



'A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying.'
B.F. Skinner

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There are a number of definitions of Psychology but the subject generally covers the scientific study of mental processes and behaviour of humans. Although the behaviour of humans has always been of interest to others, it is only in the 20th century that a rigorous scientific approach has been applied to its study. Psychology is basically the study of what people do and, most importantly, why they do it. Psychologists attempt to explain a variety of human behaviours including answers to the following questions:

- Why do people conform and obey and why are some people more resistant to these pressures?
- Why do some people develop phobias?

However, Psychologists do not simply describe and explain people's behaviour; they also use their understanding to help people with difficulties and solve practical problems such as:

- How you treat depression?
- How you improve the accuracy of eye witness testimony?



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A level exam board: AQA Psychology (7182)