

2nd Year Psychology

The term psychology was used for the first time in the 15th century at the time when modern ways of thinking first began to change the medieval traditions. Psychology is made of *psyche* that refers to all the qualities of an individual that are not physical. It is an academic applied discipline involving the scientific study of mental processes. It also studies cognition, emotions, and behaviour.

Psychologists use careful observation and rigorous experiments in order to find reasons behind behaviours using methods of scientific inquiry they seek better understanding of how individuals behave in specific situations, why we think the way we do? How emotions develop? and what impact they have when interacting with others? Doing so, they often strive to give valid credible answers to the problem.

The study of Psychology aims at controlling and explaining what happens, predicting and describing what will happen, and improving individuals quality of life. Accordingly, this field is not an absolute science but instead a social science that deals with human thoughts, feelings, and behaviours. We interact then with our environment in ways that alter how we think and how we feel depending on the context.

Summarized by Rezki Zeyneb