

# PSYCHOLOGY

## THE BASIC PRINCIPLES OF PSYCHOLOGY FOR INTRODUCTORY COURSES

### INTRODUCTION

• **DEFINITION:** Scientific study of behavior and mental processes and how they are affected by an organism's physical and mental state and external environment

• **GOALS:** Describe, understand, predict and control (or modify) behavior or mental processes

• **PSYCHOLOGY AS A SCIENCE:**

1. **Descriptive studies** - describe but not explain

a. **Case history** - description of one individual

b. **Observation**

i. **Naturalistic** - natural environment

ii. **Laboratory** - setting controlled by researcher

c. **Surveys** - questionnaires and interviews

d. **Tests**

i. **Reliability** - used to measure whether individual differences in test scores are due to actual differences in the characteristics being measured or due to chance errors and fluctuations.

ii. **Validity** - refers to the extent to which a test measures what it purports. The validity of a test must be empirically established - relating the test to particular criterion that it claims to measure.

2. **Correlational Studies** - strength of relationships between variables, does not show causation

3. **Experiment** - researcher controls variable(s) to discover its effect on other variables

a. **Independent variable** - manipulated/controlled by researcher

b. **Dependent variable** - measured by researcher (data)

c. **Experimental and control groups** - only experimental group exposed to independent variable, otherwise treated the same

d. **Change in dependent variable caused by independent variable**, since all else remained the same

e. **Confounding Variable** - an observed effect that may be due to an intervening third variable between the dependent and independent variables. The confounding variable must be systematically controlled or, if possible, eliminated, otherwise obtained results are invalid.

f. **Inferred Variable** - a non-observable variable that is inferred as the mediator between two observed events. For instance, inferring the experience of "fear" from certain measurable physiological anxiety responses. It is frequently difficult to avoid circular explanations in positing an inferred variable.

g. **Subject Variable** - a condition that is part of the subject's make-up and cannot be assigned randomly; e.g., sex, height, hair-color etc. Because of their non-randomizability, causal conclusions cannot be derived from subject variable experiments.

h. **Non-Subject Variable** - a characteristic that is not part of a subject's make-up, and thus can be randomly assigned; e.g., whether the subject received a certain drug or a placebo.

### LEARNING

*Change in behavior as a result of experience*

• **CLASSICAL CONDITIONING**

1. **Pavlov's studies**

a. **Unconditioned stimulus (UCS)** - food - elicits an unconditioned response (UCR) - salivation

b. **Pair neutral stimulus** - tone - with UCS - food

c. **Neutral stimulus becomes conditioned stimulus (CS)** - tone - which elicits conditioned response CR - salivation

2. **Principles of classical conditioning**

a. **Extinction** - when the CS is not presented with the UCS, it will diminish

b. **Stimulus generalization** - similar stimuli may elicit the same response as the CS

### LEARNING CONTINUED

c. **Stimulus discrimination** - different responses are made to stimuli which are similar to the CS

• **OPERANT CONDITIONING**

1. **Reinforcer (reward)** - increases response probability

a. **Positive reinforcement** - response followed by presentation of reinforcing stimulus

b. **Negative reinforcement** - response followed by removal of aversive stimulus

2. **Punishment** - stimulus that follows response decreases probability response will occur

3. **Principles of Operant Conditioning**

a. **Extinction** - response no longer reinforced

b. **Stimulus generalization** - response will occur to similar stimuli

c. **Stimulus discrimination** - responses do not occur to different stimuli

d. **Timing of reinforcers** - the sooner a reinforcer or punisher follows an action, the greater its effect

e. **Schedules of reinforcement**

i. **Continuous reinforcement** - a particular response is always reinforced

ii. **Intermittent reinforcement** - reinforcing only some responses

(a) **Fixed ratio (FR)** - reinforcement after a fixed number of responses, high rates of responding

(b) **Variable ratio (VR)** - reinforcement after average number of responses, very high, steady rates of responding

(c) **Fixed interval (FI)** - reinforcement after fixed amount of time, followed by a pause

(d) **Variable interval (VI)** - reinforcement after a variable amount of time, low, steady rate of response

f. **Shaping** - reinforce successive approximations to the desired response

g. **Chaining** - a method of connecting responses into a sequence of behaviors. At the end of the chain there must always be a reinforcer. The chain is constructed by beginning at the end and working backward; all behaviors have to be previously conditioned into the organism's responses.

4. **Cognitive Behavior Modification**

The principles of learning theory are applied to alter undesirable thoughts, rather than only observable behaviors.

a. **Social Learning Theory** - (**Bandura**) four processes which influence learning are:

i. Attention

ii. Memory

iii. Behavior

iv. Motivation

b. **Specific cognitive processes that are recognized:**

i. Attribution

ii. Expectancy

iii. Logical

iv. Verbal

v. Imaginative

c. **Rational emotive therapy** - (**Ellis**) considers the central cause of dysfunctional behavior to be due to irrational beliefs. The therapy focuses on the alteration of these irrational beliefs.

d. **Problem-solving therapy** - focuses on enhancing the patient's ability to make decisions and solve problems in stressful or difficult situations.

e. **Paradoxical intervention** - patients are instructed to purposely perform undesirable symptomatic behaviors on command in an effort to demonstrate their ability to gain control over these behaviors.

f. **Attribution therapy** - attempts to facilitate the patient's ability to re-attribute undesirable feelings and symptoms to something less threatening and more acceptable.

### BIOLOGICAL BASES OF PSYCHOLOGY

• **STRUCTURE OF THE NERVOUS SYSTEM**

1. **Central** - brain and spinal cord

2. **Peripheral** - sensory and motor nerves which transmit information

a. **Somatic** - control skeletal muscles

b. **Autonomic** - regulates internal organs and glands

i. **Parasympathetic** - conserves energy

ii. **Sympathetic** - expends energy

• **COMMUNICATION WITH NERVOUS SYSTEM**

1. **Neuron** - basic unit of nervous system

a. **cell body** - keeps neuron alive

b. **dendrites** - receive information from other neurons

c. **axons** - send information to other neurons

d. **myelin** - insulates axon to enable information to be transmitted faster

2. **Communication between Neurons**

a. **Synapses** - gaps between neurons

b. **Message travels through axon to synaptic knob on axon's tip**

c. **Synaptic vesicles** open and release neurotransmitter into synaptic gap

d. **Neurotransmitter** fits into receptor sites on receiving dendrite, causing it to be more or less likely to fire

• **THE BRAIN**

1. **Midbrain**

a. **Midbrain**, pons, reticular activating system, cerebellum

b. **Responsible** for reflexive, automatic behavior

2. **Midbrain** - information conduit

3. **Forebrain**

a. **Thalamus** - directs sensory messages

b. **Hypothalamus** - emotion and survival drives

c. **Pituitary gland** - controls many other endocrine glands

d. **Cerebral cortex**

i. **Occipital lobe** - vision

ii. **Frontal lobe** - sensory information

iii. **Temporal lobe** - process sounds

iv. **Parietal lobe** - sense movements

4. **Two brain hemispheres**

a. Each one controls opposite side of body

b. **Left hemisphere** dominant for most people

### STRESS AND HEALTH

• **STRESS - EMOTIONAL AND PHYSICAL RESPONSES TO STIMULI**

1. **Caused** by stimuli and the way those stimuli are perceived

2. **Biological reaction**

a. **Fight or flight** - increase heart rate, breathing, tense muscles

b. **Increased activity** in the sympathetic nervous system

c. **Adrenal glands** secrete epinephrine (adrenalin) and norepinephrine

3. **Coping with stress**

a. **Recognize situation**

b. **Maintain control** over the stressful situation

• **PSYCHOLOGY AND ILLNESS**

1. **Heart disease**

a. **Type A personalities** - hard-working, competitive, increased incidence of heart disease

b. **Type B personalities** - easy going

2. **Cancer**

a. **Exposure** to carcinogens increases the risk

b. **Psychological factors** influence functioning of immune system

• **HEALTH AND SOCIAL RELATIONSHIPS**

1. **Friends** - assisted coping

a. **Emotional, cognitive** and tangible support

b. **Cultural differences** in the value placed on friendships

2. **Friends as stress producers**

a. **Contagion effect** - others can exaggerate stress

b. **Friend under stress** can increase your stress level

c. **Burden of caring** for others can increase stress

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**CL Gary**



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web english phonology is the system of speech sounds used in spoken english like many other languages english has wide variation in pronunciation both historically and from dialect to dialect in general however the regional dialects of english

share a largely similar but not identical phonological system

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web these consonants are voiced h w n m r j ŋ l an unvoiced consonant means that there is no vibration or voice coming from the voicebox when the sound is pronounced examples of unvoiced consonant sounds are s p and t

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web consonants are speech sounds produced with a closure or near complete constriction of the vocal tract all languages systematically exploit place of articulation to differentiate consonants

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web voiceless when the vocal folds are wide apart and not vibrating consonants are voiceless for example the consonant sounds of p t and s voiced when the vocal folds are close together and vibrating consonants are voiced for example the consonant sounds of b d and z

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web july 2021 learn how and when to remove this template message the word consonant may be used ambiguously for both speech sounds and the letters of the alphabet used to write them in english these letters are b c d f g j k l m n p q s t v x z and often h r w y

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web nov 28 2022 updated on november 28 2022 grammar consonants are letters that represent certain speech sounds specifically sounds that involve blocking the air before it leaves the mouth such as with the tongue lips or throat most letters of the english alphabet are consonants except for a e i o and u which are vowels

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web here is a table of english consonant sounds and their ipa symbols the words in parentheses represent the ipa transcription note that the examples are in three columns the first column provides an example of the sound when it

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web in phonetics and phonology a semivowel glide or semiconsonant is a sound that is phonetically similar to a vowel sound but functions as the syllable boundary rather than as the nucleus of a syllable examples of semivowels in english are the consonants y and w in yes and west respectively

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web the international phonetic alphabet ipa move the pointer over the row and column headings to see descriptions of the manners and places of articulation then click on the ipa symbols for each english sound to open a popup window with sample words and