Psychology 101

The Early History
Psychology is the study of ...

- human mental processes, or the way our brains work
  - thinking
  - perception - all the senses
- personality development
- human behaviour
- factors that influence these behaviours

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Minds On…

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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The Early Greeks

- 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

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

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Hippocrates (460 – 377 BCE)

- 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)

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

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Modern day Psychology

- **Psychology** really began in the late 19\textsuperscript{th} 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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