

**Abdelhafid Boussouf University Center, Mila**  
**Institute of Letters and Languages**  
**Department of Foreign Languages**  
**English Section**

**Level: Master 01**  
**Course of Psycho-Pedagogy**  
**Dr. Kebbout H.**

### **Lecture One: Introduction to Psychology**

Psychology has been defined as the scientific study of animal and human behavior. The term behavior on the one hand includes all those aspects of human activity which we can observe. It also involves personal experience which can only be studied by asking individuals to express their feelings and thoughts.

The study of animal and human behavior can take different forms:

**Physiological psychology**, studies the animals and humans body structures and their influence on behavior. That is to say, it is concerned with the biological basis of behavior.

**Social psychology**, involves the study of social institutions and their impact on the behavior of individuals, concentrates on the eternal factors which influence humans. It studies how peoples' thoughts, feelings, and actions are affected by other people.

**Developmental psychology**, deals with the physical, emotional, and intellectual characteristics and development of youngsters from the prenatal stage onwards. In other words, it considers how people grow and change throughout their life span.

Out of these interconnected areas, a number of applied fields developed, such as:

- **Clinical psychology**: Concerned with the diagnosis, study, and treatment of abnormal behavior; and which provides useful criteria for defining the attributes of normal mental life.
- **Occupational psychology**: The study of such problems as vocational development and job satisfaction.
- **Industrial psychology**: the study of machine simulation of human functions.
- **Educational psychology**: the application of psychology to education by focusing on the development, evaluation, and application theories and principles of learning and

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instruction that enhance lifelong learning. An academic definition would put forward that educational psychology is the study of learners, learning, and teaching.

Today, educational psychology is a distinct discipline from other branches of psychology with its own theories, research problems and techniques. Its primary goal is the understanding and improvement of education.