

## Cognitive Psychology

### Meaning of Cognitive Psychology

Cognitive psychology is a branch of psychology that focuses on the study of mental processes. It explores how people acquire, process, store, and use information.

In simple words, it is the scientific study of *how we think*.

It examines internal mental activities such as:

- Perception
- Attention
- Memory
- Learning
- Problem-solving
- Decision-making
- Language
- Reasoning
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Cognitive psychology assumes that human behavior can be understood by analyzing mental structures and functions involved in information processing.

### Key Points

- Deals with thoughts and mental operations.
- Focuses on the \*information-processing approach (mind works like a computer).
- Studies how knowledge is formed and used.
- Emphasizes scientific methods and experiments.

### Nature of Cognitive Psychology

Cognitive psychology has the following characteristics:

#### 1. Scientific and Experimental

Uses controlled experiments, reaction-time studies, brain imaging, etc.  
Findings are based on objective and measurable evidence.

#### 2. Focus on Internal Mental Processes

Concerned with mental activities that occur between stimulus and response.  
Rejects the behaviorist idea that only observable behavior should be studied.

### 3. Information-Processing Approach

The mind is compared to a computer.

Includes input (stimulus), processing, storage, and output (response).

### 4. Interdisciplinary Nature

Works closely with:

- Neuroscience
- Linguistics
- Artificial Intelligence
- Philosophy
- Education

This makes cognitive psychology broader and more scientific.

### 5. Emphasis on Mental Representations

Humans form internal \*mental images, concepts, and schemas.

These guide how we interpret and react to the world.

### 6. Active Mental Processing

People are active processors, not passive responders.

We interpret and transform information, not just react to it.

### 7. Focus on Problem-Solving and Decision-Making

Studies how people reason, think logically, plan, and choose actions.

### 8. Application-Oriented

Used in:

- Education
- Clinical psychology
- Human-computer interaction
- Cognitive therapy
- Artificial intelligence
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Conclusion

Cognitive psychology is the systematic study of \*how people think and understand the world\*. It emphasizes mental processes, scientific methods, and the idea that humans actively process information to guide behavior.