

Approaching human Behavior an Integrative Overview

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Psychology is the science of behavior, conscious experiences and adaptation. It is approaching this object in many methods, and multi theoretical foundation for understanding, exploring, predicting and controlling external and internal behavior.

Four targets represent the focus gals to the science in general:

Physics: is the science of understanding, exploring. Predicting and controlling the physical phenomena.

Chemistry: is the science understanding chemical element, exploring, predicting and controlling this object.

Sociology: is the science of social phenomena and events for understanding, exploring, predicting and controlling this object and phenomena. And so on for the other sciences

The aims of the science:

If we centering on the Targets of the science in general we can describe four aims to the science: understanding, Exploration, prediction and controlling the phenomena or object.

In psychology, the object of the science is behavior and conscious experience. Behavior is the responses or action that can be internal or external. Because this object is very complex and various factors effect on the responses, we have multi approaches or paradigm for investigating the normal and abnormal behavior:

- Biological and Neurological approach.
- Psychological approaches.

- Genetic paradigm
- Psychodynamic Paradigm.
- Behavioral Paradigm.
- Cognitive Paradigm.
- Humanistic and Existential paradigm
- Social and Cultural Paradigm.
- Diathesis-Stress and Integrative Paradigm.

In sum, Personality and counseling & clinical psychology we have many theories and theoretical systems for understanding and controlling normal and abnormal behavior. We need many theories and approaches for most deep understanding. Exploring, predicting and controlling normal and abnormal behavior. The researcher in all our world are doing researches and article that develop and aid us for deep investigating human behavior. The journal of psychological sciences and conferences, and DSM are example for this objective.

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