

What is Psychology?

Psychology is the study of the mind and behavior. The discipline of psychology embraces all aspects of the human experience — from the functions of the brain to the environments in which humans and other animals develop; from child development to aging. Psychology is a science based on a large body of social science and behavioral science research and which is expanding its boundaries to overlap with neuroscience and health science. Psychologists study two critical relationships: one between brain function and behavior, and one between the environment and behavior. As scientists, psychologists follow scientific methods, using careful observation experimentation and analysis to learn more about the world in which we live and its inhabitants.

بعض اصطلاحات علم النفس Some Psychology Terms د عبدالعزيز بن حسين

Intelligence

Creativity The ability to generate ideas or products that are both novel and appropriate to the circumstances. **Decision making** The process of choosing between alternatives; selecting or rejecting available options.

Intelligence quotient (IQ) An index derived from standardized tests of intelligence; originally obtained by dividing an individual's mental age by chronological age and then multiplying by 100; now directly computed as an IQ test score.

Intelligence The global capacity to profit from experience and to go beyond given information about the environment.

Fluid intelligence The aspect of intelligence that involves the ability to see complex relationships and solve problems.

Mental age In Binet's measure of intelligence, the age at which a child is performing intellectually, expressed in terms of the average "age at which normal children achieve a particular score"

Criminal Psychology

Aggression Behaviors that cause psychological or physical harm to another individual

Impulsive aggression Emotion-driven aggression produced in reaction to situations in the "heat of the moment."

Instinctual drift The tendency for learned behavior to drift toward instinctual behavior over time.

Competency. The mental condition of the defendant at the time of trial is brought up every now and then by the defendant. If a defendant is found to be incompetent, our justice system will not usually punish him/her.

Insanity. Sometimes forensic psychologists are asked to determine whether a defendant was mentally capable at the time an offense was committed, commonly by employing the M'Naughton rule and/or the substantial capacity rule.

Personality and Social Psychology

Attitude The learned, relatively stable tendency to respond to people, concepts, and events in an evaluative way.

Decision aversion The tendency to avoid decision making; the tougher the decision, the greater the likelihood of decision aversion.

Diffusion of responsibility In emergency situations, the larger the number of bystanders, the less responsibility any one bystander feels to help.

Drives Internal states that arise in response to a disequilibrium in an animal's physiological needs.

Emotion A complex pattern of changes, including physiological arousal, feelings, cognitive processes, and behavioral reactions, made in response to a situation perceived to be personally significant.

Five-factor model A comprehensive descriptive personality system that maps out the relationships among common traits, theoretical concepts, and personality scales; informally called the Big Five.

Gender identity One's sense of maleness or femaleness; usually includes awareness and acceptance of one's biological sex.

Gender roles Sets of behaviors and attitudes associated by society with being male or female and expressed publicly by the individual.

James-Lange theory of emotion A peripheral-feedback theory of emotion stating that an eliciting stimulus triggers a behavioral response that sends different sensory and motor feedback to the brain and creates the feeling of a specific emotion.

Motivation The process of starting, directing, and maintaining physical and psychological activities; includes mechanisms involved in preferences for one activity over another and the vigor and persistence of responses

Personality The unique psychological qualities of an individual that influence a variety of characteristic behavior patterns (both overt and covert) across different situations and over time.

Criminal Psychology

Expert Witness. The majority of forensic psychologists testify in court for both the defense and also for prosecuting attorneys about the sanity and competency of defendants.

Jury Consulting. Many forensic psychologists work with attorneys in selecting jurors, analyzing the potential verdicts of juries, and explaining actual trial verdicts.

Clinical-Forensic Psychology. This subfield is very similar to clinical psychology. Clients here are not only suffering from some type of mental problem, but their issues are of importance to legal decision making as well.

Criminal Investigative Psychology. This area deals with police psychology, criminal profiling and psychological autopsies. Experts may choose to conduct research and/or work closely in analyzing the minds of criminal suspects.

Frustration -aggression hypothesis

the assumption that frustration always leads to some kind of aggressive reaction whether explicit or implicit.

Rage

Psychologists say, it is a behavior that every person exhibits in some form. Rage is often used to denote hostile/affective/reactive aggression.

Insanity defense

"Guilty but mentally ill", In criminal trials, the insanity defenses are possible defenses by excuse, an affirmative defense by which defendants argue that they should not be held guilty.

Remorse

is an emotional expression of personal regret felt by a person after he or she has committed an act which they deem to be shameful, hurtful, or violent. Remorse is closely allied to guilt and self-directed resentment. When a person regrets an earlier action or failure to act, it may be because of remorse or in response to various other consequences, including being punished for the act or omission. In a legal context, the perceived remorse of an offender is assessed by Western justice systems during trials, sentencing, parole hearings, and in restorative justice.

Eyewitness testimony

Research in **eyewitness testimony** is mostly considered a subfield within legal psychology, however it is a field with very broad implications. Human reports are normally based on visual perception, which is generally held to be very reliable (if not irrefutable). Research seems, however, to indicate that the reliability of visual reports are often much overrated.

Hostility

Hostility is a multidimensional construct that is thought to have cognitive, affective, and behavioral components. The cognitive component is defined as negative beliefs about and attitudes toward others, including cynicism and mistrust. The affective component typically labeled as anger refers to an unpleasant emotion ranging from irritation to rage and can be assessed with regard to frequency, intensity, and target. The behavioral component is thought to result from the attitudinal and affective component and is an action intending to harm others, either verbally or physically.

Guilt

Guilt is an affective state in which one experiences conflict at having done something that one believes one should not have done (or conversely, having not done something one believes one should have done). It gives rise to a feeling which does not go away easily.

Guilt-proneness

Guilt-proneness is the tendency to experience feelings of remorse and regret about a specific behavior which is contrary to one's standards.

Learning and Memory

Discriminative stimuli Stimuli that act as predictors of reinforcement, signaling when particular behaviors will result in positive reinforcement.

Encoding The process by which a mental representation is formed in memory.

Encoding specificity The principle that subsequent retrieval of information is enhanced if cues received at the time of recall are consistent with those present at the time of encoding.

Engram The physical memory trace for information in the brain.

Extinction In conditioning, the weakening of a conditioned association in the absence of a reinforcer or unconditioned stimulus.

Iconic memory Sensory memory in the visual domain; allows large amounts of information to be stored for very brief durations.

Fixed-interval schedule A schedule of reinforcement in which a reinforcer is delivered for the first response made after a fixed period of time.

Fixed-ratio schedule A schedule of reinforcement in which a reinforcer is delivered for the first response made after a fixed number of responses.

Incentives External stimuli or rewards that motivate behavior although they do not relate directly to biological needs.

Internalization According to Vygotsky, the process through which children absorb knowledge from the social context.

Language-making capacity The innate guidelines or operating principles that children bring to the task of learning a language.

Language production What people say, sign, and write, as well as the processes they go through to produce these messages.

Learning A process based on experience that results in a relatively permanent change in behavior or behavioral potential.

Levels-of-processing theory A theory that suggests that the deeper the level at which information was processed, the more likely it is to be retained in memory.

Memory The mental capacity to encode, store, and retrieve information.

Negative punishment A behavior is followed by the removal of an appetitive stimulus, decreasing the probability of that behavior.

Negative reinforcement A behavior is followed by the removal of an aversive stimulus, increasing the probability of that behavior.

Operant conditioning Learning in which the probability of a response is changed by a change in its consequences.

Procedural memory Memory for how things get done; the way perceptual, cognitive, and motor skills are acquired, retained, and used.

Working memory A memory resource that is used to accomplish tasks such as reasoning and language comprehension; consists of the phonological loop, visuospatial sketchpad, and central executive.