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GENERAL *and* MEDICAL
PSYCHOLOGY

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The main principles of normative courses in General Psychology and Medical Psychology are presented in this book. General and Medical Psychology problems are studied at this training and methodical manual. A series of special task at the end of each part provides active and conscious learning of educational information. The textbook “General and Medical Psychology” is for the students of the higher medical educational establishments, where these courses are taught. Educational objectives: development of professional psychological competence of future doctor.

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PREFACE

In this book authors presented the main principles of theoretical material, and the structural components of normative courses in General Psychology and Medical Psychology in a new way.

The series of special task at the end of each part provides active and conscious learning of educational information. Factual contents of some tasks are beyond the scopes of the presented information. It will induce a student to creative quest and individual's psychological development.

Each part is added by the list of used and suggested literature for students' individual work, who will be interested in certain problems of General Psychology and Medical Psychology.

The main purpose is to systematize the material, to acquire the necessary knowledge for the formation of professional psychological competence of future doctor.

Part I. GENERAL PSYCHOLOGY

CONTENT MODULE 1. INTRODACTION TO PSYCHOLOGY

TOPIC:

SUBJECT, OBJECT AND BRANCHES OF PSYCHOLOGY

1. Psychology as a science, its subject and object.
2. The human psyche is the function of the brain.
3. Psychological processes, properties and states as forms of the psyche.
4. The tasks of modern psychology.
5. The principal branches of psychology.
6. Psychology and medicine.

Brief argument of the subject

Psychology is a field of knowledge about inner world of a person. It is one of the sciences of a human being. The word *psychology* comes from Greek and consists of *psyche* (soul) and *logos* (doctrine, word).

Main stages of psychology evolution

Psychology as a science of the facts, regularities and mechanisms of psyche.	It was formed on the basis of philosophy of dialectal materialism; the foundation of the modern psychology is a theory of environment reflection.
Psychology as a science of behaviour.	It comes from the XX-th century; the main objective of psychology is observing everything what can be seen; therefore it is behaviour, deeds and reaction of a man. But the motives are left out of account.
Psychology as a science of consciousness.	It appeared in the XVII-th century due to the development of natural philosophy. Capacity of thinking, feeling, wanting was called consciousness. Observing a man and describing the facts were considered to be the main research methods.
Psychology as a science of a soul.	This definition of psychology has existed for more than 2 thousand years. With the help of a soul it was tried to explain many unknown facts in a human life.

Psychology is a science of psyche and regularities of its manifestation and development. This is a science which studies processes of active reflections by a man of objective reality in the form of feelings, perceptions, thoughts, sensations and other processes and effects of psyche.

The objective of a research is psyche.

The subject of a research is the facts of psychological life, mechanisms and rules of man's psyche.

Psyche is a property of man's brain that is organized in a particular way which lies in reflection of surrounding reality, and in behaviour and activity regulation.

The psychic processes which take place in the brain make up the material basis for psychic activity.

Psyche is a subjective reflection of the objective world (as the exterior influences are always interpreted according to the knowledge and experience of a subject, his/her age and personal peculiarities, psychic condition).

Functions of psyche:

- *reflection* of surrounding reality;
- *regulation* of behavior and activity.

The main difference between the man's and animal's psyche consists of a conscious purposefulness of psychic processes caused by man's experience.

The psychic manifestations are rather different.

Psychic phenomena is peculiar subjective experience, subjective images reflected in the realization of events of reality, inner world of a man in its entirety and variety.

Psychic phenomena groups:

- *psychic processes;*
- *psychic properties;*
- *psychic states.*

Psychic processes can be divided into:

- *cognitive* (aimed at cognizing the surrounding world): sensation, perception, memory, thinking, language, imagination;
- *emotional* (describes the attitude to everything that a human being perceives and does): emotions and feelings;
- *volitional* (provides active influence on the surrounding world and is a regulator of behavior).

Psychic properties are the most essential and persistent psychic and personal psychological peculiarities of a man (orientation, temperament, character, capability) with the help of which the type, character of his/her deeds and motives of his/her activity are determined.