id	key_10103
Pre-requisites	Basic knowledge of Notepad, Pen, Laptop, WIFI
Objectives	After going through this lesson, the learners will be able to understand the following: <ul style="list-style-type: none"><li>• Themes of research</li><li>• Basic v/s applied psychology</li><li>• Role of Psychologist at work</li><li>• Branch of Psychology</li></ul>
Keywords	Psychologists, Psychiatrist, Counselor, Clinical Psychologist

## 2. Development Team

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## **THEMES OF RESEARCH IN PSYCHOLOGY**

### **Theme – 1: Psychology like other sciences attempts to develop principles of behaviour and mental processes.**

- In research, the main concern is with the understanding and explanation of behavior and mental events and processes. Psychologists, who choose to engage in research, function more like other scientists.
- Like them, they draw conclusions which are supported by data. They design and conduct experiments or studies under controlled conditions on a wide range of psychological phenomena.
- The purpose is to develop general principles about behavior and mental processes. The conclusions drawn on the basis of such studies apply to everybody and are, therefore, universal.
- Experimental, comparative, physiological, developmental, social, and differential and abnormal psychology are generally regarded as domains representing “basic psychology”. The themes of research in these fields differ from each other.
- For example, experimental psychologists study the processes of perception, learning, memory, thinking, and motivation, etc., using experiment as their method of enquiry, whereas physiological psychologists attempt to examine physiological bases of these behaviors.
- Developmental psychologists study qualitative and quantitative changes in behavior from the beginning of human life to its end, whereas social psychologists focus on the study of experience and behavior of individuals as they take place in social contexts.

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## SUMMARY

In research main concern is with the understanding and explanation of behavior and mental events and processes

Drawing Conclusions

Designing and Conduction of Experiments under controlled conditions.

Purpose is to develop general principles about behavior and mental processes

### **Theme – 2: Human behavior is a function of the attributes of a person and environment.**

- Kurt Lewin first proposed the famous equation  $B = f(P,E)$  – which suggests that behavior is the product of a person and her/ his environment.
- What this equation simply tells us is that the variations we find in human behavior are largely due to the fact that persons differ with respect to their various attributes because of their genetic endowments and diverse experiences and so do the environments they are placed in.
- Here the environment is conceptualized as it is perceived or made sense of by the person. Psychologists have for a long time considered that no two individuals are the same, if one considers their psychological attributes.
- They vary with respect to their intelligence, interests, values, aptitudes and various other personality characteristics. In fact, psychological tests came to be constructed to measure such differences.
- A discipline called, differential psychology, which focused on individual differences emerged and flourished in the late nineteenth and early twentieth century. Most of it still remains in the form of personality psychology.
- Psychologists believe that although, core psychological processes are universal, they are susceptible to individual dispositions.

## SUMMARY

- Behaviour is product of a person and his environment. An equation was developed  $B = f(P,E)$  by Kurt Lewin.
- Environment is conceptualized as it is perceived or made sense of by the person.

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- A discipline called differential psychology focused on individual differences emerged and flourished in the late nineteenth and early twentieth century.
  - Psychological processes are susceptible to individual dispositions.

**Theme – 3: Human behavior is caused.**

- Most psychologists believe that all human behavior can be explained in terms of causes which are internal (to the organism) or external having location in the outside environment. Causal explanations are central to all sciences because without understanding them no prediction will be possible.
- Although, psychologists look for causal explanations of behavior, they also realize that simple linear explanations, such as X Causing Y do not hold true.
- There is no one cause of behavior. Human behavior has multiple causes. Psychologists, therefore, look for causal models where a set of interdependent variables are used to explain a behavior.
- When it is said that behavior has multiple causes, it means that it is difficult to pinpoint one cause of a behavior because it may itself be caused by another variable, which in turn may be caused by some other.

**SUMMARY**

- Human behaviour can be explained in terms of causes which are either internal or external to the organism having location in the outside environment.
- There is not just one cause of behaviour but have multiple causes.
- Behavior may be an outcome of interdependent variables.

**Theme – 4: Understanding of human behavior is culturally constructed.**

- This is a theme which has recently surfaced. There are psychologists who believe that most psychological theories and models are Euro-American in nature and therefore, do not help us in understanding behaviors in other cultural settings.
- Psychologists from Asia, Africa and Latin America have been critical of Euro-American approaches which are propagated as universal.

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- Culture is a complex phenomenon that incorporates nearly all aspects of the experience shared by human beings, and it is culture that dictates the social expectations humans must adhere to in order to belong to their social group. In order to participate in a culture, it is necessary to adhere to the behaviors dictated by that culture.
  - A similar critique is made by feminists who argue that psychology offers a male perspective and ignores the perspective of women.
  - They argue in favor of a dialectical approach which will accommodate both male and female perspectives in understanding human behavior.

### **SUMMARY**

- Most psychological theories and models are Euro – American in nature and therefore do not help us in understanding behaviors in cultural settings.

### **Theme- 5: Human behavior can be controlled and modified through the application of psychological principles.**

- Why do scientists like to know how certain events can be controlled, be they physical or psychological? Their concern arises from their desire to develop techniques or methods that will improve the quality of human life.
- Psychologists also seek the same while applying knowledge generated by them. This often requires removal of certain difficulties or adverse conditions that individuals experience in different phases of their life.
- Consequently, psychologists make certain interventions into the lives of needy people. This applied role of psychologists has, on the one hand, brought the subject closer to the life of people in general than other social science subjects and in knowing the limits of the applicability of its principles.
- On the other hand, this role has also been very helpful in popularizing psychology as a subject in itself.
- Thus, several independent branches of psychology have emerged that try to use psychological theories, principles and facts to diagnose and resolve problems related to industrial and organizational settings, clinical services, education, environment, health, community development and so on.

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- Industrial psychology, organizational psychology, clinical psychology, educational psychology, engineering psychology and sports psychology represent some of the areas in which psychologists are engaged in delivering services to individuals, groups or institutions.

### **SUMMARY**

- Desire to develop techniques and methods that will improve the quality of women requiring removal of adverse conditions that individuals experience in different phases of their life.
- Several independent branches of Psychology have emerged trying to use psychological theories, principles and facts to diagnose and resolve problems related to industrial and organizational settings.

**Above following are the themes on the basis of which application of psychology is based.**

### **BASIC V/S APPLIED PSYCHOLOGY**

- It may be noted at this point that various areas put under the rubrics of “basic” and “applied” psychology are identified only on the basis of their emphasis on the study of certain subject matters and broader concerns.
- There is no sharp difference between research and application of psychology. For example, basic psychology provides us with theories and principles that form the basis of application of psychology and applied psychology provides us with different contexts in which the theories and principles derived from research can be meaningfully applied.
- On the other hand, research is an integral part of even those fields of psychology that are mainly characterized by or subsumed under the category of application.
- Due to ever increasing demands of psychology in different settings, many fields that were regarded as primarily “research oriented” in previous decades, have also gradually turned into “application-oriented”.
- Newly emerging disciplines like applied experimental psychology, applied social psychology, and applied developmental psychology indicate that in fact all psychology has the potential of application and is basically applied in nature.

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- Thus, there is seemingly no fundamental difference between research and application of psychology. These activities are highly interrelated and mutually reinforcing. Their mutual interactions and pervasive influences on each other have become so specific that several offshoots have emerged in recent years with very specific emphasis on their subject matters.
  - Thus, ecological psychology, environmental psychology, cross-cultural psychology, biological psychology, space psychology, and cognitive psychology, to mention a few, have come up as new and frontier areas of research and application that previously formed part of other fields of psychology.
  - These newer developments require highly specialized research skills and training on the part of researchers than ever before.

## **SUMMARY**

- **Basic Psychology:** Provides with theories and principles that form the basis of application of Psychology.
- **Applied Psychology:** Provides us with different contexts in which theories and principles derived from research can be meaningfully applied.

## **ROLE OF PSYCHOLOGIST AT WORK**

### **Clinical psychologists**

- Specialize in helping clients with behavioral problems by providing therapy for various mental disorders and in cases of anxiety or fear, or with stresses at home or at work.
- They work either as private practitioners or at hospitals, mental institutions, or with social agencies.
- They may be involved in conducting interviews and administering psychological tests to diagnose the client's problems, and use psychological methods for their treatment and rehabilitation.
- Job opportunities in clinical psychology attract quite a few to this field of psychology.

### **Counselling psychologists**

- Work with persons who suffer from motivational and emotional problems. The problems of their clients are less serious than those of the clinical psychologists.

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- A counselling psychologist may be involved in vocational rehabilitation programmes, or helping persons in making professional choices or in adjusting to new and difficult situations of life.
  - Counselling psychologists work for public agencies such as mental health centers, hospitals, schools, colleges and universities.

### **Community psychologists**

- Generally focus on problems related to community mental health. They work for mental health agencies, private organizations and state governments.
- They help the community and its institutions in addressing physical and mental health problems. In rural areas they may work to establish a mental health centre.
- In urban areas they may design a drug rehabilitation programme. Many community psychologists also work with special populations such as the elderly or the physically or mentally challenged.

### **School psychologists**

- Work in educational systems, and their roles vary according to the levels of their training.
- For example, some school psychologists only administer tests, whereas others also interpret test results to help students with their problems.
- They also help in the formulation of school policies. They facilitate communication between parents, teachers and administrators, and also provide teachers and parents with information about the academic progress of a student.

### **Organizational psychologists**

- Render valuable help in dealing with problems that the executives and employees of an organization tend to face in their respective roles.
- They provide organizations with consultancy services and organize skill training programmes in order to enhance their efficiency and effectiveness.
- Some organizational psychologists specialize in Human Resource Development (HRD), while others in Organizational Development and Change Management programmes.



Differentiation between Psychologist & Psychiatrist and counselor and clinical psychologist.

<b>Psychologist</b>	<b>Psychiatrist</b>
A psychologist deals with the psychological phenomenon.	A psychiatrist deals with serious mental problems.
Intensive training in treating with psychological disorder formulation of psychological conclusions that are derived on the basis of data.	Psychiatrist deals with treatment and prevention of psychological disorders.
A psychologist does not hold a medical degree and is mainly into academic and research fields.	A psychiatrist holds a medical degree and he/she can use medical treatment to cure the patients.

<b>Counsellor</b>	<b>Clinical Psychologist</b>
A counsellor deals with the causes, treatment and prevention of different types of psychological disorders, which are related to motivational and emotional problems.	A clinical psychologist provides therapy for behavioural problems, which are related to mental disorders.
Counsellors help people in vocational rehabilitation programmes, making professional choices and adjusting to new situations in life.	Clinical psychologists conduct interviews and administer psychological tests to diagnose various problems.
A counsellor deals with different types of social emotional, personal issues in everyday life of the patient.	A clinical psychologist deals with specific and complicated psychological disorders

## **BRANCHES OF PSYCHOLOGY**

Various fields of specialization in psychology have emerged over the years. Some of these are discussed in this section.

### **Cognitive Psychology**

- Investigates mental processes involved in acquisition, storage, manipulation, and transformation of information received from the environment along with its use and communication.

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- The major cognitive processes are attention, perception, memory, reasoning, problem solving, decision-making and language.
  - In order to study these cognitive processes, psychologists conduct experiments in laboratory settings.
  - Some of them also follow an ecological approach, i.e. an approach which focuses on the environmental factors, to study cognitive processes in a natural setting. Cognitive psychologists often collaborate with neuroscientists and computer scientists.

### **Biological Psychology**

- Focuses on the relationship between behavior and the physical system, including the brain and the rest of the nervous system, the immune system, and genetics.
- Biological psychologists often collaborate with neuroscientists, zoologists, and anthropologists.
- Neuropsychology has emerged as a field of research where psychologists and neuroscientists are working together. Researchers are studying the role of neurotransmitters or chemical substances which are responsible for neural communication in different areas of the brain and therefore in associated mental functions.
- They do their research on people with normal functioning brain as well as on people with damaged brain by following advanced technologies like EEG, PET and fMRI, etc. about which you will study later.

### **Developmental Psychology**

- Studies the physical, social and psychological changes that occur at different ages and stages over a life-span, from conception to old age.
- The primary concern of developmental psychologists is how we become what we are. For many years the major emphasis was on child and adolescent development.
- However today an increasing number of developmental psychologists show strong interest in adult development and ageing.

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- They focus on the biological, socio-cultural and environmental factors that influence psychological characteristics such as intelligence, cognition, emotion, temperament, morality, and social relationship.
  - Developmental psychologists collaborate with anthropologists, educationists, neurologists, social workers, counsellors and almost every branch of knowledge where there is a concern for growth and development of a human being.

### **Social Psychology**

- Explores how people are affected by their social environments, how people think about and influence others.
- Social psychologists are interested in such topics as attitudes, conformity and obedience to authority, interpersonal attraction, helpful behavior, prejudice, aggression, social motivation, inter-group relations and so on.

### **Cross-cultural and Cultural Psychology**

- Examines the role of culture in understanding behavior, thought, and emotion. It assumes that human behaviour is not only a reflection of human-biological potential but also a product of culture. Therefore behavior should be studied in its socio-cultural context.
- Environmental Psychology studies the interaction of physical factors such as temperature, humidity, pollution, and natural disasters on human behavior.
- The influence of physical arrangement of the workplace on health, the emotional state, and interpersonal relations are also investigated.
- Current topics of research in this field are the extent to which, disposal of waste, population explosion, conservation of energy, efficient use of community resources are associated with and are functions of human behavior.

### **Health Psychology**

- Focuses on the role of psychological factors (for example, stress, anxiety) in the development, prevention and treatment of illness.

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- Areas of interest for a health psychologist are stress and coping, the relationship between psychological factors and health, patient-doctor relationship and ways of promoting health enhancing factors.

### **Clinical and Counselling Psychology**

Deals with causes, treatment and prevention of different types of psychological disorders such as anxiety, depression, eating disorders and chronic substance abuse.

A related area is counselling, which aims to improve everyday functioning by helping people solve problems in daily living and cope more effectively with challenging situations.

The work of clinical psychologists does not differ from that of counselling psychologists although a counselling psychologist sometimes deals with people who have less serious problems.

In many instances, counselling psychologists work with students, advising them about personal problems and career planning. Like clinical psychologists, psychiatrists also study the causes, treatment, and prevention of psychological disorders.

**A clinical psychologist** has a degree in psychology, which includes intensive training in treating people with psychological disorders.

In contrast, a **psychiatrist** has a medical degree with years of specialized training in the treatment of psychological disorders. One important distinction is that psychiatrists can prescribe medications and give electroshock treatments whereas clinical psychologist cannot.

### **Industrial/Organizational Psychology**

- Deals with workplace behavior, focusing on both the workers and the organizations that employ them.
- Industrial/organizational psychologists are concerned with training employees, improving work conditions, and developing criteria for selecting employees.
- For example, an organizational psychologist might recommend that a company may adopt a new management structure that would increase communication between managers and staff. The background of industrial and organisational psychologists often includes training in cognitive and social psychology.

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## **Educational Psychology**

- Studies how people of all ages learn. Educational psychologists primarily help develop instructional methods and materials used to train people in both educational and work settings.
- They are also concerned with research on issues of relevance for education, counselling and learning problems.
- A related field, school psychology, focuses on designing programmes that promote intellectual, social, and emotional development of children, including those with special needs.
- They try to apply knowledge of psychology in a school setting. Sports Psychology applies psychological principles to improve sports performance by enhancing their motivation.

## **Sports psychology**

- Is a relatively new field but is gaining acceptance worldwide.

Other Emerging Branches of Psychology: The interdisciplinary focus on research and application of psychology has led to the emergence of varied areas like aviation psychology, space psychology, military psychology, forensic psychology, rural psychology, engineering psychology, managerial psychology, community psychology, psychology of women, and political psychology, to name a few.