



# Psychology 101



The Early History



# Minds On...

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How could you study our brains, behaviours and personalities if you did not know anything about that?

What about before the technology of today?



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► *I will have a better understanding of the early history of psychology*

# The Early Greeks

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- ▶ Early Greeks hypothesized about human personalities by looking at body fluids called “humours”
- ▶ each humour was thought to give off vapours which rose to the brain causing a person’s characteristics or temperament
- ▶ the amounts of fluids ... combinations and excess were thought to affect a person’s health and state of mind



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# The Four Humours

## ▶ Phlegm

- ▶ An excess of phlegm could be found in people who are characteristically sluggish, dull, and passive

## ▶ Sanguine

- ▶ An excess of blood could be found in people who are happy, generous, and passionate

## ▶ Melancholy

- ▶ An excess of black bile could be found in people who are sad, gloomy, and lazy

## ▶ Choleric

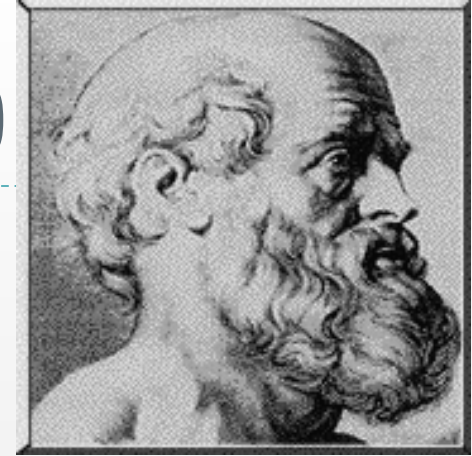
- ▶ An excess of bile could be found in people who are violent, vengeful and fiery

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# Hippocrates(460 – 377 BCE)

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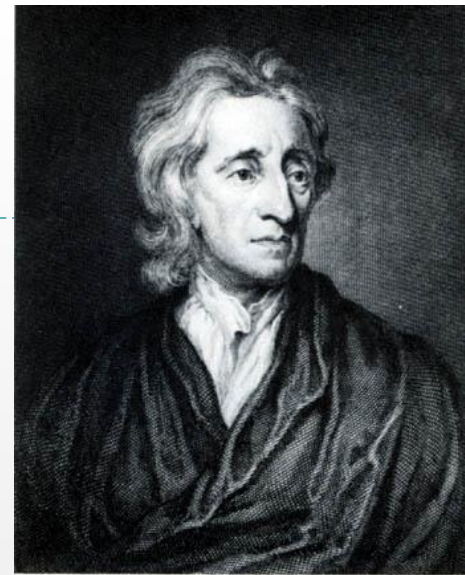
- ▶ **The father of modern medicine studied brain injuries**
  - ▶ made note that people who were suffering from some form of accidental brain injury often underwent a personality transformation
  - ▶ he concluded that brains are the centre of emotions (joy, sorrow and so on)

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# John Locke (1643 – 1704)

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- ▶ proposed that the human mind received information through our senses  
(what we see, smell, hear & so on)



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# Modern day Psychology

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- ▶ **Psychology** really began in the late 19<sup>th</sup> Century (1800s) when we began to take a more scientific approach to the study of human behaviour.
  - ▶ Scientific research and experimentation labs began to be set up for the purposes of understanding the human mind and behaviour
  - ▶ the scientific method of inquiry was adopted.
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- ▶ *I will have a better understanding of the early history of psychology*