

Ministry of Higher Education  
University of Mohamad Kheidar Biskra  
Faculty of Humanities and Social Sciences  
Department of Social Sciences

**Module:** *English*

**Level:** *First year*

**Lecture:** *Introduction to Psychology*

**Teacher:** *Pro. Sedrata Fadhila*

## *Introduction to Psychology*

### **1. Definition of Psychology:**

*Psychology is the scientific study of the human mind and behavior.*

*It explores how people think, feel, and act in different situations.*

***Etymology:*** *The word psychology comes from the Greek words psyche (soul or mind) and logos (study or discourse). It literally means “the study of the mind.”*

## **2. Key Concepts in Psychology**

<b>Concept</b>	<b>Definition</b>
<b>Behavior</b>	Any observable action made by a living person or animal.
<b>Mental Processes</b>	Internal experiences such as thoughts, feelings, and perceptions.
<b>Personality</b>	The unique and stable patterns of behavior, thinking, and emotions in a person.
<b>Perception</b>	The process of interpreting sensory information.
<b>Learning</b>	A relatively permanent change in behavior due to experience.
<b>Memory</b>	The mental system for storing and retrieving information.
<b>Emotion</b>	A complex state of feeling that results in physical and psychological changes.

## **3. Main Fields of Psychology**

<b>Field</b>	<b>Focus Area</b>
<b>Clinical Psychology</b>	Diagnosing and treating mental illness and emotional problems.
<b>Cognitive Psychology</b>	How we think, remember, solve problems, and make decisions.
<b>Developmental Psychology</b>	How people grow and change from infancy to old age.
<b>Educational Psychology</b>	The study of how people learn and the best teaching practices.
<b>Social Psychology</b>	How people influence and relate to one another in groups.

<b><i>Field</i></b>	<b><i>Focus Area</i></b>
<b><i>Industrial/Organizational Psychology</i></b>	<i>Applies psychology to the workplace to improve productivity.</i>
<b><i>Health Psychology</i></b>	<i>Focuses on how biological, psychological, and social factors affect health.</i>
<b><i>Forensic Psychology</i></b>	<i>Combines psychology and the legal system (e.g., criminal behavior analysis).</i>
<b><i>Neuropsychology</i></b>	<i>Studies the relationship between the brain and behavior.</i>