

Editorial Note on Psychology

Vennam Sowmya

Managing Editor, Journal of Mental Health and Aging, E-mail: editor@alliedacademies.org

Editorial

Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

It is an academic discipline of immense scope. Psychologists seek an understanding of the emergent properties of brains, and all the variety of phenomena linked to those emergent properties, joining this way the broader neuro-scientific group of researchers. As a social science, it aims to understand individuals and groups by establishing general principles and researching specific cases.

In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors.

Major Types of psychology

1. Abnormal psychology
2. Behavioral psychology
3. Biopsychology
4. Clinical psychology
5. Cognitive psychology
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Abnormal psychology

Abnormal psychology is a branch of psychology that deals with psychopathology and abnormal behavior, often in a clinical context. The term covers a broad range of disorders, from depression to obsessive-compulsive disorder (OCD) to personality disorders. Counselors, clinical psychologists, and psychotherapists often work directly in this field.

Behavioral psychology

Behavioral psychology, or behaviorism, is a theory suggesting that environment shapes human behavior. In a most basic sense, behavioral psychology is the study and analysis of observable behavior.

Behavioral psychology is the study of how our behaviors relate to our mind – it looks at our behavior through the lens of psychology and draws a link between the two.

Cognitive psychology

Cognitive psychology is the scientific study of the mind as an information processor. Psychologists try to build up cognitive models of the information processing that goes inside people's minds, including perception, attention, memory and thinking.

Cognitive psychology became of great importance in the mid-1950s. Several factors were important in this:

1. Dissatisfaction with the behaviorist approach in its simple emphasis on external behavior rather than internal processes.
2. The development of better experimental methods.

3. Comparison between human and computer processing of information.

Clinical Psychology

Clinical psychology is the psychological specialty that provides continuing and comprehensive mental and behavioral health care for individuals and families; consultation to agencies and communities; training, education and supervision; and research-based practice.

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include learning disabilities, substance abuse, depression, anxiety, and eating disorders.

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