



PNU University

English in Psychology 1

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پیشگفتار ناشر

کتاب‌های دانشگاه پیام نور حسب مورد و با توجه به شرایط مختلف یک درس در یک یا چند رشته دانشگاهی، به صورت کتاب درسی، متن آزمایشگاهی، فرادرسی، و کمک درسی چاپ می‌شوند.

کتاب درسی ثمره کوشش‌های علمی صاحب اثر است که براساس نیازهای درسی دانشجویان و سرفصل‌های مصوب تهیه و پس از داوری علمی، طراحی آموزشی، و ویرایش علمی در گروه‌های علمی و آموزشی، به چاپ می‌رسد. پس از چاپ ویرایش اول اثر، با نظرخواهی‌ها و داوری علمی مجدد و با دریافت نظرهای اصلاحی و متناسب با پیشرفت علوم و فناوری، صاحب اثر در کتاب تجدیدنظر می‌کند و ویرایش جدید کتاب با اعمال ویرایش زبانی و صوری جدید چاپ می‌شود.

متن آزمایشگاهی (م) راهنمایی است که دانشجویان با استفاده از آن و کمک استاد، کارهای عملی و آزمایشگاهی را انجام می‌دهند.

کتاب‌های فرادرسی (ف) و **کمک درسی** (ک) به منظور غنی‌تر کردن منابع درسی دانشگاهی تهیه و بر روی لوح فشرده تکثیر می‌شوند و یا در وبگاه دانشگاه قرار می‌گیرند.

مدیریت تولید محتوا و تجهیزات آموزشی

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Preface

This book is designed to show the reader how psychology has developed over its relatively brief period as a science. It presents some of the areas which are the concern of the contemporary psychologists. It takes an active learning approach and includes vocabulary lists and definitions, reading passages, and practice tests. All materials in this book are designed to help students fully grasp the material in the text by shaping study skills.

Chapter One

Introduction to Psychology

General aims

This unit will enable students to acquire:

1. Students develop reading skills including skimming and scanning.
2. This chapter aims at raising students' general proficiency in English to a level appropriate for university study.

Behavioral objectives

The present lesson has two specific aims:

1. Define the meaning of the following general words:

comprise, conflict, contemporary, discover, emerge, emphasize, evolve, freedom, impulse, practice, promote, root, wane

2. Define the meaning of the following key words:

aggressive, approach, behaviorism, clinical psychology, defense mechanisms, determine, disorder, empiricism, functionalism, health, humanistic psychology, maladaptive, perspective, prenatal, psychotherapy, school of psychology, self-actualization, structuralism, theory

3. Translate this lesson (introduction to psychology) into Persian.

Word study

Study the following definitions, synonyms and examples

General words

Comprise (v): be composed of have as parts or members

The committee comprises men of widely different views.

Conflict (n): angry disagreement between people or groups; struggle; quarrel

The theory provoked conflicts between psychologists.

Contemporary (adj): modern or relating to the present time; concurrent

Contemporary urban society changed rapidly.

Discover (v): find out; get knowledge of, and bring to view

Harvey discovered the circulation of the blood.

Emerge (v): to come out of something or out from behind something; appear

A new style of dance music emerged in the late 1960s.

Emphasize (v): stress; to try to make someone do something by forcing

He emphasized the importance of careful driving.

Evolve (v): develop; unfold

The research project evolved from the concept first proposed in the lecture.

Freedom (n): condition of being free; liberty

The new freedom in movies and novels can be seen after revolution.

Impulse (n): push or thrust; a sudden strong feeling that you must do something

He feels irresistible impulse to break the glass at home.

Practice (n): exercise; occasions when you do something in order to become better at it

Please don't ask me to play the Guitar, I'm out of practice.

Promote (v): advance; farther

He worked hard to promote peace / this scheme.
Root (n): the origins and background of something; source; basis

He has no roots in this society, he is foreigner.

Wane (v): if a feeling or power wanes, it becomes weaker and less important, decrease

Your thirst wanes as you drink.

Key words

Aggressive (adj): disposed to attack; pushing

Studies with children indicate that participating in aggressive activities increase amount of aggressive behavior.

Approach (n): a tentative suggestion designed to elicit the reactions of others; a particular way of thinking about or dealing with something

It was an approach we couldn't refuse.

Behaviorism (n): a school of psychology that proposed that psychology can be a true science only if it examines observable behavior

Behaviorism is an extreme form of environmentalism, the view that all behavior comes from experience.

Clinical psychology (n): the area of psychology concern with a maladaptive or abnormal human behavior

Clinical psychology has contributed to improving mental health.

Defense mechanisms (n): defense mechanisms are unconscious resources used by the ego to reduce conflict between the id and superego

Sigmund Freud was the first person to develop the theory of defense mechanisms.

Determine (v): settle; establish

Our beliefs and emotions about our self and the world ultimately determine what we want and what methods we use.

Disorder (n): lack of order; illness or medical condition

She is suffering from mental disorder.

Empiricism (n): the view that all knowledge and thoughts comes from experience via the senses

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The English philosopher John Lock established the view that all ideas and categories are derived from sense experience.

Functionalism (n): which held that psychology should study the functions of consciousness

The functionalism argued it was better to look at way the mind works the way it does than to describe its parts.

Health (n): state of being well and free from illness

Health psychologists are reducing peoples' risk of illness.

Humanistic psychology (n): a psychological perspective that emphasizes the uniqueness of human beings; it is concerned with human values

Positive psychology is a modern form of Humanistic psychology.

Maladaptive (adj): not adaptive

The behaviors of students showed maladaptive behavior patterns.

Perspective (n): mental view; prospect

You must get the story in perspective.

Prenatal (adj): preceding birth

Findings showed the importance of prenatal period.

Psychotherapy (n): treatment by psychological methods of mental, emotional and nervous disorder

Behavior therapy differs from other types of psychotherapy in that it focused on behavior rather than feelings and understanding.

School of psychology (n): the psychological schools are the great classical theories of psychology

The most influential schools of psychology are behaviorism, psychoanalysis and humanism.

Self- actualization (n): a persons' fundamental tendency toward maximal realization of his potentials

In humanistic psychology, Maslow considered self- actualization to be the highest of human motives.

Structuralism (n): the analysis of the mind in terms of its basic elements

According to structuralism, breaking down experience into its

elemental parts offers the best way to understand thought and behavior.

Theory (n): general principles of a science; a general explanation of a set of findings

A set of assumptions to explain existing data and predict new events is theory.

Introduction to Psychology

How do I learn, remember, and forget? Can I learn to control my emotions? Why are some individuals shy and others outgoing? What causes people, such as Afshin and Atosa to become attracted to one another and fall in love? Can we predict their relationships? How did our personality develop? Where in the brain are memories stored? Why did Amir become depressed?

Welcome to psychology, the discipline that studies all of these questions and countless more. We can define psychology as the scientific study of behavior and the mental processes. The term behavior refers to actions and responses that we can directly observe, whereas the term mental processes refers internal states and processes- such as thoughts and feelings- that cannot be seen directly and that must be inferred from observable, measurable responses.

However, the definition of psychology has evolved over time. Students are often surprised at the wide range of topics studied by contemporary psychologists. Those topics can range from the behavior of a single brain cell to the behavior of people in groups, from prenatal development to old age, and from normal behavior to maladaptive behavior.

The numerous approaches psychologists have adopted in their attempts to understand human behavior. These approaches exist because our behavior is jointly determined by several factors, such as

the specific stimuli presented to us, our recent experiences, our genetic endowment, our physiological system, our cognitive system, the social environment, the cultural environment, our previous life experiences and our personal characteristics.

The history of psychology as a science is not nearly as old as that of clinical practice, although its origins in philosophy go back to the ancient Greeks. Psychological science emerged from a tradition of empiricism and observations of the world. Wilhelm Wundt opened the first laboratory in experimental psychology in Leipzig, Germany, in 1879.

Wundt and Titchener's approach came to be known as structuralism, the analysis of the mind in terms of its basic elements. In their experiments, structuralists used the method of introspection to study sensations, which they considered the basic elements of consciousness. In the USA, structuralism eventually gave way to functionalism, which held that psychology should study the function of consciousness rather than its structure. They also gave way to the rise of other approaches.

As a broad field, psychology comprises several subdisciplines, or areas of focused study, including cognitive, developmental, social, personality, health, counseling, educational and industrial/organizational psychology. Clinical psychologists and counselors treat mental, emotional, and behavioral disorders and promote psychological health. Clinical psychologists also conduct research on psychological disorders and health. They practice psychology. As a science, psychology is the field of study in which researchers examine how the mind works and the rules that govern behavior within and between individuals.

The development of psychology has been powerfully influenced by a relatively small number of theoretical approaches or schools of psychology. The following three approaches are considered in this lesson.

The psychodynamic perspective calls attention to unconscious motives, conflicts, and defense mechanisms that influence our personality and behavior. Freud emphasized how unconscious sexual and aggressive

impulses and childhood experiences shape personality. Modern psychodynamic theories focus more on how early family relationships and our sense of self unconsciously influence our current behavior.

The behavioral perspective emphasizes how the external environment and learning shape behavior. Behaviorists such as Watson and Skinner believed that psychology should only study observable stimuli and responses, not unobservable mental processes. Behaviorists discovered basic laws of learning through controlled research with laboratory animals and applied these principles to enhance human welfare. However, radical behaviorism's influence waned after the 1970s as interest in studying mental processes expanded.

The humanistic psychology emphasizes personal freedom and choice, psychological growth and self-actualization. This theory focuses on personal growth and meaning as a way of reaching one's highest potential. Humanism has contributed to research on the self, the process of psychotherapy and today's positive psychology movement.

Understanding the Passage

Exercise 1.1

Choose the best choice a, b, c or d.

1. The passage explains
 - a. what is psychology
 - b. what is behaviorism
 - c. what is humanism
 - d. what is psychoanalysis
2. The word "outgoing" is closest in meaning to
 - a. shy
 - b. attach
 - c. predict
 - d. leaving
3. It can be inferred from the passage that clinical psychologists conduct research on
 - a. educational psychology
 - b. social psychology
 - c. health psychology
 - d. developmental psychology

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4. Psychology is best defined as the study of
- a. mental illness
 - b. human thought and behavior
 - c. human behavior
 - d. human development
5. What perspective in psychology assumes the unconscious is the most powerful force behind most behavior?
- a. psychoanalysis
 - b. behaviorism
 - c. humanism
 - d. clinical psychology
6. emphasizes personal freedom and choice.
- a. psychoanalysts
 - b. behaviorism
 - c. humanism
 - d. cognitive psychology

Vocabulary Exercises

Exercise 1.2

Match the terms in column A with their definitions in column B.

A	B
1.root	A. unable to do something
2.emphasize	B. if a feeling or power wanes, it becomes weaker and less important
3.conflict	C. the origins and background of something
4. aggressive	D. angry disagreement between people or groups
5. emerge	E. a particular way of thinking about or dealing with something
6.wane	F. illness or medical condition
7.impulse	G. disposed to attack
8.practice	H. to come out of something or out from behind something
9. prenatal	I. general principles of a science
10. health	J. from the base
11.approach	K. injured or feeling physically pain
12.theory	L. a sudden strong feeling that you must do something
13.disorder	M. to try to make someone do something by forcing
	N. state of being well and free from illness
	O. to give particular importance or attention to something
	P. preceding birth

Exercise 1.3

Fill in the blanks: use the correct form of the words given to complete the sentences that follow. There are more words than needed.

self actualization, promote, clinical psychology, conflict, wane, aggressive, emphasis, defense mechanisms, theory, empiricism, perspective, normal, health, determine

1. Your idea is excellent in..... but it is not clear in practice.
2. People who are have had peak experiences.
3. He sees things in their right
4. I try to avoid wherever possible.
5. Fresh air and exercise are good for the.....
6. Key principles of are observation and experiment.
7. How to use psychology to the criminal on TV crime shows?
8. Anna Freud has described and clarified various different
9. Psychiatry may be confused with, which generally has similar goals.
10. Observing models greatly increase amount of aggressive behavior.
11. Some schools put special on foreign language.

Chapter Two

Studying Behavior Scientifically

General aims

This unit will enable students to acquire:

1. Students develop reading skills including skimming and scanning.
2. This chapter aims at raising students' general proficiency in English to a level appropriate for university study.

Behavioral objectives

The present lesson has two specific aims:

1. Define the meaning of the following general words:

assign, code, compensate, conduct, devise, disadvantage, drawback, eliminated, extraneous, offset, reduce, simultaneously, sweat, train

2. Define the meaning of the following key words:

causality, cause- effect relations, correlational design, dependent variable, descriptive designs, hypothesis, independent variable, interpret, manipulate, observe, physiological measures, predict, scheme, self report, test

3. Translate this lesson (studying behavior scientifically) into Persian.

Word study

Study the following definitions, synonyms and examples

General words

Assign (v): to put someone in a particular group; allocate
Merriam has been assigned to the experimental group.

Code (n): a system of words, numbers, or signs used for sending secret messages

The dress comes in six colors, each identified by a three-letter code.

Compensate (v): to change or remove the bad result of something ; balance; counterpoise

Nothing can compensate for the loss of your father death.

Conduct (v): to do something in organized way; attend; escort
The test was conducted by telephone.

Devise (v): to invent a method of doing something; invent
Teacher has devised a program to allow students to study part-time.

Disadvantage (n): something that makes someone or something less effective, successful, or attractive; drawback; handicap

Your suggestions and plans have advantages and disadvantages.

Drawback (n): show unwillingness; disadvantage; difficulty
The main drawback of the experiment is its expense.

Eliminate (v): remove; take or put away

You should eliminate wrong words from an essay.

Extraneous (adj): not relating to subject or situation; outside; exterior
All these factors are extraneous to our aims.

Offset (v): counterbalance; to balance the effect of something
Sales in Iran were offset by economic crises.

Reduce (v): make smaller; lessen; lower

The factory has reduced its size from 500 employees to 400.

Simultaneously (adv): happened or done at the same time; concurrently

That movie opened simultaneously in the Asia and in Europe.

Sweat (v): liquid that forms on your skin when you are hot; perspire

The teacher sweated when he was teaching.

Train (v): to learn how to do a particular job; instruct; teach

I have a friend who trained to be an actor.

Key words

Causality (n): relation of cause and effect; the principle that nothing can happen without a cause

Causality can be considered in experimental researches.

Cause- effect relations (n): it is a particular way to find out which of all the factors in a situation is the cause

Experiments are powerful tool for examining cause-effect relations.

Correlational design (n): studies that measure two or more variables and their relationship to one another

Correlational design measures the relation between occurring variables.

Dependent variable (n): in an experiment, the outcome or response to the experimental manipulation

Dependent variable is measured by experimenter and may be influenced by the other variable.

Descriptive designs (n): study designs in which the researcher defines a problem and variable of interest but makes no prediction and does not control

In descriptive design the researcher makes no prediction and does not manipulate any variable.

Hypothesis (n): any statement, proposition or assumption that serves as a tentative explanation of certain facts; theorem

The third step in the scientific process is to test the hypothesis.

Independent variable (n): some aspect of the experimental situation that is manipulated by experimenter

The term independent variable refers to the factor that is manipulated by the researcher.

Interpret (v): explain; elucidate

Scientists use mathematical techniques to interpret the results and determine whether they are significant or not.

Manipulate (v): to skillfully handle, control, or use something; handle
Behaviorists know how to manipulate human behavior.

Observe (v): to watch or study someone or something with care and attention in order to discover something; notice; perceive
Theories organize and explain what they have observed.

Physiological measures (n): measures of bodily responses, such as blood pressure and heart rate

Some physiological measures are heart rate, blood pressure and electrical process in the brain.

Predict (v): to say what you think will happen in the future; forecast; foretell

Psychoanalysts believed that they can predict personality of people.

Scheme (n): plan; design

The psychologist has introduced several new training schemes.

Self report (n): written or oral accounts of a person's thought, feelings or actions

Self-reports are people's written or oral accounts of their thoughts, feelings, or actions.

Test (v): the activity of giving someone or something examination; examine; investigate

He was tested for psychological traits.

Studying Behavior Scientifically

Science is about empirically testing our ideas and learning whether our understanding of the world is correct. The scientific method by which research is conducted can be summed up by

OPTIC: Observing, Predicting, Testing, Interpreting, and

Communicating. Scientists start with observations of the world, make predictions, once they see a pattern, devise a study to test predictions, interpret results with the aid of statistics and decide whether the prediction was correct or not, and publish their work to clearly describe findings to others. These new findings lead to new predictions, and the whole process begins a new.

Psychologists use three types of research designs to test their ideas: descriptive designs, correlational designs, and experimental designs.

In descriptive designs, researchers simply observe and describe what they see. They address the question, "What is X?" They don't manipulate anything or have any real predictions to test. They often suggest ideas for further search, but are a poor method for establishing cause- effect relations.

In correlational designs researchers measure two or more things carefully to see whether or not they are related. They address the question, "Is X related to Y?" These designs use correlational statistics to interpret the results and to make and test hypotheses, but do not allow researchers to draw any conclusions about causality. A positive correlation means that higher scores on one variable are associated with higher scores on a second variable. A negative correlation occurs when higher scores on one variable are associated with lower scores on a second variable. Nevertheless, if two variables are correlated, then knowing the scores of one variable will help predict the scores of the other.

In experimental designs, researchers randomly assign participants to conditions and carefully manipulate the predicted cause (independent variable), then look for differences in outcome (dependent variables). True experiments address the question: "Does X cause Y?" A well- designed experiment is the best way to examine cause- effect relations. Experiments has three essential characteristics (1) one or more variables are manipulated, (2) their effects on our variables are measured, and (3) extraneous factors are eliminated or reduced so that cause effect conclusions can be drawn. Researchers