

Research Psychologists Employ Empirical Methods to Infer Causal and Correlational Relationships between Psychosocial Variables.

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Description

P sychology is the scientific study of mind and behavior. Psychology includes the study of conscious and unconscious phenomena, including feelings and thoughts. It is an academic discipline of immense scope, crossing the boundaries between the natural and social sciences. Psychologists seek an understanding of the emergent properties of brains, linking the discipline to neuroscience. As a social science, psychologists aim to understand the behavior of individuals and groups. A professional practitioner or researcher involved in the discipline is called a psychologist. Some psychologists can also be classified as social, behavioral, or cognitive scientists. Some psychologists attempt to understand the role of mental functions in individual and social behavior. Others explore the physiological and biological processes that underlie cognitive functions and behaviors. Psychologists are involved in research on perception, cognition, attention, emotion, intelligence, subjective experiences, motivation, brain functioning, and personality. Psychologists' interests extend to interpersonal relationships, psychological resilience, family resilience, and other areas within social psychology. They also consider the unconscious mind. Research psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. Some, but not all, clinical and counseling psychologists rely on symbolic interpretation.

While psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts, psychology ultimately aims to benefit society many psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Other psychologists conduct scientific research on a wide range of topics related to mental processes and behavior. Typically the latter group of psychologists works in academic settings (e.g., universities, medical schools, hospitals). Another group of psychologists is employed in industrial and organizational settings. Yet others are involved in work on human development, aging, sports, health, forensics, and the media. In 1890, William James defined psychology as "the science of mental life, both of its phenomena and their conditions." This definition enjoyed widespread currency for decades. However, this meaning was contested, notably by radical behaviorists such as John B. Watson, who in 1913 asserted that the discipline is a "natural science," the theoretical goal of which "is the prediction and control of behavior." Since James defined

"psychology," the term more strongly implicates scientific experimentation. Folk psychology refers to the understanding of ordinary people, as contrasted with that of psychology professionals, with regard to the mental states and behaviors of people.

Beginning of experimental psychology

Gustav Fechner began conducting psychophysics research in Leipzig in the 1830s. He articulated the principle that human perception of a stimulus varies logarithmically according to its intensity.

The principle became known as the Weber–Fechner law. Fechner's 1860 *Elements of Psychophysics* challenged Kant's negative view with regard to conducting quantitative research on the mind. Fechner's achievement was to show that "mental processes could not only be given numerical magnitudes, but also that these could be measured by experimental methods."

In Heidelberg, Hermann von Helmholtz conducted parallel research on sensory perception, and trained physiologist Wilhelm Wundt. Wundt, in turn, came to Leipzig University, where he established the psychological laboratory that brought experimental psychology to the world. Wundt focused on breaking down mental processes into the most basic components, motivated in part by an analogy to recent advances in chemistry, and its successful investigation of the elements and structure of materials.

Paul Flechsig and Emil Kraepelin soon created another influential laboratory at Leipzig, a psychology-related lab that focused more on experimental psychiatry.

Consolidation and funding

One of the earliest psychology societies was La Société de Psychologie Physiologique in France, which lasted from 1885 to 1893. The first meeting of the International Congress of Psychology sponsored by the International Union of Psychological Science took place in Paris, in August 1889, amidst the World's Fair celebrating the centennial of the French Revolution. William James was one of three Americans among the 400 attendees.

The American Psychological Association (APA) was founded soon after, in 1892. The International Congress continued to be held at different locations in Europe and with wide international participation. The Sixth Congress, held in Geneva in 1909, included presentations in Russian, Chinese, and Japanese, as well as Esperanto.

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