

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- BRANCHES OF PSYCHOLOGY

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What is Psychology?

- Psychology is the scientific study of human behavior and mental processes.
- It helps us understand how people think, feel, and act.

Major Branches of Psychology:

- General Psychology
- Developmental Psychology
- Social Psychology
- Abnormal Psychology

General Psychology:

- Foundation of all psychology.
- Focuses on basic mental processes:
 - Learning
 - Memory
 - Perception
 - Motivation
 - Emotion

Developmental Psychology:

- Studies human growth and development from birth to old age.
- Covers physical, emotional, cognitive, and social development.
- Physiotherapy relevance:
 - Paediatric rehabilitation (motor milestones)
 - Geriatric physiotherapy (age-related changes)

Social Psychology:

- Examines how society and social interactions influence behavior.
- Concepts include:
 - Attitudes
 - Group behavior
 - Social influence
 - Prejudice and stereotypes

Abnormal Psychology:

- Studies mental disorders and maladaptive behaviors.
- Includes:
 - Anxiety disorders
 - Depression
 - Addiction
 - OCD

Clinical Psychology:

- Deals with diagnosis, treatment, and prevention of mental health problems.
- Involves:
 - Psychological assessment
 - Psychotherapy
 - Counselling

Cognitive Psychology:

Focuses on mental processes such as:

- Thinking
- Problem-solving
- Decision-making
- Language
- Attention

Health Psychology:

- Studies how psychological factors affect health and illness.
- Topics include:
 - Stress
 - Health behaviors
 - Lifestyle
 - Psychosomatic disorders

Industrial Psychology:

- Studies workplace behavior.
- Covers:
 - Work motivation
 - Teamwork
 - Leadership

Educational Psychology:

Studies how people learn and how teaching can be improved.

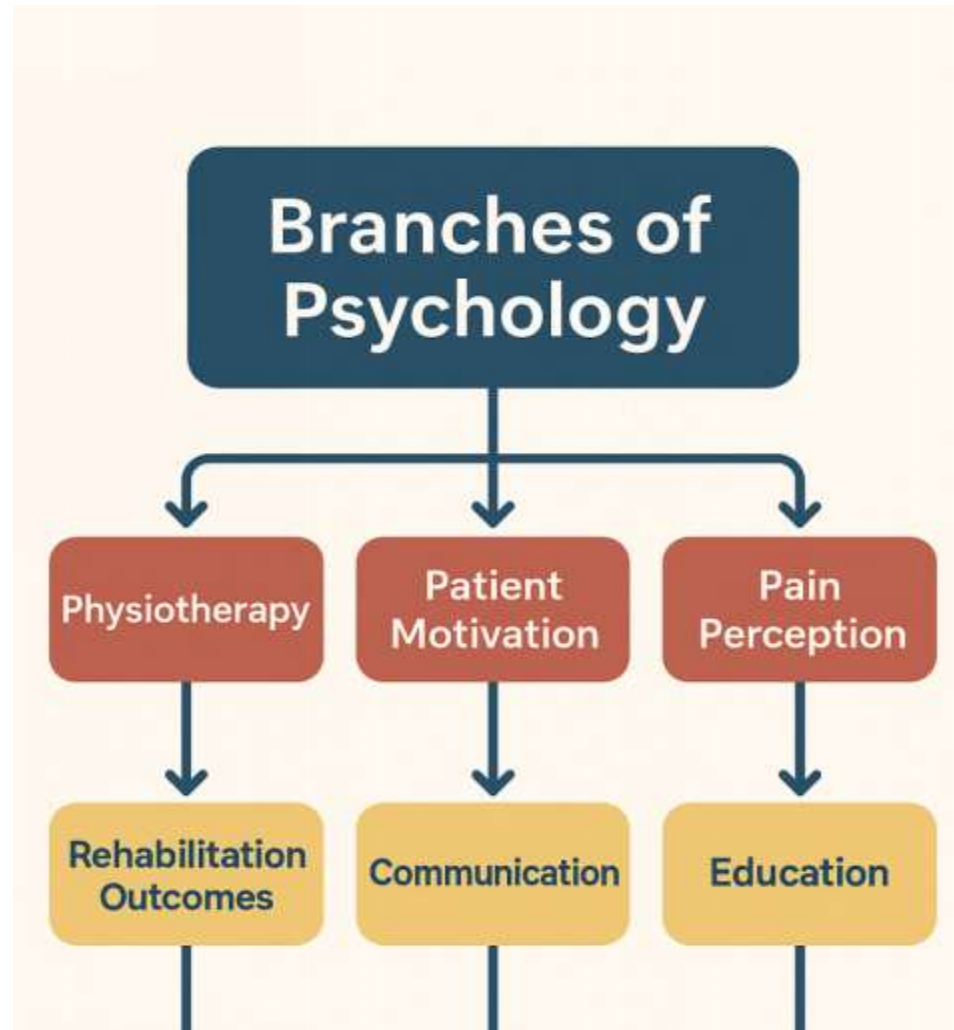
Relevance:

- Teaching exercises to patients
- Patient education for self-care

Sports Psychology:

- Studies psychological factors affecting sports performance.
- Focuses on:
 - Motivation
 - Concentration
 - Stress control
 - Team dynamics

SUMMARY



THANK YOU