

Chapter 1

What is psychology? How do you study it?

In 1890 William James ([Figure 1](#)), the American philosopher and physician and one of the founders of modern psychology, defined psychology as ‘the science of mental life’ and this definition can still provide a starting point for our understanding today. We all have a mental life and therefore have some idea about what this means, even though it can be studied in rats or monkeys as well as in people. However it is only a starting point. New ways of studying the brain, and of understanding its structure and workings, provide us with fascinating information about the determinants of our mental lives. Improved technology means that activity in the brain can now be objectively observed and measured. However, there is much we do not know about the relationships between subjective experience and the brain, and psychologists are still making hypotheses, or informed guesses, about how the two kinds of knowledge—the subjective and the objective—are linked.

Like most psychologists, William James was particularly interested in human psychology, which he thought consisted of certain basic elements: thoughts and feelings, a physical world which exists in time and space, and a way of knowing about these things. For each of us, this knowledge comes from our individual interactions with the world and from the thoughts and feelings linked with these experiences. For this reason, it is easy for us to make judgements about psychological matters using our own experience as a touchstone. We behave as amateur psychologists when we offer opinions on complex psychological phenomena, such as whether brain-washing works, or when we express opinions about why other people behave as they do—for example, thinking they are being insulted; feeling unhappy; or suddenly giving up their jobs. However, problems arise when two people understand these things differently. Formal psychology attempts to provide methods for

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