

## Chapter 1 Study Guide

**Psych** – Soul

**Ology** – Scientific study of

**Psychology** – Scientific study of the mind and behavior.

Psychologists study everything about the human experience from the basic workings of the human brain to consciousness, memory, language, reasoning, personality and mental health.

### History of Psychology

Psychological perspectives

**Structuralism** – understanding the conscious experience through introspection.

- Wilhelm Wundt

**Functionalism** – focused on how mental activities helped an organism adapt to its environment.

- William James

**Psychoanalytic Theory** – focuses on the role of the unconscious in affecting conscious behavior.

- Sigmund Freud

**Gestalt Psychology** – Focuses on humans as a whole rather than individual parts.

- Wertheimer, Koffka, Kohler

**Behaviorism** – focuses on observing and controlling behavior.

- Pavlov, Watson, Skinner

**Humanism** - emphasizes the potential for good that is innate to all humans.

- Abraham Maslow and Carl Rogers

**Wilhelm Wundt** is credited as one of the founders of psychology. He created the first laboratory for psychological research.

# Sport Psychology Study Guide

**Hussin A.Rothana**



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