

SNS COLLEGE OF PHYSIOTHERAPY

Saravanampatti Post, Coimbatore – 641 035, T.N
(Affiliated by the Tamil Nadu Dr. M. G. R. Medical University, Chennai.)



DEPARTMENT OF PHYSIOTHERAPY- III YEAR

COURSE NAME- PSYCHOLOGY

TOPIC- INTRODUCTION OF PSYCHOLOGY

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What is Psychology?

- Scientific study of behavior and mental processes.
- Behavior = observable actions
- Mental processes = thoughts, emotions, learning, decision-making

Nature of Psychology

1. Scientific Discipline

- Based on experiments, research, and evidence

2. Behavioral Science

- Studies why people behave differently

3. Applied Science

- Used in hospitals, rehabilitation, sports, education

4. Interdisciplinary Field

- Connected with medicine, physiotherapy, sociology, neuroscience

IMPORTANCE OF PSYCHOLOGY IN PHYSIOTHERAPY



1. Enhances Communication
2. Supports Motivation
3. Influences Pain Perception
4. Improves Treatment Compliance
5. Essential in Rehab Settings

HISTORY OF PSYCHOLOGY

ANCIENT ROOTS

1. Greek Philosophers

- Plato & Aristotle discussed memory, motivation, and personality.
- Mind–body relationship first explored.

2. Eastern Philosophies

- Indian texts (Yoga, Ayurveda) described consciousness, emotions, stress.
- Emphasis on mind–body integration.

BEGINNING OF MODERN PSYCHOLOGY



Wilhelm Wundt — “Father of Modern Psychology” (1879)

- Established first psychology laboratory at Leipzig, Germany.
- Separated psychology from philosophy and physiology.
- Used introspection to study conscious experience.

Structuralism (Edward Titchener)

- Goal: analyze the structure of the mind (sensations, feelings).

MAJOR SCHOOLS OF PSYCHOLOGY



1. Functionalism – William James

Focus on function of mind, not structure

How behavior helps individuals adapt

Foundation for applied psychology

2. Psychoanalysis – Sigmund Freud

Focus on unconscious mind, instincts, childhood experiences

Concepts: Id, Ego, Superego

Clinical relevance: anxiety, emotions, behavior conflicts

MAJOR SCHOOLS OF PSYCHOLOGY



3. Behaviorism – Watson & Skinner

- Only observable behavior matters
- Learning through rewards and punishments
- Physiotherapy relevance:
 - behavior modification
 - exercise reinforcement
 - habit formation

4. Gestalt Psychology (Wertheimer, Köhler)

- “The whole is greater than the sum of its parts.”
- Focus: perception, learning, insight
- Used in neuro-rehabilitation (pattern recognition)

MAJOR SCHOOLS OF PSYCHOLOGY



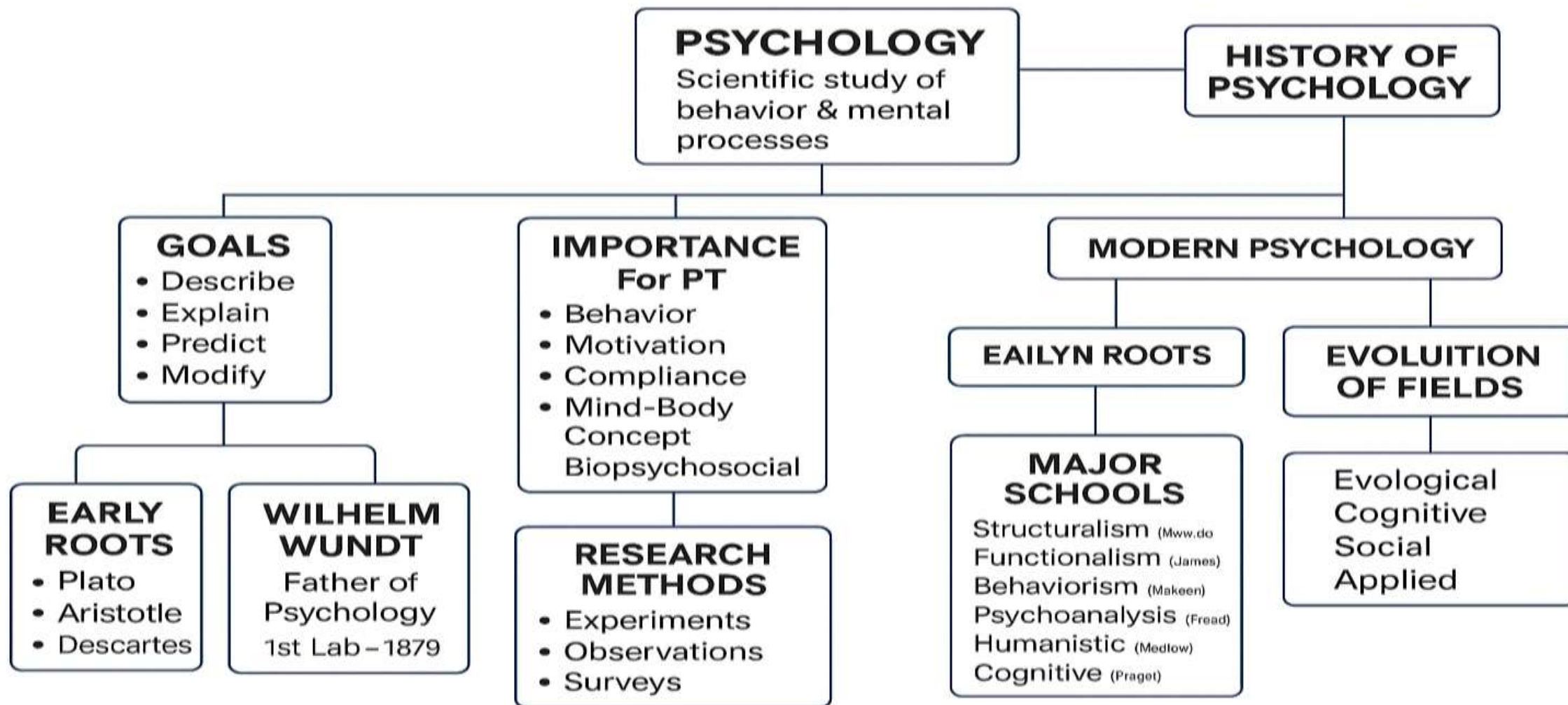
5. Humanistic Psychology – Rogers, Maslow

- Emphasizes self-growth, empathy, human potential
- Patient-centered approach
- Physiotherapy relevance:
 - empathetic communication
 - respecting patient goals

6. Cognitive Psychology – Piaget, Neisser

- Study of memory, thinking, decision-making, problem-solving
- Major role in neurological physiotherapy

SUMMARY



THANK YOU