

Contents

- 1. Introduction 1**
 - What is psychology? 1
 - "Psychology is just common sense" 3
 - The beginnings of psychology 5
 - Understanding psychology 11
 - Summary 13

- 2. Current approaches and historical roots 15**
 - The psychoanalytic approach 17
 - The behaviourist approach 20
 - The approach of abnormal psychology 24
 - The biological approach 27
 - Comparative psychology 30
 - The psychophysiological approach 34
 - Individual differences 38
 - Social psychology 40
 - Developmental psychology 43
 - Humanistic psychology 46
 - Cognitive psychology 52
 - General conclusions 55
 - Summary 58

- 3. Major issues in psychology 60**
 - Reductionism 61
 - Free will versus determinism 64
 - Nature versus nurture 68
 - Idiographic versus nomothetic approaches 72
 - Consciousness 76
 - Summary 86

- 4. Motivation and emotion 88**
Motivation 88
Emotion 97
Summary 105
- 5. Research methods 107**
The nature of science 107
Goals of science 109
Scientific assumptions 110
Major theoretical positions in
psychology 111
Should psychology be a science? 115
The experimental method 116
Single-case studies 131
Data collection 135
Summary 140
- 6. The conduct of research 142**
Ethics and psychology 142
The ethics of human
experimentation 143
The use of animals in research 150
Psychology and social control 154
Summary 158
- References 160**
Glossary 167
Author Index 176
Subject Index 178