

О.О. ПИСЬМЕННА

EVERYDAY PSYCHOLOGY

DIGEST



ТЕРНОПІЛЬ
"НАВЧАЛЬНА КНИГА – БОГДАН"

PSYCHOLOGY AS A SCIENTIFIC DISCIPLINE

The following are some reading passages from *Encyclopaedia Britannica* describing psychology as a science.

“Psychology is a scientific discipline that studies mental processes and behaviour in humans and other animals. Psychology is the science of individual or group behaviour.

The history of psychology is the history of thought about human consciousness and conduct. Psychological theory has its roots in ancient Greek philosophy and has been fed from streams such as epistemology (the philosophy of knowing), metaphysics, religion, and Oriental philosophy.

Over the centuries psychology and physiology became increasingly separated. A split developed between the essentially phenomenological (experiential) and mechanistic (physiological) conceptions of psychology.

In general, through the end of the 19th century the British and German traditions were phenomenological, while the French and American were mechanistic.

The history of psychology from the 19th century may be viewed as a debate between schools of systematic thought concerning the mind, such as associationism, structuralism, and functionalism; or alternatively, as a history of experimentation and research in various areas.

Twentieth-century psychology began with structuralism, which employed the method of introspection to describe mental events. It then evolved into psychoanalysis, a derivative of psychiatric tradition, and produced behaviourism and Gestalt psychology, which were reactions against structuralism.

By World War II, “schools” of psychology had largely faded away, leaving a common pool of psychological knowledge to which theoreticians, researchers, experimenters, and clinicians all contributed.

The word *psychology* literally means “study of the mind”; the issue of the relationship of mind and body is pervasive in psychology, owing to its derivation from the fields of philosophy and physiology. Psychology is intimately related to the biological and social sciences.

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The broad reach of psychology sometimes gives it the appearance of disunity and promotes the lack of a universally accepted theoretical structure. Some of the divisions within psychology are applied fields, while others are more experimental in nature.

The various applied fields include clinical; counseling; industrial, engineering, or personnel; consumer; and environmental.

The most important of these specialties, clinical psychology, is concerned with the diagnosis and treatment of mental disorders. Industrial psychology is used in employee selection and related contexts in business and industry. The broad field known as experimental psychology includes specializations in child, educational, social, developmental, physiological, and comparative psychology. Of these, child psychology applies psychological theory and research methods to children; educational psychology is concerned with learning processes and problems associated with the teaching of students; social psychology is concerned with group dynamics and other aspects of human behaviour in its social and cultural setting; and comparative psychology deals with behaviour as it differs from one species of animal to another.

The issues studied by psychologists cover a wide spectrum, comprising learning, cognition, intelligence, motivation, emotion, perception, personality, mental disorders, and the study of the extent to which individual differences are inherited or are shaped environmentally, known as behaviour genetics.

Biopsychology, a study combining psychology and physiology, grew in conjunction with these developments.

Social psychology as a distinct discipline also originated in the 19th century, although its outlines were perhaps somewhat less clear than was true of the other social sciences. The close relation of the human mind to the social order, its dependence upon education and other forms of socialization, was well known in the 18th century. In the 19th century, however, an ever more systematic discipline came into being to uncover the social and cultural roots of human psychology and also the several types of “collective mind” that analysis of different cultures and societies in the world might reveal”.

CHECK YOUR VOCABULARY

ancient	стародавній	древний
applied	практичний, прикладний	практический, прикладной
behaviour	поведінка	поведение
behaviourism	біхевіоризм	бихевиоризм
clinical psychology	клінічна психологія	клиническая психология
cognition	пізнавальна здатність, когнітивна здатність (включаючи відчуття, сприйняття, пізнання тощо, на відміну від почуттів, бажань)	познавательная способность, когнитивная способность (включая ощущение, восприятие, познание и т.д., в отличие от чувств, желаний)
comparative	порівняльний	сравнительный, сопоставительный
conduct	поведінка (зазвич. пов'язується з моральними принципами)	поведение (обыкн. связывается с моральными принципами)
consciousness	свідомість; самосвідомість	сознание; сознательность; самосознание
consumer field (of psychology)	психологія інтересів споживачів	психология интересов потребителей
counseling field (of psychology)	консультування	консультирование
debate	полеміка, суперечка	полемика, спор
derivation	походження	происхождение
derivative	похідне	производное

retiree	пенсіонер	пенсионер
retirement	вихід на пенсію; відхід від справ; відокремлене життя	выход на пенсию; отход от дел; уединенная жизнь
retirement community	спільне проживання людей, що вийшли на пенсію	объединенное проживание людей, вышедших на пенсию
scare	лякати	пугать
self-confessed	відвертий	откровенный
senior	старшого віку, літні	старшего возраста, пожилые
sewing	шиття	шитье
shuffleboard	шафлборд (настільна гра)	шаффлборд (настольная игра)
sitcom (=situation comedy)	комедія положень	комедия положений
slot machine	ігровий автомат	игровой автомат
solitaire	пасьянс	пасьянс
stipulate (that)	передбачати в якості особливої умови	оговаривать в качестве особого условия
surrogate grandson	замість онука	вместо внука
suspicious	підозрілий	подозрительный
weird	таємничий	таинственный
widow	удова	вдова

CHECK YOUR UNDERSTANDING

1. Is taking one's life in a new direction an easy matter? What psychological states and life situations should precede such crucial decisions?
2. Was Rodney Rothman a decision-maker? What circumstances pushed him towards making the decision to find out what retirement was like 40 years beforehand?
3. What did Rodney Rothman's experiment consist in? How did he carry it out?

4. How did Rodney see the relationship between a grandparent and grandchild?
5. What picture of life in the elderly people's home did Rodney draw? How did he like it?
6. Why Was Rodney so enthusiastic about the organization of life in the retirement village? What did he like there? What do you think about this kind of social welfare and welfare work in the country?
7. How did Rodney describe the old people's interests, what psychological portrait of the aged population did he draw?
8. Did his experience of living with old people help him to fight his fears of becoming old? Did he dissipate the psychological "myths" attached to getting older and how did that influence his own thoughts about his future life?
9. What recommendations can be given to ageing people and to those fearing of getting old to improve their psychological state, raise their morale and foster their stamina?

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A WOMAN GIVES UP CAREER FOR LIFE IN FIJIAN HUT

A food company executive has given up her £45,000-a-year job to live a basic existence in a hut on a beach with the son of a Fijian tribal chief.

Joanne Rymell, 32, met her prospective husband during a visit to the tiny Pacific island of Ovalau while travelling around the world.

She financed the trip by selling her £250,000 home in Epsom, Surrey.

Miss Rymell, a business studies graduate, cut short her travels after a chance meeting with Epi Bolones, 40, a tour guide.

He begged her to stay and start a tourist business with him before she was forced to return to her parents in Jarrow, South Tyneside, when her money ran out. She worked for six months as production

deliberate	навмисний, свідомий	намеренный, сознательный
dimension	сторона, аспект (життя, проблеми; об'єкта, явища)	сторона, аспект (жизни, проблемы; объекта, явления)
diverse	несхожий; різноманітний, різний	несходный; многообразный, различный
elementary school	початкова школа	начальная школа
frustrated	розстроєний, розчарований	расстроенный, разочарованный
improve	поліпшувати	улучшать
in her opinion	на її думку	по ее мнению
interaction	взаємодія	взаимодействие
interpersonal	міжособистісний	межличностный
intricate	складний, скрутний	сложный, затруднительный
irresponsible	безвідповідальний	безответственный
non-verbal behaviour	невербальна поведінка	невербальное поведение
peculiar	особливий, своєрідний	особенный, своеобразный
perception	сприйняття	восприятие
reshuffling	переміщення, топтання	перемещение, ерзание, топтание
serve one customer at a time	обслуговувати відвідувачів по черзі	обслуживать посетителей по очереди
simultaneously	одночасно	одновременно
straightening	випрямлення	выпрямление
subordinate	підлеглий	подчиненный
subtle	тонкий; ледь помітний	тонкий; едва различимый
superior	вищий, старший (за рангом, званням, соціальним статусом тощо)	высший, старший (по рангу, званию, социальному положению и т. д.)

tense	напружений	напряженный
trainee	стажист	стажер
transaction	справа, угода, переговори	дело, сделка, переговоры
unawareness	нерозуміння	непонимание
verbal response	вербальна реакція	вербальная реакция

CHECK YOUR UNDERSTANDING

1. What is meant by non-verbal behaviour?
2. Why can non-verbal behaviour be interpreted differently by representatives of different countries and cultures?
3. What can cross-cultural misunderstanding be caused by?
4. What psychological peculiarities can be manifested in cross-culture communication? Why can they cause a communication breakdown?
5. What examples can illustrate different patterns of interpersonal communication?

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