

## ***What is Psychology***

“Psychology is the science of the mind and behaviour. The word "psychology" comes from the Greek word psyche meaning "breath, spirit, soul", and the Greek word logia meaning the study of something.”

(The Medical News Today)

- Originated from the science of philosophy around 100 years ago
- Psychology doesn't just study the human mind and its capabilities, but is also interested in examining the developmental growth of a human, the cognitive functions such as memory, learning processes, attention span, and communication.
- The various branches of psychology include: health psychology, cognitive psychology, neuropsychology, occupational- or business psychology, etc

### *Recommended Reading:*

Gross, R. (2015). Psychology: The Science of Mind and Behaviour, 7th ed.

Eysenck, M.W. (2000). Psychology: A Student's Handbook

### *Recommended websites:*

‘What is psychology? What are the branches of psychology?’. Medical News Today. Available from: <http://www.medicalnewstoday.com/articles/154874.php>

‘What is psychology’. BBC Science. Available from: [http://www.bbc.co.uk/science/humanbody/mind/articles/psychology/what\\_is\\_psychology.shtml](http://www.bbc.co.uk/science/humanbody/mind/articles/psychology/what_is_psychology.shtml)