



An Introduction to Social Psychology

Understanding ourselves and others

Narrator (vo):

We live in a complex, fast changing and highly social world. One of the most compelling questions we face is how to understand ourselves and other people. Why do we do what we do, say what we say? Do we really make choices or are we limited by forces and pressures which we may be barely aware of? There are no easy answers, but social psychology has developed a number of fascinating ways of thinking about and researching into the self in relation to others. Each of these ways of thinking is based on distinctive sets of ideas about the individual in a social context.

Prof Haslam:

I think a cognitive approach to social psychology really is something that takes the cognitive ...

Woman:

A social psychoanalytic perspective maintains that anxiety and the ...

Woman #2:

Discursive psychology really changed my whole perspective because ...

Man #2:

.....said what I discovered with phenomenology was an approach which took experience seriously.

Narrator (vo):

It also presents a number of interrogative themes which help researchers and students understand particular topics in social psychology - and ask questions of the ways in which the discipline itself has developed.