

History of Psychology

introduction :

The origins of psychology go back to previous civilizations, such as the ancient Egyptian, Greek, and Indian civilizations, which attempted to contemplate themselves. In the era of Muslim scholars, psychology developed in its therapeutic and experimental forms more than before. Then the natural scientists who appeared in the Middle Ages built hospitals for psychological treatment. Since psychology, like other sciences, depends on observation and experimentation, its first observations focused on the behavior of beings. Thus, it was linked to the science of life and concerned with studying the responses of living organisms to various environmental stimuli. However, man is not only an organic being, but rather a rational, social being. Thus, human psychology has been linked to various human sciences and life sciences.

1. The emergence and development of psychology:

1-1 The first seeds of psychology:

Psychology has reached its current form as a result of the continuous efforts of a large number of scientists and philosophers. The ancient philosophers contributed to the development of psychology through the emergence of a new trend in studying the human mind and exploring its depths. Our ideas for trying to understand human mental life go back to ancient Greek philosophers such as Plato and Aristotle since the fourth century BC. Ancient philosophers had clear attempts to understand psychological phenomena, and perhaps the famous phrase said by Socrates, “Know thyself,” was the first philosophical attempt to understand human nature.

Plato, the author of the first attempt to analyze mental activity in the clear separation between the body and the mind, believed that some human ideas are

innate and present from birth rather than being acquired from experience, and this idea represents the essence of mental philosophy to this day. For Plato, the mind was linked to the world of ideals and the world of heaven, while the body and the rest of the senses were linked to the world of earth, and from here appeared the idea that the mind is superior to the body. Plato studied the soul and divided it into three sections: the rational soul and its place is the head, the nervous soul and its place is the heart, and the sensual soul and its place is the stomach. (Bin Jabir, C, 2002, p. 15)

Aristotle was also interested in studying the soul and divided it in turn into the developing soul, which is responsible for life, food, and growth, the animal soul, which is responsible for sensation and movement and uses the five senses, and the rational soul, which is responsible for thinking.

Science generally seeks to understand natural events and predict things that may happen in the future. Psychology, like other sciences, attempts to know, predict, and control topics related to human and animal behavior, and it is also concerned with the path through which this human and animal behavior and development relates. Before we begin to narrate the development of psychology, we would like to point out the difficulty of determining the true date of the beginning of a science with certainty, and this is due to the long distance and the lack of specializations like those that exist today. Rather, it was known in the past that all sciences were included in one science, which is philosophy, but it is possible To mention the many attempts that brought psychology to where it is now, and what achievements it has achieved?

1-2 The separation of psychology from philosophy:

It is said that psychology has a long past, but it has a short history. The meaning of this saying is that man has given many explanations to psychological questions since ancient times, and ancient philosophers have written about the

nature of human behavior since ancient times. For example: Aristotle, who is considered one of the greatest philosophers of the Old Testament, spoke about learning and disagreed. Plato, who preceded him in presenting it, and Plato's doctrine is that some unacquired ideas are present from birth. Thus, the child has an innate readiness to perceive beauty.

Aristotle rejects unnatural ideas and insists that a child is born free of all habits and all ideas that a person learns, whether they are beautiful or ugly, good or evil, and everything that is good or unrighteous. From here we see the dispute between these two giants regarding unnatural qualities. acquired, and due to the lack of capabilities at that time, the truth or error of these theories was not proven (Bin Jaber, J., 2002, p. 16)

After the revolution brought about by Copernicus, through which he discovered that the Earth revolves around the sun. Thus, he dusted off major facts and sparked a major change in people's minds and human thought in general, and this change still exists to this day.

Since man is no different from the point of view of our civilization from any element of this universe, therefore scientists saw that an experimental study in a scientific spirit is a must, and studying man means studying his behavior and the extent to which the world that surrounds him deals with this behavior. In the midst of all this, man began to think about creating this world that would be independent of all other sciences in the future.

In this context, the scientist Francis Bacon laid the first foundations for this science, as he presented his new method, which consists of dealing with scientific problems and adapting them to special laws. This method depends on collecting facts and this is through observation while avoiding errors as much as possible. Then came the appearance of Auguste Comte, who focused a lot during his reign on the theological and metaphysical sciences, and finally the

descriptive stage, which is a study of the behavior and moral phenomena of the individual with which the person's active emotional and mental functions are linked. He called this science LA MORALE instead of psychology, and this is for the sake of Separating the new positive science from the previous deductive science. Before this, Muslim scholars such as Ibn Sina, Al-Ghazali, and others were the first to uncover the psychological secrets of man, until experimentation at that time was very incomplete, if not non-existent, so revealing and being guided by those hidden secrets was an impossible matter, and the following evidence from Imam Al-Ghazali for the phenomenon of conditioning is evidence. He was certain that Muslims were prior to this theory, and the Imam said, "Whenever the soul of us imagines something, the organs and forces within it serve it and move in the desired direction...until when it imagines something that tastes good, its nostrils milk and its overflowing waters cease with saliva." The Europeans seized the opportunity after the Muslims fell asleep and benefited from their books and revealed those secrets using the method of experimentation.