

preface

Like the human beings whom psychologists study, textbooks, too, develop with age. From its conception in 1982 to its birth in 1986 and through the first several editions of its childhood and youth, this book, like the field it reports, has matured. Today's psychological science is more attuned to evolutionary and genetic influences, to the neuroscience revolution, and to gender and cultural diversity. We today can also harness new ways to present information, both in books and via electronic media. These changes are exhilarating! Keeping up with new discoveries and technologies fills each day and connects me with many colleagues and friends.

The thousands of instructors and millions of students who have studied this book have contributed immensely to its development. Much of this has occurred spontaneously, through correspondence and conversations. For this edition, we also welcomed survey input and reviews from 4234 students and 240 instructors, from British Columbia to Florida, and from New Hampshire to New Zealand. I look forward to continued feedback as we strive, over future editions, to create an ever better book.

Throughout its five editions, however, my vision for *Psychology* has not wavered: *to merge rigorous science with a broad human perspective in a book that engages both mind and heart*. My aim has been to create a state-of-the-art introduction to psychology, written with sensitivity to students' needs and interests. I aspire to help students gain insight into, and appreciate the wonder of, important phenomena of their lives. I also want to convey the inquisitive, caring spirit in which psychologists *do* psychology. The study of psycholo-

gy, I believe, enhances our abilities to restrain intuition with critical thinking, judgmentalism with compassion, and illusion with understanding.

Believing with Thoreau that "Anything living is easily and naturally expressed in popular language," I seek to communicate psychology's scholarship with crisp narrative and vivid storytelling. Writing as a solo author, I hope to tell psychology's story in a way that is warmly personal as well as rigorously scientific. I love to reflect on connections between psychology and other realms, such as literature, philosophy, history, sports, politics, and popular culture. And I love to provoke thought, to play with words, and to laugh.

Big Changes in the Fifth Edition

This new edition retains its predecessor's voice, and much of its content and organization. However, every page has been updated. The result is 664 new references and many new sections and examples reflecting the psychology of the late 1990s. This edition also *looks* new. Its reconceptualized illustrations, more effective chapter design, and many improved photos should help it *work* better than ever.

Increased Evolution and Behavior Genetics Coverage

The evolutionary and behavior genetics perspectives on psychology are now introduced in the first chapter, and coverage of these issues is now even more extensively integrated throughout the book (see the table on the following page). Chapter 2

Evolution and Behavior Genetics Coverage

The **evolutionary perspective** is covered on the following pages:

Aging, p. 130
Anxiety disorders, p. 464
Attraction, p. 582
Biological predispositions in learning, pp. 250–252, 261
Chapter 2, Neuroscience, Genetics, and Behavior
Charles Darwin, p. 2
Electromagnetic spectrum, sensitivity to, p. 154
Emotional expression, p. 401
Evolutionary perspective, defined, pp. 4–5
Fear, p. 404
Hearing, p. 164
Instincts, p. 364
Intelligence, pp. 358–359
Language, pp. 319, 322
Love, p. 137
Need to belong, p. 367
Overconfidence, p. 314
Sensation, pp. 148, 170

Sensory adaptation, p. 152
Signal detection theory, p. 149
Sleep, p. 215
Smell, pp. 174–176
Stress and the immune system, p. 524

Behavior genetics is covered on the following pages:

Abuse, intergenerational transmission of, p. 266
Adoption studies, pp. 110–111
Aggression, pp. 571–578
Behavioral effects of gender, p. 34
Behavior genetics perspective, defined, pp. 4–5
Biomedical therapies, pp. 507–512, 513
Body type, p. 431
Chapter 2, Neuroscience, Genetics, and Behavior
Development, pp. 77–78
attachment, pp. 97–98

authoritative parenting, pp. 104–105
brain development, experience and, pp. 83–84
language development, pp. 322–326
motor development, p. 86
parental credit/ blame, 111–113
physical development, pp. 116–118
prenatal development, pp. 79–81
stranger anxiety, pp. 94–95
temperament, pp. 96–97
Depth perception, p. 186
Drives and incentives, pp. 364–365
Drug use, pp. 236–238
Emotion and cognition, pp. 415–417
Fear, pp. 404–405
Genetics of conception, p. 78
Happiness, p. 412

Intelligence, pp. 352–359
Learning, pp. 250–252, 261
Nature/ nurture debate, pp. 77–78
Obesity and weight control, pp. 539–546
Perception, pp. 194–200
Personality traits, p. 432
Psychological disorders:
anxiety disorders, p. 464
bio-psycho-social perspective, p. 456
depression, pp. 471–472
personality disorders, pp. 482–483
schizophrenia, pp. 478–479
Romantic love, p. 137
Sex chromosomes and hormones, p. 79
Sexuality, pp. 375–378
Sexual orientation, pp. 380–382
Smell, p. 175
Stress, personality, and illness, pp. 516–524, 526–528
Twin studies, pp. 108–111

offers a new main section on “Genetics and Behavior,” which includes subsections on evolutionary psychology and behavior genetics. This new section introduces students to basic concepts of evolution and behavior genetics that will recur throughout the book. I have retitled the chapter “Neuroscience, Genetics, and Behavior” to reflect the new content.

The integrated coverage of evolution and genetics appears in 16 of the book’s 18 chapters. For example, Chapter 3 (“The Developing Child”) discusses “The Genetics of Life,” “Sex Chromosomes, Sex Hormones, and Gender,” “Twin Studies,” and “Adoption Studies.” Chapter 11 (“Intelligence”) includes a lengthy section on “Genetic and Environmental Influences on Intelligence.”

New discoveries from the neuroscience frontier have also been added, building on Chapter 2’s axiom that “*everything psychological is simultaneously biological*.” Rather than pack all this information into an early chapter or two, much of it is more palatably disseminated throughout the book. Chapter 2, “Neuroscience, Genetics, and Behavior,” thus aims not to overwhelm students with biology, but to introduce important concepts and to whet readers’ appetite for more.

Fully Integrated Gender and Cultural Diversity Coverage

You asked for it. We listened. Here it is: The fourth edition’s “Diversity and Community” chapter material is now integrated throughout the text, where all student readers will encounter it. This integrated material adds to existing coverage. Topics range from the first chapter’s discussions of the social-cultural perspective, of cultural and gender variations, and of “human diversity and kinship,” through the last chapter’s discussion of cultural and gender roles. In between are dozens more gender- and culture-related topics, including those itemized on the next page.

For this and succeeding editions I also am working to offer a world-based psychology for our worldwide student readership. Thus, I continually search the world for research findings and text and photo examples, conscious that readers may be in Melbourne, Sheffield, Vancouver, or Nairobi. North American and European examples come easily, given that I reside in the United States, maintain contact with friends and colleagues in Canada, subscribe to several European periodicals, and live periodically in the United Kingdom. But

Coverage of the Psychology of Men and Women

Coverage of the psychology of women and men can be found on the following pages:

Abortion stress, p. 519	Gender and childrearing, p. 106	Life expectancy, p. 130	Sexual disorders, p. 378
Behavioral effects of gender, p. 34	Generic pronoun "he," p. 329	Male arousal in REM sleep, p. 213	Sexual fantasies, p. 209
Biological sex/ gender, p. 79	Happiness, p. 412	Maturation, pp. 117-118	Sexuality, pp. 375-379
Body image, p. 373	Heart disease, p. 521	Menarche, p. 117	Sexual orientation, pp. 379-382
Chapter 18, Social Psychology	Help-receiving, p. 586	Menopause, p. 128	Smoking, p. 538
Dieting, p. 544	Hormones and aggression, p. 572	Midlife crisis, pp. 136-137	Social connectedness, pp. 123-124
Dream content, p. 218	sexual behavior, p. 376	Pornography, p. 377	Stereotyping, p. 200
Eating disorders, pp. 371-373	sexual development, pp. 78-79, 116-117	Psychological disorders, rates of, pp. 483-484	Suicide, p. 469
Emotional expression, pp. 398-399	Immune system, p. 523	Depression, pp. 470, 473	Weight discrimination, p. 541
Empty nest, pp. 138-139	Intelligence, pp. 357-359	Rape, pp. 253, 576-578	Women and work, p. 140
Fatherhood, p. 99	Leadership, p. 389		Women in psychology, p. 8
Freud's views, pp. 422-423, 425, 427			

Coverage of Culture and Multicultural Experience

From the Introduction to Chapter 18, coverage of culture and multicultural experience permeates the book in the following discussions:

Aging population, pp. 129-130	cognitive development, pp. 118-119	Intelligence, pp. 337-338, 344, 356-357	Schizophrenia, p. 478
Aggression, pp. 574-575	developmental similarities, pp. 106-107	Language, pp. 320, 328-330	Psychotherapy, p. 507
Alcoholism, p. 456	fetal alcohol syndrome, p. 81	Life expectancy, p. 130	Self-esteem, p. 439
Anger, pp. 405-406	moral development, p. 120	Management styles, p. 388	Self-serving bias, p. 440
Attractiveness, p. 582	motor development, p. 86	Marriage, pp. 138, 139	Sensory restriction, p. 178
Behavioral effects of culture, p. 32	social development, p. 94	Obesity, pp. 540, 606	Sexual orientation, p. 379
Conformity, p. 557	Dieting, p. 544	Participative management, pp. 389-390	Sexual standards, p. 125
Corporal punishment practices, p. 259	Drugs, psychological effects of, p. 232	People with disabilities, pp. 407, 414	Size-distance relationship, p. 192
Culture context effects, p. 200	Emotion:	Perception, p. 192	Smoking, pp. 538, 539
Culture shock, p. 446	expressing, pp. 400-401	Personal space, p. 21	Social-cultural perspective, pp. 4-5
Deaf culture, pp. 69, 167-169, 320, 321, 324, 329-330	experiencing, p. 403	Prejudice prototypes, p. 307	Social clock, pp. 136-137
Depression, p. 473	Father care, p. 99	Psychological disorders, pp. 456, 484	Suicide, p. 469
Development:	Human diversity/kinship, p. 33	Dissociative personality disorder, p. 467	Teen sexuality, pp. 125-127
adolescence, pp. 115-116	Hunger, pp. 370-371	Eating disorders, pp. 372-373	Testing bias, pp. 359-360
attachment, p. 101	Individualism/collectivism, pp. 441-443		Work-related values, pp. 136-137
child-rearing, pp. 105-106			See also Chapter 18, Social Psychology