

# **Psychological Texts in English**

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## Introduction

The root of the word psychology very roughly equivalent to Greek (ψυχή, psūkhē, = "psyche" means "breath, life, soul"; and -λογία, -logia = "logy" means "study"). Psychology came to be considered a study of the soul (in a religious sense of this term). Though the use of psychological experimentation dates back to Ibn al-Haytham's Book of Optics in 1021, the first use of the term "psychology" is often attributed to the German scholastic philosopher Rudolf Goeckel (Latinized Rudolph Goclenius), published in 1590. More than six decades earlier, however, the Croatian humanist Marko Marulić used the term in the title of a work which was subsequently lost. This, of course, may not have been the very first usage, but it is the earliest documented use at present. The term did not fall into popular usage until the German idealist philosopher; Christian Wolff (1679-1754) used it in his *Psychologia empirica* and *Psychologia rationalis* (1732-1734). This distinction between empirical and rational psychology was picked up in Diderot's *Encyclopédie* and was popularized in France by Maine de Biran. In relation between psychology and medicine, Abu Zayd Al-Balkhi (c.850 - 934) wrote comparisons between physical disorders with

mental disorders, and showed how psychosomatic disorders can be caused by certain interactions between them. It deals with pediatrics and child development in depth, as well as psychology and psychotherapy. Ali ibn Sahl Rabban Al-Tabari (Approximately, c. 838 – c. 870) emphasized strong ties between psychology and medicine, and the need of psychotherapy and counseling in the therapeutic treatment of patients. Psychology as a medical discipline can be seen in Thomas Willis' reference to psychology (the "Doctrine of the Soul") in terms of brain function, as part of his 1672 anatomical treatise "De Anima Brutorum" ("Two Discourses on the Souls of Brutes"). Until about the end of the 19th century, psychology was regarded as a branch of philosophy.

Psychology is an academic and applied discipline involving the scientific study of mental processes and behavior. Psychologists study such phenomena as perception, cognition, emotion, behavior, and interpersonal relationships. Psychology also refers to the application of such knowledge to various spheres of human activity, including issues related to everyday life (e.g. family, education, and employment) and the treatment of mental health problems. Psychologists attempt to understand the role of these functions in individual and social behavior, while also exploring the underlying physiological and neurological processes. Psychology includes many sub-fields of study and application concerned with such areas as human development, sports, health, industry, media, and law. Psychology differs from the other social sciences — anthropology, economics, political science, and sociology — in seeking to explain the mental processes and behavior of individuals. Psychology differs from biology and neuroscience in that it is primarily concerned with the interaction of mental processes and behavior on a systemic level, as opposed to studying the biological or neural processes themselves. In contrast, it is largely concerned with humans, although the behavior and mental processes of animals can also be part of psychology

research, either as a subject in its own right (e.g. animal cognition and etiology), or somewhat more controversially, as a way of gaining an insight into human psychology by means of comparison (including comparative psychology). So, psychology is commonly defined as the science of behavior and mental processes.