**Chapter Two**

**Approaches to the Science of Psychology**



**1- Evolutionary Approach: Emphasizes the ways in which behavior and mental**

 **processes are adaptive for survival.**

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 **2- Biological Approach: Emphasizes on the contributions of the nervous system,**

 **hormones , and genetics to the explanations of behavior .**

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**3- Psychoanalysis Approach: Emphasizes on the internal conflicts, mostly**

 **unconscious, which usually sexual or aggressive instincts against environmental**

 **obstacles to their expression, and Childhood experiences.**

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 **4- Behavioral Approach: Emphasizes on learning, especially each person’s experience**

 **with rewards and punishments.**

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 **5- Cognitive Approach: Emphasizes on the mechanisms through which people**

 **receive, store, retrieve, and otherwise process information.**

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 **6- Humanistic Approach: Emphasizes individual potential for growth (for example,**

 **self-actualization).**

 **Maslow’s Hierarchy of Needs**

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**7- Cross-Cultural Approach: Emphasizes on the psychological differences among**

 **people living in different cultural groups.**

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