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Class: Introduction to Psychology

Lesson 1, Assignment

Question 1: Describe and exemplify forensic psychology.

Forensic psychology is the development and application of scientific knowledge and methods to help answer legal questions arising in criminal, civil, contractual, or other judicial proceedings. such as jury selection, eyewitness testimony, as well as professional practice, such as evaluating individuals to determine competency to stand trial or assessing military veterans for service-connected disability compensation. For example, forensic psychologist will assess a person's ability to stand trial, assess state of mind of a defendant, act and consultants on child custody case, consult on sentencing and treatment recommendation, and advise on issues such as eyewitness testimony and children's testimony. They will act as expert eyewitness, called by either sides in a court case to provide their research or experience-based opinion. The forensic must have a fully knowledge of legal system and laws as well as psychology knowledge and degree. Forensic psychologist also used in the jury selection process and witness preparation and they may also be involved in providing psychological treatment within the criminal justice system.

Question 2: Do you believe psychologists make a difference in people's lives? Explain

Yes, in today's stressful environment and environmental changes that are cause of depressions, psychologist will work with the individual to identify the best approach to addresses the person's problem and that fits the patient's characteristics and preferences.

Psychologists can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses. They also can help people to evaluate intellectual skills, cognitive strengths and weaknesses, vocational aptitude and preference, personality characteristics, and neuropsychological functioning.

Furthermore, they provide services to people with mental health conditions and those going through difficult or distressing times.

- Can be the trusted person for those who do not trust anyone's advise
- Can be helpful as a neutral part of the case in a conflict
- Psychologist can be a good meditation for those who have mental health problem.
- In the legal system: the psychologist have important role in support of justice by providing his recognition and analysis of the cause of a criminal act
- understanding and dealing with addiction
- treating depression and anxiety symptoms
- supporting people with sadness of loss of their close friend or family
- helping people lose weight or live a healthful lifestyle
- addressing problems in people with chronic health conditions, such as heart disease
- dealing with sleep issues
- develop people's personal skills and give them courage that start and do not be scared of risk

Essentially, psychology helps people in large part because it can explain why people act the way they do. With this kind of professional insight, a psychologist can help people improve their decision making, stress management and behavior based on understanding past behavior to better predict future behavior. All of this can help people have a more successful career, better relationships, more self-confidence and overall better communication

Question 3: What are five trait dimensions in the Five Factors model used to account for personality variation?

The traits that constitute the five-factor model are extraversion, neuroticism, openness to experience, agreeableness, and conscientiousness.

Question 4: Compare behaviorists and humanists.

Behaviorism is a psychological approach that uses scientific and objective methods of investigation to analyze human and animal psychology. At the same time, humanism is a

psychological approach that stresses on the study of the whole individual, and behavior related to individual's inner feelings and self-image.

The Humanist and Behaviorist theories are both done in controlled environments and both mention normal behavior not abnormal. Also, both theories look at the individual and what they do. They both consider stimulus and response; they both seek to explain why humans do things and they both consider the mental processes that lead to behavioral outcomes.

- Behaviorists used animals in proving theories like classical conditioning and operant conditioning and suggested that this type of conditioning is also applicable to human beings. However, humanists believed that human beings are very different from animals as they are capable of thought and reason.
- Moreover, behaviorism uses scientific and objective methods in their research studies, while humanism uses more qualitative studies like open-ended questions and unstructured interviews.
- Furthermore, behaviorism proposes that behavior is the result of a stimulus and is determined by the individual's environment. In contrast, humanism proposes that each person is unique and has the free will to change his or her life at any given time.
- Behaviorism focuses on observable actions, i.e., behavior, while humanism focuses on human beings as a whole, including inner feelings and mental processes.
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Behaviorism focuses on the external behavior of an individual whereas Humanism looks at the individual as a whole. Behaviorism is very scientifically based and uses experiments to understand behavior. Humanism, on the other hand, is rather subjective and does not have a very scientific basis. Humanism focuses on the individuals' emotions as well as their behavior.

Question 5: Explain what Sigmund Freud believed to be the cause of human behavior versus what behaviorists believe.

Freud said according to his experience of patient's problems arose from their unconscious mind and access to the unconscious mind of them was problematic and he said that access to

unconscious mind of patients can be though the dream analysis, by first word that come to people's mind and though seemingly innocent slips of the tongue. According the Westen, he also developed ideas about importance of childhood experience in adult motivation, the role of conscious verse conscious motivation in driving our behavior, the fact that motivation can cause conflicts that affect behavior, the effect of mental representations of ourselves and others in guiding our interactions and the development of personality over time ignored by his critics.

Behaviorists believe that anything to do with cognition is outside the study of psychology and they define psychology as the study of observable behavior whereas Freud placed much emphasis on mental life. Skinner embraced psychology as a science by using experiments and observations to prove his theories. Critics believe that human behavior can be describe, explain and predict and can be control. In contrast, Freud's theory of human behavior is not scientific. The theory was formulated basing on Freud's observations of his patient's overtime. It cannot be replicated making it impossible to prove the existence of such constructs as the id, ego or superego.

His theory of unconscious mind also criticized because Freud believed that human behavior has biological bases influenced by the id. Although he failed to prove that human behavior has biological bases, he believed that it would be proven in time. criticized on scientific grounds as while behaviorist approach believed that psychological evidence should be derived from scientific study, psychoanalysis operated on a different base which believed that mental experiences were as important and valid as evidence as the scientific study. Psychoanalysis was opposed to experimental research because they believed that a person's mind cannot be studied under controlled conditions therefore psychodynamic approach is not considered scientific.