Nature Of Psychology (introduction)-

Psychology touches every aspect of our lives, from the younger generation to the old. Psychologists are concerned with the increasing numbers of human problems. Some are of broad concern;

*What child-rearing practices produce happy and effective adults?*

*How can mental illness be prevented?*

*What family and social conditions contribute to alienation and aggression?*

*What can be done to make people sensitive to the needs and problems of others?*

Other problems are more specific.

*What is the best way to break a drug addiction?*

*Can men care for infants as ably as women can?*

*Can one recall childhood experiences in more detail under hypnosis?*

*How should the instruments in an air traffic control tower be designed to minimize human errors?*

Psychologists are working on these and many other questions. Psychology also affects our lives through its influence on laws and public policy. Laws concerning discrimination, capital punishment, pornography, sexual behaviour, and the conditions under which individuals may be held legally responsible for their actions are influenced by psychological theories and research. The effect of television violence on children is of concern to parents and psychologists. Brutal TV fare is gradually being replaced with shows of other kinds. Some follow the model of *Sesame Street* and related programs, which represent fun and educational ways to learn.

Psychologists are interested in finding out why people act and think as they do. But there are different ways of explaining human actions.

Because psychology affects so many aspects of our lives, it is important, even for those who do not intend to specialise in the field, to know something about its basic facts and research methods. This series of notes should help you understand the basics of the complex world of psychology.