**AQA A Level Psychology - Approaches Knowledge Organiser – Term 1**

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| **Key Words** | **Social and Cultural Context** | **Psychodynamic - FREUD** |
| PsychologyApproachesBiologicalCognitiveBehaviouralEmpiricalReductionismHypothesisModelsPredictClassical conditioningOperant conditioningPsychodynamicNatureNurturePsychosexualSerotoninDopamineEvolutionTheoryApplicationSchemaEnvironmentalEmotionalConsciousUnconscious | Wittner W814M Traditional Metronome with Bell, Matte Dark Walnut at  Gear4music**Origins of Psychology**Philosophical roots which led to ***Wundt*** opening the first experimental lab in Germany in 1879.Introspection – examining your thoughts, feelings, emotions and sensations. Metronome used -->first attempt at a control lab**Psychology as a Science** – needs to be empirical, objective, reliable with a hypothesis and general laws.Strengths – led to development of alternate approaches/real life applicationLimitations – reductionist/subjective/non-observable | Revisionist Glaciology: Better Iceberg Illustrations Show Undersea  Surprises - 99% InvisibleFreud believed all behaviour and feeling was influenced by unconscious drives which stem from childhood experiences.***Iceberg Analogy***: under the water is the unconscious, an aspect of ourselves we are unaware of.Preconscious: under the surface is the preconscious where dreams and parapraxes seep throughConscious: above the water- our current and present awarenessTripartle personality: ID –demands instant pleasureEGO – in contact with reality and responsible for compromise to reduce tensionSUPER EGO – morals and responsibility for guilt and prideDefence Mechanisms – protect the ego and reduces conflict and anxiety between ID and the superego. DENIAL, DISPLACEMENT and REPRESSION |
| **Biological - NATURE** | **Behavioural - NURTURE** | **Cognitive - THINKING** |
| Junk DNA&#39; has role in cancer spread, say scientistsAll behaviour is internal (brain, genes, neurochemistry, hormones, evolutionary)Monozygotic twins -(100%) dizygotic twins (50%). The higher the concordance rate the higher the genetic basis.Genotype (DNA code) and Phenotype (external feature)Brain structure – 4 lobesNeurochemistry –Serotonin and Dopamine*Serotonin:* affects both emotions and motor skills. Serotonin is the chemical that supports sleeping, eating and digestion.*Dopamine*: controls bodily movements and emotional responses. Dopamine deficiency is related to mental health conditions such as depressionEvolutionary theory – Adaptation and InnateEvolutionary psychologists explain human behaviour based on Charles Darwin’s Theory of Evolution. This theory states that species survive through **‘NATURAL SELECTION’;** a process where those who adapt to their environment tend to survive and produce offspring.Strengths – scientific/real world application/ nature nurture diathesis stress modelLimitations – biological reductionism/determinism/lab based, ignores environment | **Pavlov and Skinner** – All behaviour is learnt and only measure observable behaviour.According to the behaviourist approach, when we are born, our mind is like a ***‘tabula rasa’*** - in other words, a blank slatePavlov used dogs to develop the concept of classical conditioning and Skinner used pigeons to develop the principles of operant conditioning:Classical Conditioning --> learn through association Operant Conditioning--> learn through positive and negative reinforcementStrengths – controlled environments, scientific, real-life applicationLimitations – animals used – which can be unethical. Ignored biological factors.Principles of Classical Conditioning - Psychestudy | Check out how much a computer cost the year you were bornInternal mental processes. We rely on inference to predict behaviour and use models.***Input*** ***Process******Output***We develop a schema (mental shortcut) to help understand the world --> this can lead to stereotypes.Cognitive Neuroscience – combination of cognitive and biological. Study of brain structure and neurology.Strengths – real life application/lab basedLimitations – lab based – reductionism |
| **Brain Functions (biological)** | **Social Learning Theory (behaviour)** | **Psychodymanic Approach** |
| The cerebral cortex can be divided into four sections, which are known as lobes: 1. Frontal lobe: located at the front of the brain. Responsible for problem solving. 2. Parietal lobe: located in the middle section of the brain. Responsible for sensory processes such as pain. 3. Occipital lobe: located at the back of the brain. Responsible for interpreting visual stimuli. 4. Temporal lobe: located on the bottom section of the brain. Responsible for auditory informationCan Your Brain Really Be &quot;Full&quot;? - Scientific American | Observation and vicarious reinforcement = identificationMediational Process: 1. Attention
2. Retention
3. Motor production
4. Motivation (vicarious reinforcement)

**BANDURA – BOBO DOLL EXPERIMENT**Bandura and Bobo – Association for Psychological Science – APSBobo Doll --> role models -->72 children-->all imitated their modelStrengths- explains cultural norms/mediational processesLimitations- lab study/ignores biology/difficult to test | **Psychosexual Stages** Stages that each child progresses through. They experience conflicts at each stage that they must resolve.* Oral
* Anal
* Phallic
* Latency
* Genital

**Psychoanalysis**Psychological problems are rooted in our unconsciousness which create symptoms:* Dream analysis
* Free association
* Freudian slips
* Transference relationships

**Oedipus Complex**During the phallic stage boys will develop unconscious desires for his mother and will want to rid of their rival father. They develop castration anxiety and eventually identify with their father. |