

GENERAL PSYCHOLOGY

SECOND EDITION

TABLE OF CONTENTS

1	THE SUBJECT MATTER OF PSYCHOLOGY	
	A Definition of Psychology	1
	Scientific Method in Psychology	1
	Aims and Purposes of Psychology	6
	Summary	25
	Questions and Topics for Discussion	28
	Suggested Readings	29
		30
2	HEREDITY AND ENVIRONMENT	
	The Problem of Heredity and Environment	33
	How Heredity Works: Two General Principles	34
	Experimental Studies of Heredity and Environment	37
	Summary	43
	Questions and Topics for Discussion	62
	Suggested Readings	63
		64
3	GROWTH AND MATURATION	
	Two Views of Maturation	67
	Animal Experiments Bearing on Growth and Maturation	67
	Maturation in the Human Infant	68
	Physical Growth	71
	Mental Development	73
	Social Development	78
	Social Maturity as Related to Mental and Physical Growth	80
	Summary	88
		92

Questions and Topics for Discussion	93
Suggested Readings	93
4 THE PHYSIOLOGICAL BASES OF BEHAVIOR	
The Sensory Receptors	95
Seeing	97
Hearing	99
Other Sensory Receptors	111
The Nervous System as a Connecting Mechanism	118
The Brain	122
The Effectors: Muscles and Glands	125
Summary	130
Questions and Topics for Discussion	131
Suggested Readings	132
	133
5 PERCEPTION AND ATTENTION	135
A Definition of Perception	135
Attention and Perception	137
Outer Determinants of Perception: Attention-Getting Factors in the Stimulus	137
Inner Determinants of Perception: Attention-Getting Factors within the Observer	141
Organizing Factors in Perception	147
Perception and Learning	155
Perception and Esthetics	159
Summary	169
Questions and Topics for Discussion	170
Suggested Readings	171
	173
6 FEELINGS AND EMOTIONS	174
Feelings	179
Conscious Awareness of an Emotion	181
Emotional Expression	193
Physiology of the Emotions	197
Role of the Autonomic Nervous System in Emotion	200
Motive as the Differentiating Factor in Emotion	201
Controlling the Emotions	205
Summary	206
Questions and Topics for Discussion	206
Suggested Readings	206

7	MOTIVATION AND ADJUSTMENT	
	Physiological Motives	209
	"Instincts" as Motives	210
	Psychological Motives	215
	Common Social Motives	216
	Conflicts Among Motives	219
	Ways of Meeting Conflicts	230
	Treating Conflicts Through Psychotherapy	231
	Summary	236
	Questions and Topics for Discussion	242
	Suggested Readings	242
		244
8	LEARNING: PRINCIPLES AND METHODS	
	A Definition of Learning	245
	Basic Principles of Learning	246
	Methods of Learning	249
	Summary of Basic Principles of Learning	254
	Habits and Habit Formation	280
	Summary	282
	Questions and Topics for Discussion	286
	Suggested Readings	287
		289
9	LEARNING AND STUDYING EFFECTIVELY	
	Techniques and Aspects of Study	291
	Characteristics of the Good Student	291
	Transfer of Training	316
	Summary	316
	Questions and Topics for Discussion	320
	Suggested Readings	320
		321
10	REMEMBERING AND FORGETTING	
	Four Aspects of Memory	323
	The Experimental Study of Memorizing	324
	Fixation and Retention	327
	Recall and Recognition	331
	Forgetting	333
	Other Factors in Recall and Recognition	338
	Memory Training	344
	Summary	346
	Questions and Topics for Discussion	347
	Suggested Readings	348
		349

11	THINKING AND REASONING	
	Thinking	351
	Reasoning	351
	Training in Thinking and Reasoning	353
	Age and Creative Thinking	363
	Summary	376
	Questions and Topics for Discussion	378
	Suggested Readings	379
12	PSYCHOLOGICAL MEASUREMENT	380
	The Frequency Distribution	383
	Averages	384
	Variability	391
	Units of Measurement	392
	Correlation	394
	Errors of Measurement	397
	Summary	401
	Questions and Topics for Discussion	405
	Suggested Readings	407
13	INTELLIGENCE	407
	Intelligence Defined	409
	Measuring Intelligence	409
	Kinds of Intelligence Tests	412
	How Intelligence Tests Are Made	414
	Levels of Intelligence	426
	Aspects of Intelligence Measurement	428
	Summary	436
	Questions and Topics for Discussion	450
	Suggested Readings	451
14	INDIVIDUAL DIFFERENCES AND APTITUDES	452
	Differences Among Individuals	455
	Differences Among Groups	456
	The Distinction Between Aptitude and Achievement	458
	Trait Differences	459
	Factors Making for Differences	461
	General and Specific Abilities	466
	Tests of General Abilities	471
	Tests of Special Abilities	471
		479

Aptitude in the Professions	481
Aptitude in Music and Art	484
How Aptitude Tests Are Made	486
Vocational Guidance	488
Summary	490
Questions and Topics for Discussion	491
Suggested Readings	492
15 PERSONALITY	
Personality Defined	495
Theories of Personality Organization	495
Some Well-Known Trait Dimensions	498
Judging Personality	505
Biological and Social Factors in Personality	510
The Integration of Personality	518
The Abnormal Personality	527
Summary	529
Questions and Topics for Discussion	538
Suggested Readings	539
16 SOCIAL BEHAVIOR	
The Development of Group Psychology	543
The Nature of Group Behavior	544
Group Structure and Member Satisfaction	546
The Individual in the Group Situation	548
The Rise of the Self	555
Conclusion	563
Summary	566
Questions and Topics for Discussion	567
Suggested Readings	568
17 ATTITUDES AND RELATED SOCIAL TRAITS	
Attitudes	571
Values	572
Attitude Formation and Change	573
Sentiments	577
Ethnic Attitudes	579
Public Opinion	582
Summary	585
Questions and Topics for Discussion	587
Suggested Readings	588

APPLICATIONS OF PSYCHOLOGY

Getting a Job that Fits	591
Adjustment in Marriage	591
The Delinquent and Criminal Personality	597
Psychology in Industry	600
Psychological Warfare and Propaganda	604
Improving Personality	609
Summary	615
Questions and Topics for Discussion	620
Suggested Readings	621
	622