

Types of Psychology

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Psychology Class

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March 4, 2014

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Developmental psychology

Developmental psychology entails the scientific learning of changes, which occur in humans over their life course. Originally, development psychology was concerned with children and infants; the discipline has evolved to include adult development, adolescence, aging, as well as the whole lifespan. Developmental psychology field investigates change across an extensive variety of subjects including motor abilities, as well as, other psycho-physiological developments; cognitive development encompassing such areas as moral understanding, problem solving, as well as, conceptual understanding;; social, personality, language acquisition, plus emotional development; identity formation and self-concept (NIMH, 2004).

Developmental psychology assesses such issues as the degree of stage-like development versus development via gradual knowledge accumulation—and the degree to which a child is born with intrinsic mental structures, vs. learning by experience. A lot of researchers are engrossed in the association between individual characteristics, the person's behavior, plus environmental elements along with social context, as well as, their impact upon growth; others assume a more narrow focused methodology (NIMH, 2011).

Cognitive psychology

Cognitive psychology refers to the psychology branch, which examines mental processes encompassing how people perceive, think, learn, and remember. As portion of an enormous subject of cognitive science, this psychology branch is linked to other subjects including linguistics, philosophy, and neuroscience. There are many practical uses for cognitive studies,

such as increasing decision-forming accuracy, improving memory, and configuring educational programs to improve learning. The branch of cognitive psychology centers upon the manner in which humans process facts, examination how humans treat information, which a person acquires (what behaviorists call stimuli), as well as, how this behavior results in reactions. In other terms, they are concerned with the variables, which mediate between input/stimulus and output/ response. Cognitive psychologists examine internal processes encompassing language, perception, memory, thinking, and attention (NIMH, 2011).

Behavioral psychology

Behavioral psychology is a psychology branch, which focuses upon observable behaviors. Punishment, conditioning, and reinforcement are main concepts utilized by behaviorists. Behavioral psychology upholds that behaviors are both determined and conditioned by their own consequences or outcomes (punishments and rewards). It also maintains that human behaviors may be understood through examining animal behavior. Moreover, only the measurable and observable behavior aspects are worth examining. The branch also maintains that repetition only produces mastery that equates to understanding. Behavioral psychology asserts that information is something imparted by a teacher and taken by a student. A coach should focus upon modifying the learner's conduct and not her or his patterns of thinking patterns (NIMH, 2004).

Social psychology

Social psychology is a field, which utilizes scientific techniques to comprehend and expound how the feeling, thought, as well as, behavior of people is influenced through the actual,

implied or imagined other humans' presence. Social psychology examines a wide variety of social subjects, including social perception, group behavior, leadership, conformity, nonverbal behavior, prejudice, and aggression. It is crucial to observe that social psychology does not just examine social influences. It also examines social interaction and social perception to comprehend social behavior.

By this description, *scientific* denotes to the experimental investigation method. The terms *feelings*, *behaviors*, and thoughts include all variables of psychology, which are assessable in human beings. The assertion that the presence of others' may be *implied* or *imagined* indicates that humans are susceptible to social sway even when other persons are not present, for instance, television watching, or adhering to internalized ethnic customs. Social psychologists usually explain behaviors of humans because of the relationship of psychological states and direct social situations. Overall, social psychologists prefer laboratory-based, experiential findings when doing research on human behavior. Theories of social psychology are focused and specific, instead of being general and global.

Social psychologists, hence, tackle the factors, which lead humans to conduct themselves in a specified manner in others' presence, and explore the conditions in which some actions/behavior, as well as, feelings occur. The field of social psychology is focused on the manner these thoughts, feelings, beliefs, goals, and intentions are formed, as well as, how such mental factors, consecutively, influence human interaction with others.

Explain personality, how it is measured, and how it is used in psychology.

A person's personality entails a set of attitudes, thoughts, behaviors, and emotions.

Personality assists in determining how a person interacts with other persons and decides what motivates that person. Psychologists have invented tests and methods in efforts to depict a person's personality, or type of personality. Such tests reveal theoretical ideas concerning personality's nature. In various tests, the emphasis is upon genetic aspects, while others emphasize on environmental elements. Personality testing denotes to techniques, which are utilized to consistently and accurately measure personality. Personality is measured through interviewing, behavioral observation, questionnaires, and projective tests (NIMH, 2011).

Personality in psychology is used:

- To examine theories
- To examine behavioral changes
- To assess the efficiency of therapy
- Diagnosing mental problems

Explain the importance of understanding the brain and nervous system when studying psychology.

It is important to understand the nervous system and the brain because human brain affects human behavior, perception, different moods, various reactions, and cognition. The brain is the human body's command center; therefore, its nature or state is very crucial in understanding mental and behavior processes. Moreover, psychology entails the study of mental and behavior processes. A full comprehension of human behaviors requires understanding of the influences of biology essential to that behavior, particularly those stemming from the nervous system (NIMH, 2004).

Applied psychology

Applied psychology entails the usage of scientific psychology techniques and findings to resolve real problems of animal and human experience and behavior. A more specific description is impossible since applied psychology activities vary from research laboratory experimentation via field investigations to direct examinations for troubled individuals. Applied psychology is a field, which utilizes principles of psychology to enhance the human beings' lives and resolve human problems. Applied psychologists are coached in the rudimentary psychological science. Their distinctive contributions arise from their use of psychological theories to human behavior problems (NIMH, 2011).

*Describe at least one major psychological disorder**Bipolar disorder*

A manic-depression that has periods of awfully irritable or elevated moods is called mania. Bipolar affects nearly 2.3 million American adults—around 1.2% of the populace. Depression episodes or cycles, obsession, or "mixed" depressive and manic symptoms naturally recur and can become more recurrent, often interrupting work, family, social life, and (NIMH, 2004).

When within the depressed episode, a person can have all or any of the indicators of a depression illness. When within the manic episode, the person may be over-talkative, overactive, as well as, have a lot of energy. Mania frequently affects judgment, thinking, as well as, social behavior in manners, which cause embarrassment and serious problems. Left un-cured, mania may deteriorate to a state of psychotic. Psychotic indicators linked to bipolar typically mirror the

severe mood state by the time (NIMH, 2011). A range of treatments are utilized to remedy bipolar disorder; however, even with the best medication treatment, numerous individuals with the disorder have some remaining symptoms. Depending with the treatment, side effects can include nausea, weight gain, tremor, reduced sexual performance or drive, anxiety, movement problems, dry mouth, or hair loss (NIMH, 2004).

Seasonal Affective Disorder

This disorder involves depression symptoms, which come about during the winter and fall periods in which the days are short, as well as, there is little exposure to regular sunbeams. When the summer and spring seasons commence plus there is more exposure to lengthier hours of sunshine, the depression symptoms start to disappear. Approximately 10% of Americans presently suffer from SAD (Seasonal Affective Disorder) and associated disorders (NIMH, 2004). Seasonal Affective Disorder victims exhibit the following signs that occur in the fall and winter months, as well as, diminish during the spring time: depression, weight gain, increased appetite, depressed interest and energy, incapacity to concentrate, plus excessive sleeping.

Explain psychotherapy and describe at least one type.

Psychotherapy refers to the cure of mental problems via confidential oral communications through a psychological health expert. All psychotherapies give optimism that a mental problem will recover, present novel perspectives about the problem, as well as, inspire an empathic affiliation with a psychoanalyst. The tactic a psychotherapist utilizes depends upon her or his theoretic orientation. Forms of psychotherapy approaches comprise cognitive, psychodynamic, behavioral and humanistic (NIMH, 2011).

Cognitive therapy aims to recognize and transform maladaptive patterns of thinking, which can lead to negative emotions, as well as, dysfunctional behavior. Aaron Beck, a psychologist, first established cognitive therapy psychotherapy to remedy depression, though cognitive therapies psychotherapies are now utilized to remedy a wide variety of ailments. Aaron's cognitive therapy assists clients test if their theories are practical (NIMH, 2011).

Such Cognitive therapists as Beck think that depression result from faults in thinking. Consistent with this concept, depressed persons have a habit of doing several of the following:

- Hold themselves responsible for undesirable events. They undervalue situational causes.
- Concentrate more on negative happenings than to constructive ones.
- Are cynical.
- Make improperly universal generalizations from undesirable events.

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