

Chapter 1 (b)

Human Behaviour In General View

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- **Control** – how is the principle applied or what change in condition is necessary to prevent unwanted occurrence or to bring about a desired outcome
- **Improve** – Not only do psychologists attempt to control behavior, they want to do so in a positive manner, they want to improve a person's life, not make it worse. This is not always the case, but it should always be the intention.
- **Predict** – Once we know what happens, and why it happens, we can begin to speculate what will happen in the future. There's an old saying, which very often holds true: "the best predictor of future behavior is past behavior."

Science Method use.
(of gaining knowledge about the world based on observation,
experimentation, and reason)

- ***Identify Question***



- ***Formulate Hypotheses***



- ***Collect Data***




- ***Analyze Data***

WHAT IS THEORY?

THEORY

- A set of assumptions, propositions, or accepted facts that attempts to provide a plausible or rational explanation of cause-and-effect (causal) relationships among a group of observed phenomenon. The word's origin (from the Greek *thorós*, a spectator), stresses the fact that all theories are mental models of the perceived reality.

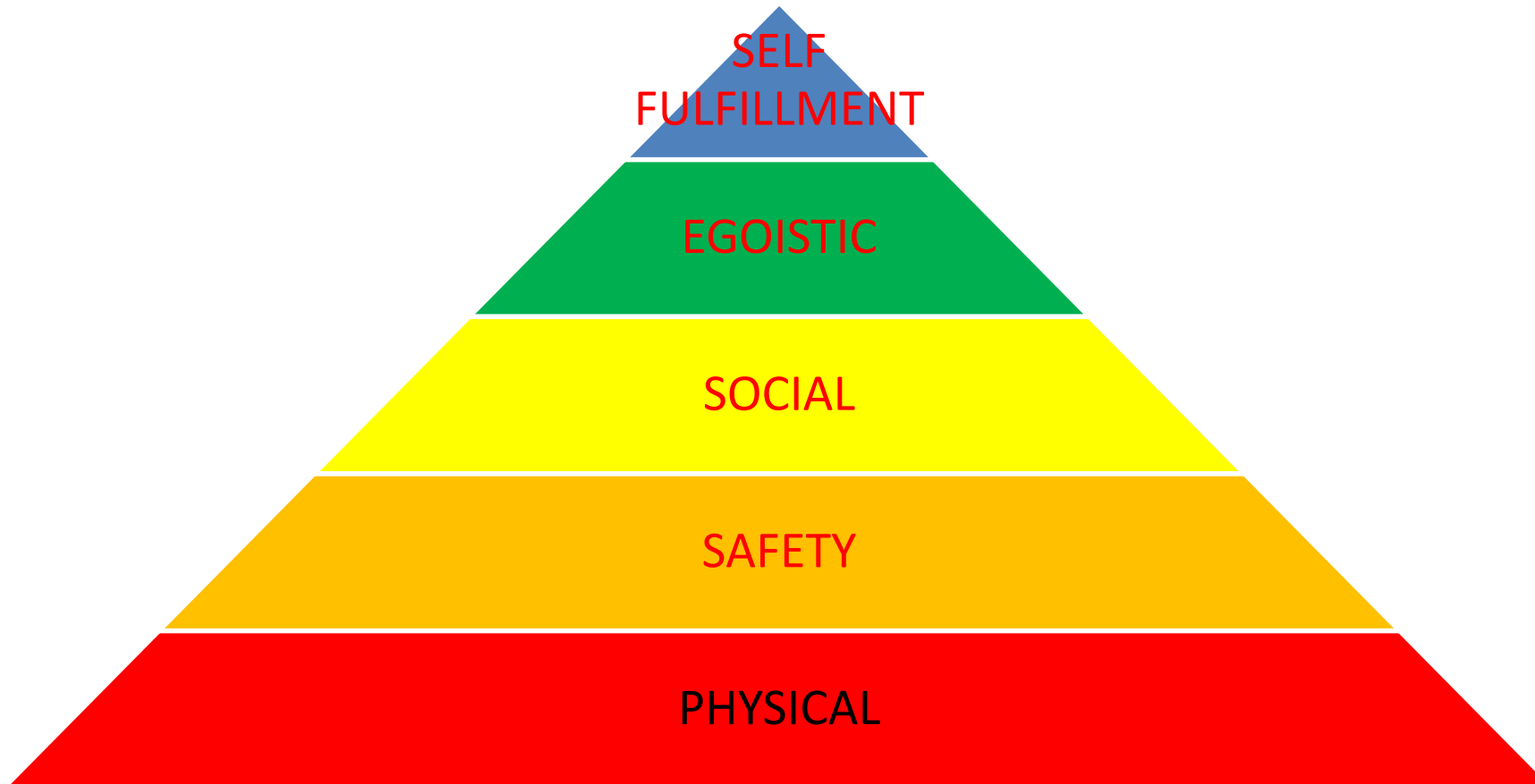
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- A theory is built upon one or more hypotheses, and upon evidence.
 - The word "built" is essential, for a theory contains reasoning and logical connections based on the hypotheses and evidence.

- In English, the word dates back to 1592, when it was used to mean a concept or scheme. By the 1630s, scientists had co-opted the word, using it to describe an explanation or thought which was based on observation and testing. “To theorize” also emerged at around the same time.

Why study Theory

- Human behavior very complex
- Provide framework
- Organize information
- Shape questions, assessment & intervention

Pyramid of Human Needs



PHYSICAL

- Something we need in everyday such as:
 - Food
 - Rest
 - Exercise
 - Shelter
- The human body simply cannot continue to function if one of it not apply.
- Air, water, and food are metabolic requirements for human survival.

Safety

- Protection against danger, threat deprivation.
- Keeping our self from harm.
- Safety and Security needs include:
 - Personal security
 - Financial security
 - Health
 - Safety net against accidents/illness

Social

- To give and receive friendship attention or love.
- Particularly to a person in new environment.
- May be a unique challenge in the college setting – away from home and parents.

Egoistic

- Need of self esteem, self confidence independence.
- Need of one reputation, recognition status.

Self Fulfillment

- Realizing one's own potential:
 - “Be all you can be”
- Can handle big problem without involve other people.
- Greatest challenge:
 - Get great reward.