

CHAPTER 1. INTRODUCTION TO PSYCHOLOGY

Psychology and its main four goals.

Speaking of psychology you might think of helping people with mental problems, psychological disorders or reading minds... A large part of psychology is devoted to the diagnosis and treatment of mental health issues. And that is just a tip of an iceberg when it comes to applications of psychology. Psychology is both an applied and academic field that studies the human mind, mental processes and behaviors. Behaviors refer to observable actions or responses in both humans and animals. It could be eating, sleeping and so on. The mind or mental processes which are not directly observable refer to a wide range of complex processes such as thinking, dreaming, problem-solving, etc.

The four major goals of psychology include:

1. describe to understand and gain a better perspective about human behaviors;
2. explain why do we do the things that we do and what are our own motives behind them;
3. predict, make predictions about how we think or act upon certain situations; and
4. control or change in order to make positive and lasting changes in our lives.