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**PSYCHOLOGY**



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# INTRODUCTORY PSYCHOLOGY

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**Tony Malim and Ann Birch**

*with contributions by Sheila Hayward and Alison Wadeley*





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# Preface

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This book is aimed at a very wide cross-section of students who are encountering psychology for the first time. Readers may include those studying for GCE A-level in the United Kingdom or its equivalent elsewhere, or those beginning psychology as part of a university degree course. Additionally, there are many students studying for vocational courses, such as BTEC or GNVQ or their equivalent, those aiming for careers in education as teachers, or the health professions (as nurses, radiographers, midwives) and in social work – indeed, all those who will have to deal with people in their professional lives – for whom psychology is a component of their course. Beyond these, there are those who are interested in studying psychology for interest rather than to gain a qualification. We have attempted to take into account the needs of all these people.

Psychology is a very wide field, and one of our most difficult problems has been to decide what to include and what to omit. We have been guided to some extent by the syllabuses published by UK examination boards, but we have felt that there are areas of study essential to anyone beginning to study psychology that have been omitted by these syllabuses. These, such as the study of personality or attitudes, we have included. The content of the book, therefore, is dependent on what we have felt to be necessary for any new student of the subject.

- We have structured the book in eight parts, each of which represents a fairly discrete area of psychology and which has several chapters.
- Each chapter starts with objectives so that you can see what you can expect to know when you have completed it.
- There are self-assessment questions at intervals

within each chapter. The aim of these is to encourage you to make your own assessment of how well you have mastered the material, without being tempted to look up the answer. Therefore, no ‘set’ answers are included, though of course you can always refer back to the text. Indeed, in some cases, you are asked to make a judgement, and there may be no clearly defined ‘right’ answer.

- Where it seems appropriate, we have included exercises designed to help you gain further insight into a particular aspect of the text. We hope you will find these helpful and interesting.
- At the end of each chapter we have included some further reading for those of you who wish to study particular areas in further depth. These have been annotated to give you an idea of what is contained in each reading and why we have recommended it.
- We believe the book is complete as an introductory text. The eight parts include an introduction and historical background together with issues and controversies in psychology, the biological bases of psychology, cognitive psychology, animal behaviour, human development, social psychology, personality, and atypical behaviour.
- Finally, research methods and statistical techniques are included that may enable you to conduct your own research. There are some research projects outlined, which could form the basis of your own practical research investigations.

Psychology is a subject in which many special terms are used. These have been highlighted in the text in bold

blue type, and brief glossary definitions are included on each page where the term first appears. These definitions are collated as a single glossary at the end of the book. We have attempted to illustrate the book throughout with photographs, diagrams, drawings and even cartoons. 'A picture is worth a thousand words.' We have included a complete bibliography and a comprehensive index.

We, the authors, have had many years' experience teaching psychology at an introductory level, and feel we have first-hand knowledge of the difficulties that many new students face when tackling the subject for the first time. We have found the subject to be interesting, indeed fascinating, and very much hope that you will find it equally enjoyable.

Tony Malim *and* Ann Birch

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