

心理学新进展影印丛书

美国心理学会 (APS) 组编

Current
Directions
普通心理学新进展 in
Introductory
Psychology

英文主编 / 苏·卡斯恩 (Saul Kassin)

凯瑟琳·布里格斯 (Kathleen H. Briggs)

彭华茂 点评 申继亮 审校



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心理学新进展影印丛书

本丛书入选的文章代表了各心理学分支自 2000 年以来的最新研究成果，同时各册所涉及的主题也全面体现了该分支学科国际的研究动态。

在各册图书中，既包括文献综述、对已有研究的质疑，也结合了先进的实验手段、技术和其他学科的综合知识，更多地关注和探索心理现象机制层面的复杂原因。每册均有问题思考，以启发学者们深入思索今后的研究热点和可能产生实质性飞越的突破口。

这套丛书可以作为各高校教师开设心理学新进展课程或专题讲座的教学用书，同时可以作为相关领域的研究人员发表文献综述的内容依据，尤其还适合作为心理学专业英语课程的教材进行学习和讨论。

Current Directions in Introductory Psychology

■ 普通心理学新进展

■ 社会心理学新进展

■ 发展心理学新进展

■ 认知心理学新进展

■ 人格心理学新进展

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■ 变态心理学新进展



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出版说明

“心理学新进展影印丛书”由北京师范大学出版社从培生教育出版集团引进出版，包括《普通心理学新进展》《发展心理学新进展》《认知心理学新进展》《社会心理学新进展》《人格心理学新进展》《健康心理学新进展》《变态心理学新进展》共7册英文影印图书，全部由美国心理学会（APS）组编，撰写者均为心理科学各自研究领域的世界著名学者和专家。入选的文章代表了各心理学分支自2000年以来的最新研究成果，同时各册所涉及的主题也全面体现了该分支学科的研究动态。

作为北京师范大学出版社成立26年以来第一批英文原版影印图书，我们真诚希望“心理学新进展影印丛书”的出版，可以为中国广大心理学研究者、教师以及相关专业的研究生，带来国际心理学界近十年的综合发展趋势，从研究思路、概念界定、研究方法与设计、统计技术以及未来的研究方向等方面，国内的学者能够及时把握到国际同行的关注热点，并感受到他们对传统理论的挑战与创新。

在各册图书中，既包括文献综述、对已有研究的质疑，也结合了先进的实验手段、技术和其他学科的综合知识，研究更多地关注和探索心理现象机制层面的复杂原因。每册均有问题思考，以启发学者们深入思索今后的研究热点和可能产生实质性飞越的突破口。

为便于读者阅读，我们特别邀请了北京师范大学心理学院的申继亮教授作为丛书审校专家，各册分别由北京师范大学的青年学者加入了简要的中文进行导读，同时还评价了研究的优缺点。

这套丛书可以作为各高校教师开设心理学新进展课程或专题讲座的教学用书，同时可以作为相关领域的研究人员发表文献综述的内容依据，尤其还适合作为心理学专业英语课程的教材进行学习和讨论。

策划编辑

谢影

2007年1月18日

Foreword

When the American Psychological Society decided to publish *Current Directions in Psychological Science*, I cheered their intentions but gloomily resigned myself to the likely results. The original mission of the new journal was “to inform psychologists and other interested parties about the frontiers and major issues in scientific and applied psychology.” Nice, but vague. But the first editors, translating this mission statement into reality, snuck in some requirements that were heretical in a new academic journal: Articles were to be readable! Short! No list of citations as long as the Philadelphia phone book! For years I had heard psychological scientists speak wistfully of their longing to convey their work to what they so charmingly call “the real world” (which, presumably, includes students). At last, *Current Directions* has gotten them to do it. The editors, flinging tradition to the winds, have somehow managed to cudgel their contributors into writing succinct, useful essays—little “states of the art” on topics of enormous interest and relevance not only to scientists but also the public (which, presumably, includes students).

Every professional writer knows how hard it is to write briefly. Over the years I’ve watched colleagues cheerfully sign on to write 50-page talks and 100-page chapters as if they were agreeing to go to the movies. But ask them to write a brief essay or an oped piece, and they say, “Oh, I’m so sorry, but I don’t have the time.” The art of the brief essay is especially elusive for academics, who seem to feel embarrassed, as if they had been caught naked in the cafeteria, when they are forced to write a short, unadorned sentence—“He shouted obscenities,” say, instead of “He engaged in aggressive verbal behavior.” Naturally, therefore, I am curious about how *Current Directions* manages to get all these psychologists to make their case succinctly. Fear? Flattery? Vast sums of money? Vodka?

Never mind; somehow, they have succeeded. These articles will give students a sense of having a direct connection with the psychological scientists whose work they would otherwise only read about. Each essay provides a concise overview of the problem at hand, and an insider’s glimpse into the issues and controversies involved in investigating it. These articles also stimulate critical and scientific thinking—they illustrate why psychological science matters.

Many instructors like the *idea* of a reader more than they like the actual collection that

lands on their desks. They like knowing it's there in case of emergencies, rather like a fire extinguisher, even if they never break it open. I hope you will not be like them, and instead read and enjoy this assortment of intellectual candies, and dispense them to your students, too.

Carol Tavis

Introduction

As a student preparing for the future, you will find certain tools necessary for success. Being educated in the basics of reading, writing, and math, is certainly essential. Knowing something about history and science, having a sense of geography, knowing how to use a computer, and perhaps even speaking a second language, are useful too. Regardless of what you do, however, you'll need to understand yourself and others you will encounter. For that reason, psychology—the scientific study of mind and behavior—is an invaluable part of a college education.

Culled from the riches of the journal *Current Directions in Psychological Science*, this reader presents recent articles that summarize hot issues and important findings written by some of psychology's leading researchers. This reader is divided into seven sections. The first consists of a single article that addresses psychology as a science and the process of discovery. The second section focuses on the biological aspects of human nature, with articles on the neuroscience of the brain and nervous system and their influences on our thoughts, feelings, and behavior. The third section focuses on cognitive processes that occur “inside the head”—such as attention, perception, learning, thinking, language, and memory. The fourth section considers some of the ways in which we warm-blooded humans are driven by motivations and emotions, making us responsive to reward and punishment, fear, sexual stimulation, and burnout on the job. Section Five considers topics in human development across the lifespan, from the effects of maternal stress on the growing fetus to the ways in which older people can stay intellectually vital. Section Six focuses on social and cultural influences on our perceptions of and behavior toward others, as when we form stereotypes and prejudices. The last section shifts the focus onto personality, psychological disorders such as depression, and the effects of stress and other psychological states on the immune system and on our health.

This reader is intended to supplement an introductory psychology class. If you are like most students taking psychology for the first time, you are not a major, well, at least not yet. You may or may not take another psychology course. And you may or may not embark on a career that is directly related. Either way, this collection of articles will help broaden

your horizons, give you a firsthand glimpse of the way psychologists engage a scientific process of discovery, and help you to understand the people, events, problems, and opportunities of your life.

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[导读]

第一编 作为科学的心理学

心理学家从科学研究的角度探讨个人的主观思维现象和行为。研究所采用的科学方法是一个通过系统严谨的控制和观察来建构知识体系的过程。研究科学家本身和科学研究过程本身是不是具有相似性呢？

在本书第一篇文章中，David Klahr 和 Herbert Simon（2001）为读者提供了一个模型和四种不同的方法来研究这一发现过程。其中三种方法对于学习过普通心理学的学生来说是很熟悉的：历史或个案研究，实验室实验以及自然观察。第四种方法计算模型相对要特殊一些。

Psychology as Science

Psychologists approach the subject matter of mind and behavior from a scientific standpoint. The scientific method is a process of creating knowledge through systematic, carefully controlled observations. Is it similarly possible to study the scientists and the process itself?

In the opening article of this Reader, David Klahr and Herbert Simon (2001) provide a model and four different methods for studying this process of discovery. Three of the methods will be familiar to students from introductory psychology class: historical or case studies, laboratory experiments, and naturalistic observation. The fourth method is more specialized, computational modeling.