1.1 THE SCIENCE OF PSYCHOLOGY

Psychology—The scientific study of behavior, thought, and experience, and how they can be affected by physical, mental, social and environmental factors.

The Scientific Method

Scientific Method—A way of learning about the world through collecting observations, developing theories to explain them, and using the theories to make predictions.

* The scientific method involves a dynamic interaction between hypothesis testing and the construction of theories.

Hypothesis: Making Predictions

Hypothesis (Plural: Hypotheses)—A testable prediction about processes that can be observed or measured.

* Hypothesis can be supported or rejected (you do not *prove* a hypothesis), and scientific hypothesis *must* be testable.

  Pseudoscience—An idea that is presented as science but does not actually utilize basic principles of scientific thinking or procedure.

Theories: Explaining Phenomena

Theory—An explanation for a brad range of observations that also generates new hypotheses and integrates numerous findings into a coherent whole.

- In other words, theories are general principles or explanations of some aspect od the world (including human behavior), whereas hypotheses are specific predictions that can test the theory or, more realistically, specific parts of that theory.
- Theories are built from hypotheses that are repeatedly tested and confirmed.
- An essential quality of scientific theories is that they can be proved false with new evidence. In fact, any scientific theory must be proven *falsifiable*; just as researches can discover evidence that is in support of the theory, they can also discover evidence that challenges the theory.

A few common issues that have occurred about scientific theories:

i. Theories are not the same thing as opinions and beliefs.
ii. All theories are not equally plausible.
iii. A measure of a good theory is not the number of people who believe it to be true.

The Biophysical Model

Biopsychosocial Model—A means of explaining behavior as a product of biological, psychological, and socio-cultural factors.

- *Biological influences* on our behavior involve brain structures and chemicals, hormones, and external substances such as drugs.

Introduction To Psychology Study Guide

Lei Huang

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