



UNIVERSITI PUTRA MALAYSIA
AGRICULTURE • INNOVATION • LIFE

SKP2501

PENGANTAR PSIKOLOGI

Dr. Azlina Mohd Khir
m_azlina@upm.edu.my
03-89467156

Jabatan Sains Kemasyarakatan dan Pembangunan
Fakulti Ekologi Manusia

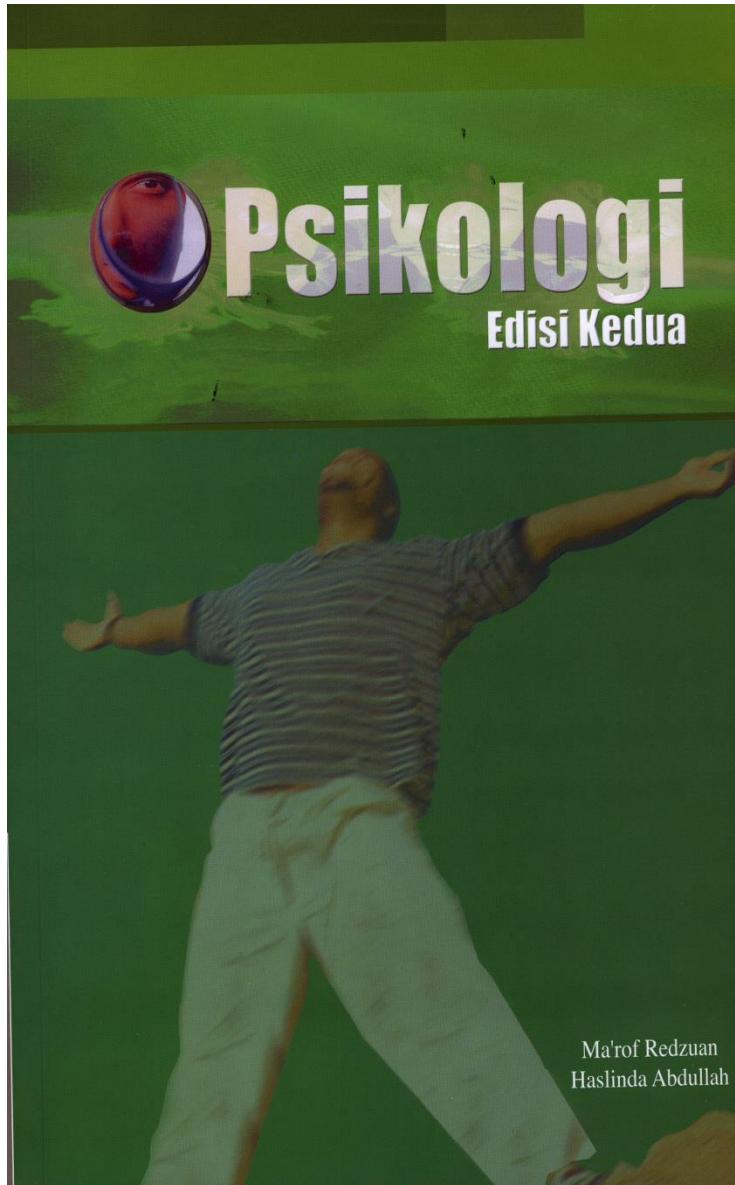
HASIL PEMBELAJARAN

Pelajar dapat:

1. Menerangkan konsep asas dalam psikologi.
2. Menghubungkan konsep psikologi dalam menerangkan masalah psikologi.
3. Mengenalpasti kegunaan bidang psikologi dalam kehidupan manusia secara kumpulan.

SINOPSIS

- Kursus ini meliputi konsep asas dan bidang utama dalam psikologi. Tumpuan khusus diberikan kepada neuropsikologi, pertumbuhan dan perkembangan, pembelajaran, persepsi, motivasi dan emosi, ingatan, kecerdasan, personaliti, stres dan kesihatan dan psikologi bilazim.



BUKU TEKS

Ma'rof Redzuan dan Haslinda Abdullah (2004). *Psikologi* (Edisi Kedua)_ Kuala Lumpur: McGraw-Hill

Buku-buku yang berkaitan dengan Pengantar Psikologi sama ada dalam Bahasa Melayu atau Inggeris

PENILAIAN

- UJIAN 1 = 30%
- TUGASAN = 30%
- PEPERIKSAAN AKHIR = 40%
- **SOALAN UJIAN & PEPERIKSAAN AKHIR
DALAM BENTUK OBJEKTIF**

TOPIK UNTUK UJIAN 1

1. Pengenalan kepada ilmu psikologi
2. Psikologi sebagai satu sains
3. Asas biologi tingkah laku
4. Perkembangan manusia

TOPIK UNTUK PEPERIKSAAN AKHIR

1. Persepsi
2. Proses pembelajaran
3. Personaliti
4. Motivasi
5. Konflik dan ketegangan
6. Psikologi bilazim

TUGASAN

ARAHAN

- Pelajar dikehendaki menyediakan satu tugas berdasarkan salah satu tajuk yang diberikan di bawah.
- Tugas adalah dalam bentuk penulisan akademik yang merangkumi pengenalan, isi kandungan dan perbincangan, dan kesimpulan. Tugas hendaklah terdiri daripada 10-15 muka surat, termasuk ilustrasi, gambar rajah dan bahan-bahan lain.
- Sumber rujukan adalah tidak terhad - boleh diperoleh daripada internet, buku, artikel jurnal, majalah dan lain-lain. Rujukan hendaklah ditulis di muka surat terakhir mengikut format APA.
- Di muka depan, tuliskan nama, nombor matrik, program, tarikh dan semester, dan tajuk tugas.
- Tugas perlu dihantar sebelum atau pada minggu ke-10 semester.
- Penilaian adalah berdasarkan isi kandungan, format, kreativiti, bahasa dan sumber rujukan.

TUGASAN

TAJUK

- Pertumbuhan dan Perkembangan Individu – Faktor perkembangan manusia dan teori peringkat perkembangan manusia.
- Proses Pembelajaran – Pelaziman klasik dan pelaziman operan.
- Motivasi – Konsep dan teori motivasi.
- Personaliti – Faktor yang mempengaruhi pembentukan personaliti dan teori personaliti.
- Tekanan dan Kesihatan – Konsep, sumber, kesan dan daya tindak ke atas tekanan.

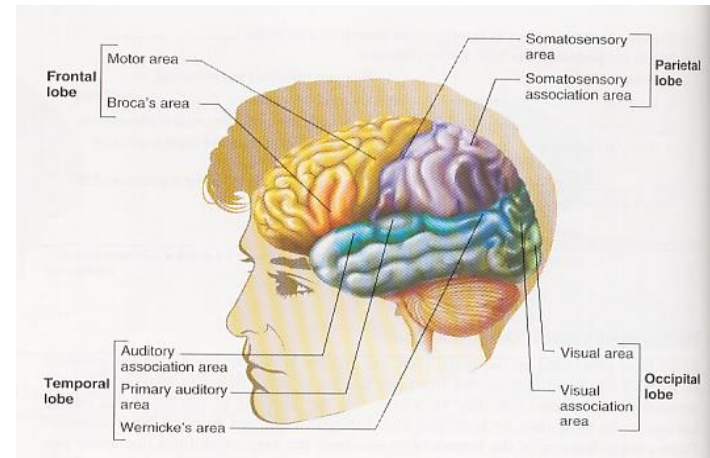
PANDUAN

- Nota boleh diperolehi daripada Modul SKP2501: *Pengantar Psikologi* (PPL)
- Buku: Ma'rof Redzuan dan Haslinda Abdullah (2004). *Psikologi (Edisi Kedua)*. Kuala Lumpur: McGraw-Hill
- Baca, faham, hafal, ingat
- SQ3R
 - Survey
 - Question
 - Read
 - Recite
 - Remember

UJIAN 1

UNIT 1: PENGENALAN KEPADA ILMU PSIKOLOGI

- Definisi psikologi
- Aliran pemikiran psikologi
- Bidang ilmu psikologi
- Kerjaya dalam bidang psikologi



Konsep PSIKOLOGI

- Berasal daripada dua perkataan:

1. Psyche – jiwa

2. Logos – Sains

- Definisi

Sains yang mengkaji tingkah laku dan proses mental individu

Konsep-konsep Utama

Sains:

Ilmu yang diperolehi melalui kajian saintifik

Tingkah laku:

Apa sahaja pergerakan tubuh badan manusia (bahagian soma)

Proses Mental:

Aktiviti mental yang berlaku di otak

1. Pemikiran: ingatan, persepsi, taakulan, penilaian, kepercayaan.
2. Emosi: Sedih, gembira, bimbang, risau
3. Perasaan: Benci, suka
4. Motif: niat dan hasrat

Proses mental kadang kala dicerminkan oleh Tingkah laku

MATLAMAT ILMU PSIKOLOGI

Menghurai: menjelaskan tentang siapa dan apa peristiwa/manusia itu

Menerang: menjelaskan faktor-faktor yang menyebabkan peristiwa berlaku

Meramal: setelah diketahui sebab/faktor, maka boleh dibuat ramalan di masa akan datang

Mempengaruhi: cuba menyelesaikan masalah yang berkaitan dengan menggunakan ilmu

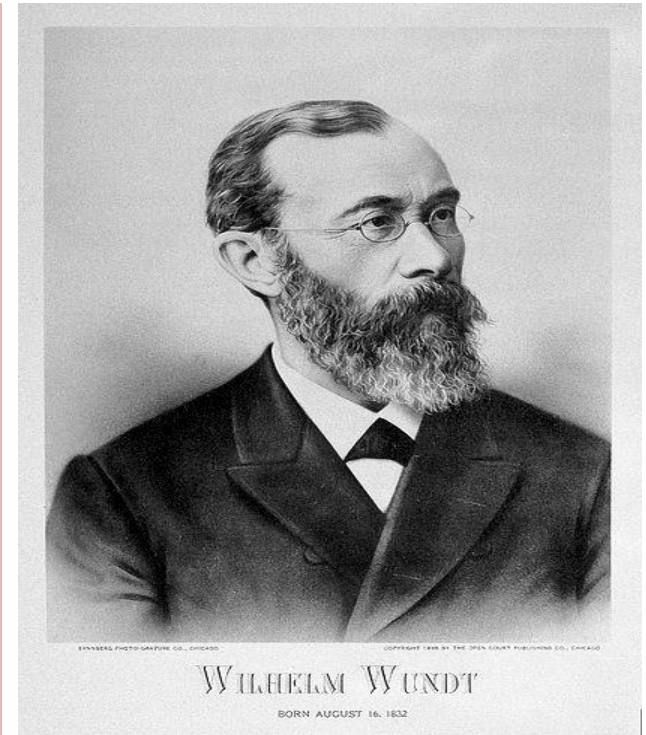
Teori-teori Utama dalam Psikologi

- ✓ Strukturalisme
- ✓ Fungsionalisme
- ✓ Gestalt
- ✓ Psikoanalisis
- ✓ Behaviorisme

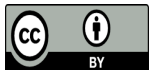
- ✓ Pembelajaran sosial
- ✓ Humanistik
- ✓ Kognitif
- ✓ Biologikal
- ✓ Sosiobudaya
- ✓ Evolusi

Strukturalisme

- Aliran terawal
- Tokoh utamanya **Wilhelm Wundt**
- Aliran dikembangkan oleh muridnya **Edward Titchner**
- Mengkaji struktur minda
- Struktur mental adalah terdiri daripada bahagian-bahagian deria, persepsi dan perasaan yang membentuk struktur
- Kaedah utamanya **KAJI DIRI** (introspeksi)
- Agak abstrak
- Wundt dianggap sebagai pengasas ilmu psikologi – bapa psikologi moden.

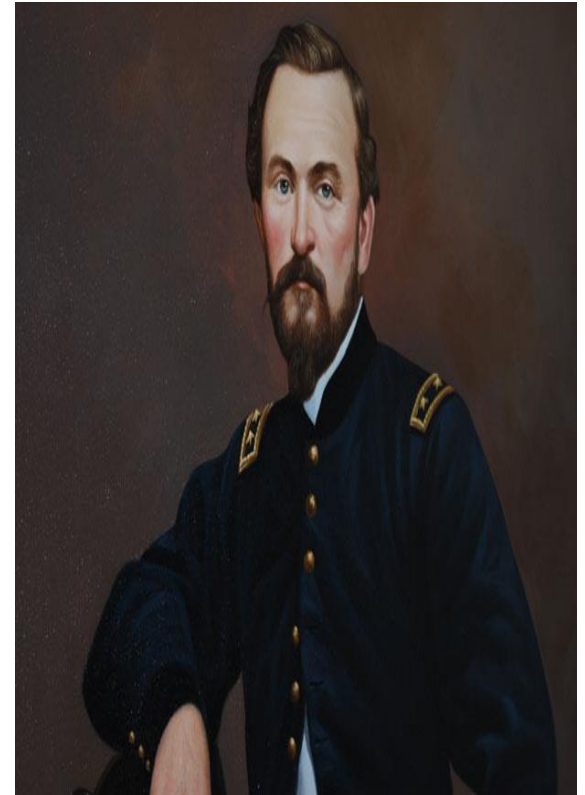


“Wilhelm Wundt. Photogravure” by Synnberg Photo-gravure Co., 1 used under CC-BY License



Fungsionalisme

- Aliran psikologi pertama di Amerika Syarikat.
- Bertindak balas terhadap Strukturalisme.
- Mental manusia bukan dalam bentuk blok-blok (struktur) tetapi berterusan (beraliran).
- Menekankan kepada fungsi minda kepada manusia (menyesuaikan diri dalam persekitaran).
- Persepsi, emosi, ingatan, dan proses mental lain berfungsi untuk kelangsungan manusia.
- Tokoh utamanya WILLIAM JAMES.
- Mengapa manusia bersifat adaptif – mampu menyesuaikan diri dengan persekitaran?
- Apa bezanya haiwan dengan manusia dari segi kelangsungan (survival)?



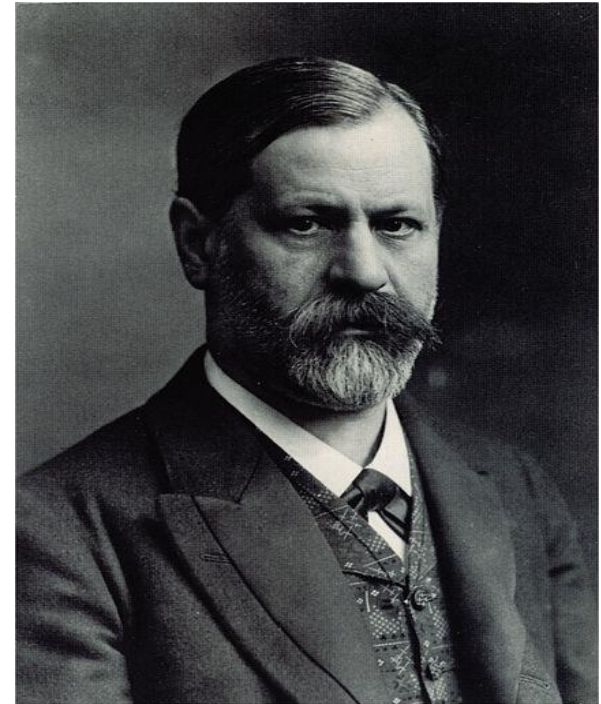
Psikologi Gestalt

- Pendekatan yang berasal daripada Jerman, muncul pada 1912.
- Tokoh-tokoh utamanya, **Max Wertheimer**, **Kurt Koffka**, **Wolfgang Kohler**.
- Gestalt bermaksud “keseluruhan”. Sesuatu itu hanya dapat difahami dengan lebih jelas dengan melihat konteks keseluruhan
- Contoh perkataan “fire”.
- Pendekatan ini banyak digunakan dalam menerangkan persepsi manusia

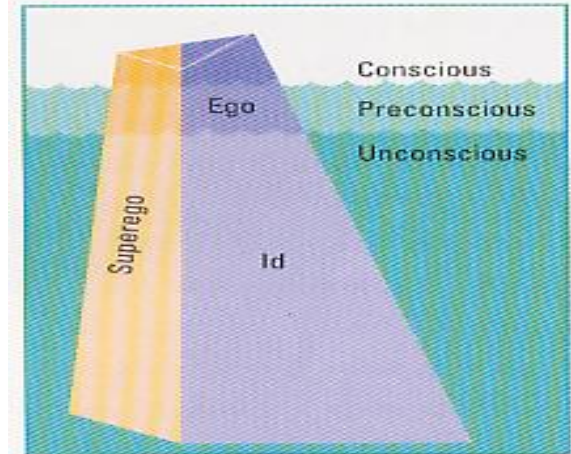
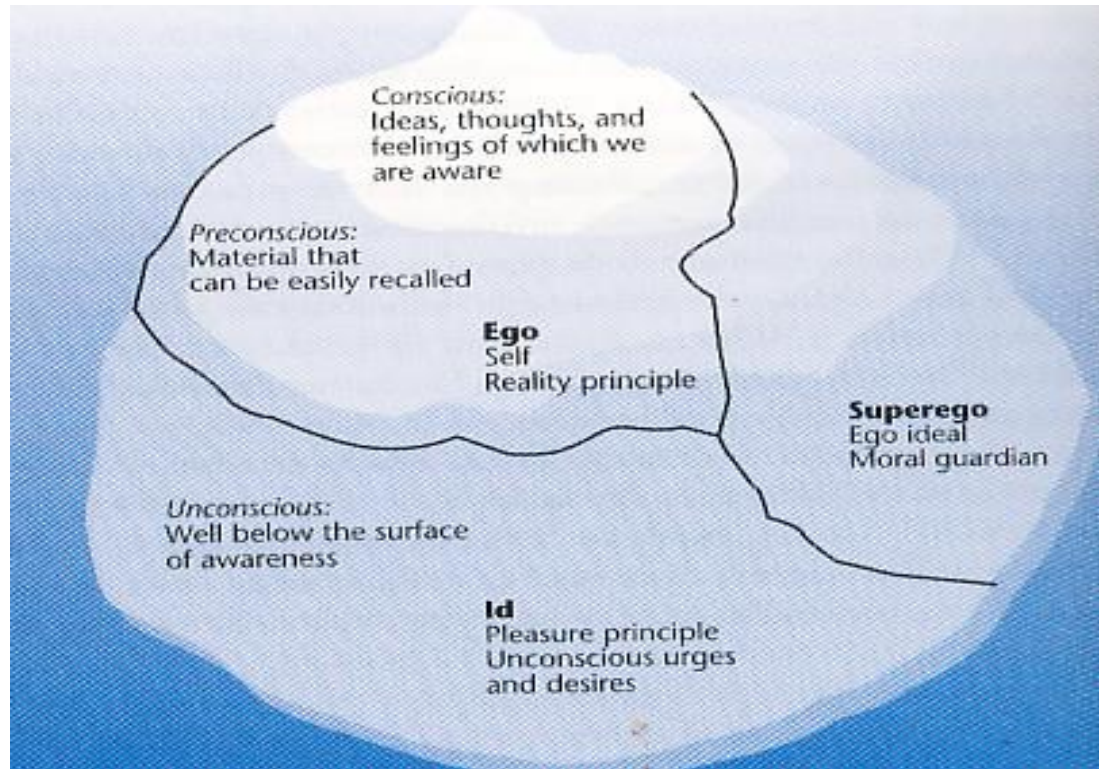


Psikoanalisis

- Dipelopori oleh Sigmund Freud.
- Menekankan gerakusa dalaman dalam mempengaruhi tingkah laku manusia.
- **Mental-bawah sedar** merupakan penggerak kepada tingkah laku.
- Mental bawah-sedar: pemikiran, keinginan, kehendak, impuls seksual dan langsung.
- Menggunakan **pendekatan psikoanalisis**, iaitu membawa kepada mental bawah-sedar kepada kesedaran.



Psikoanalisis



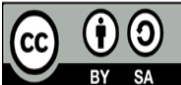
TAHAP KESEDARAN: SEDAR, PRASEDAR, BAWAH-SEDAR

Behaviorisme

- Menolak pendekatan terdahulu (yang menekankan proses mental)
- Menekankan tingkah laku yang boleh diperhatikan dan faktor persekitaran dalam mempengaruhi tingkah laku.
- Menekankan “**Stimulus – Response**”
- Psikologi dianggap sebagai “sains tingkah laku”.
- Tingkah laku adalah dibentuk oleh persekitaran.
- Tokoh utama, Skinner, menekankan bahawa tingkah laku adalah dibentuk melalui sistem peneguhan (ganjaran dan hukuman)
- Pendekatan yang utama di Amerika Syarikat yang dipelopori oleh J.B. Watson.
- B. F. Skinner merupakan tokoh yang paling dikaitkan dengan Behaviorisme

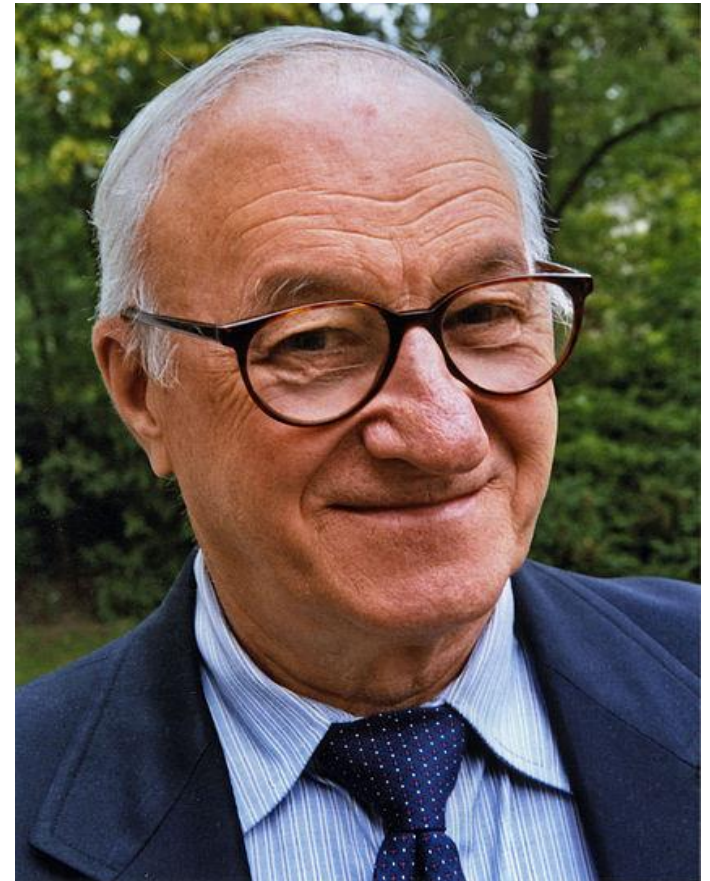


“B.F. Skinner” by [Msanders nti](#) used under CC -BY –SA License

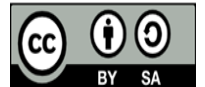


Perspektif Pembelajaran Sosial

- Menekankan bahawa tingkah laku manusia adalah diperolehi melalui proses pemerhatian dan peniruan.
- Pemodelan
- Tokoh utamanya ialah Albert Bandura

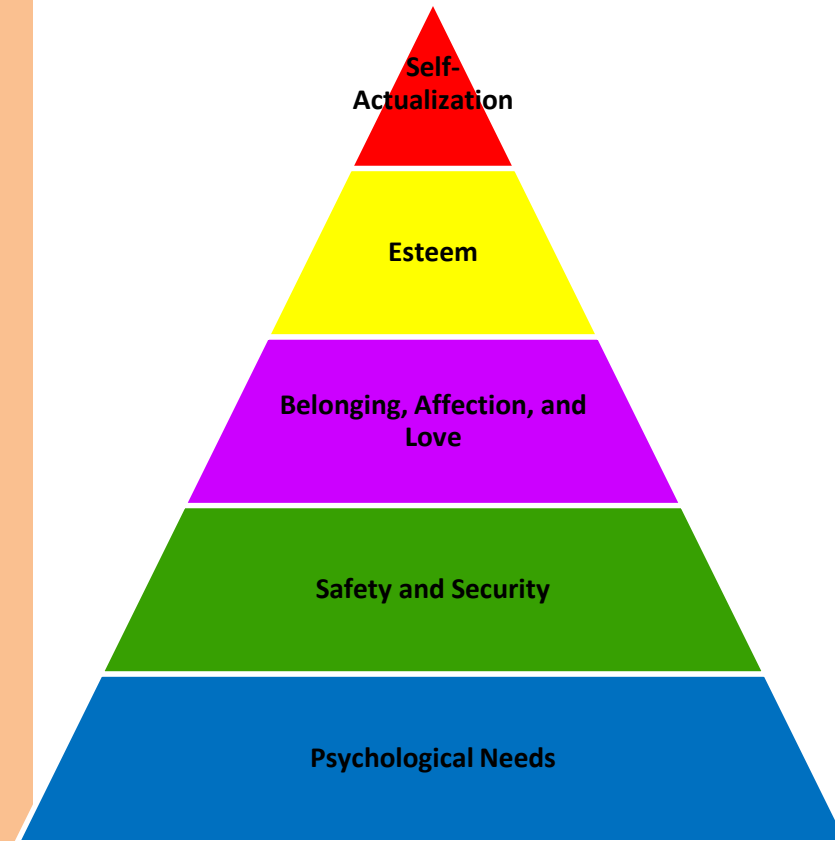


“Psychologist Albert Bandura in 2005” by bandura@stanford.edu, used under CC-BY-SA License



Humanistik

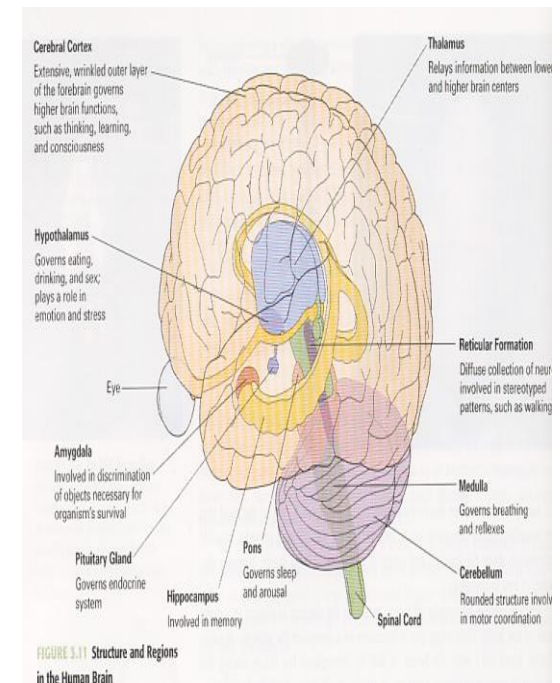
- Menekankan kualiti positif seseorang: keupayaan untuk berkembang, dan kebebasan untuk menentukan nasib sendiri.
- Manusia mempunyai pelbagai potensi.
- Menekankan bahawa manusia mempunyai keupayaan untuk menguasai hidup mereka dan mengelakkan diri daripada dimanipulasi oleh persekitaran (berbeza dengan pandangan behaviorisme).
- Menekankan kebebasan diri (humanistik).
- Tokoh utamanya ialah Abraham Maslow dan Carl Rogers.
- Teori motivasi banyak menggunakan pendekatan humanistik



Abraham Maslow: Hierarchy of Needs

Perspektif Kognitif

- Menganggap Behaviorisme terlalu ketat yang menganggap seolah-olah manusia ini pasif.
- Manusia adalah memilih mana rangsangan yang sesuai, yaitu manusia adalah berfikir.
- Ahli psikologi seharusnya memberi fokus kepada proses, struktur dan fungsi mental.
- Proses mental: mempersepsi, memikir, mentaakul, ingatan dan menyelesaikan masalah adalah yang mendasari tingkah laku.



Perspektif Sosiobudaya



- **Cross-cultural perspective:** An approach that compares the behavior and mental processes of people from various cultures in different countries.

- **Multicultural perspective:** an approach that studies various cultural groups within one country.

- Menekankan pengaruh budaya ke atas tingkah laku dan proses mental manusia.
- Latar belakang etnik, sosioekonomi, agama adalah berkait rapat dengan masalah psikologi dan juga personaliti.
- Ciri-ciri personaliti seseorang itu hanya dapat difahami dengan menganalisis latar belakang budaya seseorang itu.



Perspektif Evolusi

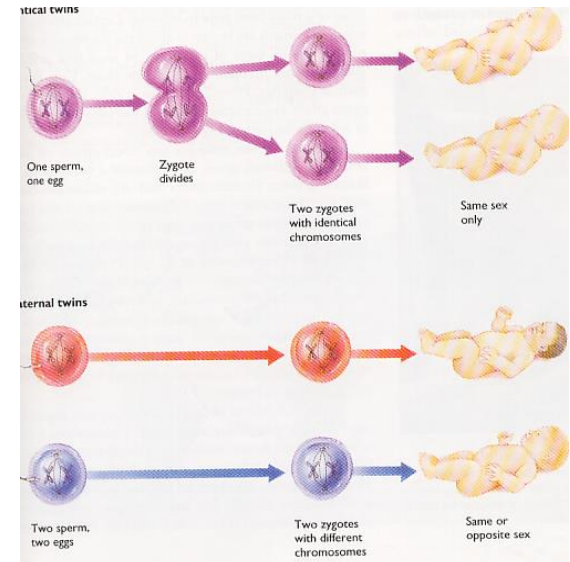
- Teori ini berasal daripada idea Charles Darwin – Natural Selection.
- Teori ini menekankan kepentingan penyesuaian, reproduksi, dan “survival of the fittest” dalam menerangkan tingkah laku.
- Evolusi lebih menekankan organisme yang mudah menyesuaikan diri untuk survive.



In Xinjiang, China, a woman prepares for horseback courtship. Her suitor must chase her, kiss her, and evade her riding crop—all on the gallop. A new marriage law took effect in China in 1981. The law sets a minimum age for marriage—22 years for males, 20 years for females. Late marriage and late childbirth are critical efforts in China's attempt to control population growth. *What do you think about such laws?*






Perspektif Biologikal

- Menekankan asas biologi dalam tingkah laku
- Dikenali juga sebagai biopsikologi
- Menkaji peranan neuron dan hormon dan sumbangannya dalam tingkah laku dan masalah mental
- Begitu menekankan sumbangan warisan biologi (daripada ibu dan bapa) dalam mempengaruhi kedudukan psikologi seseorang (personalitinya)



Rumusan Teori Utama

The Major Perspectives of Psychology

Perspective	Biological	Psychodynamic	Cognitive	Behavioral	Humanistic
Key Characteristics	Views behavior from the perspective of biological functioning	Believes behavior is motivated by inner, unconscious forces over which person has little control	Examines how people understand and think about the world	Focuses on observable behavior	Contends that people can control their behavior and that they naturally try to reach their full potential
					

Aplikasi Pendekatan Psikologi

Behavioral

Why has Woods found golf so rewarding ever since the first year of his life?

Psychodynamic

How much of Woods' ambition stems from his mother's and father's differing early influences on him?

Cognitive

How does Woods' memory store information about the contours of a green?

Behavioral Neuroscience

How does Woods' brain allow him to calmly focus attention on a crucial stroke?

Evolutionary

How has the evolution of the brain made possible such fine coordination between visual perception and movement of a golfer's limbs?

Sociocultural

Does Woods' multiethnic background matter in his life and golfing career?

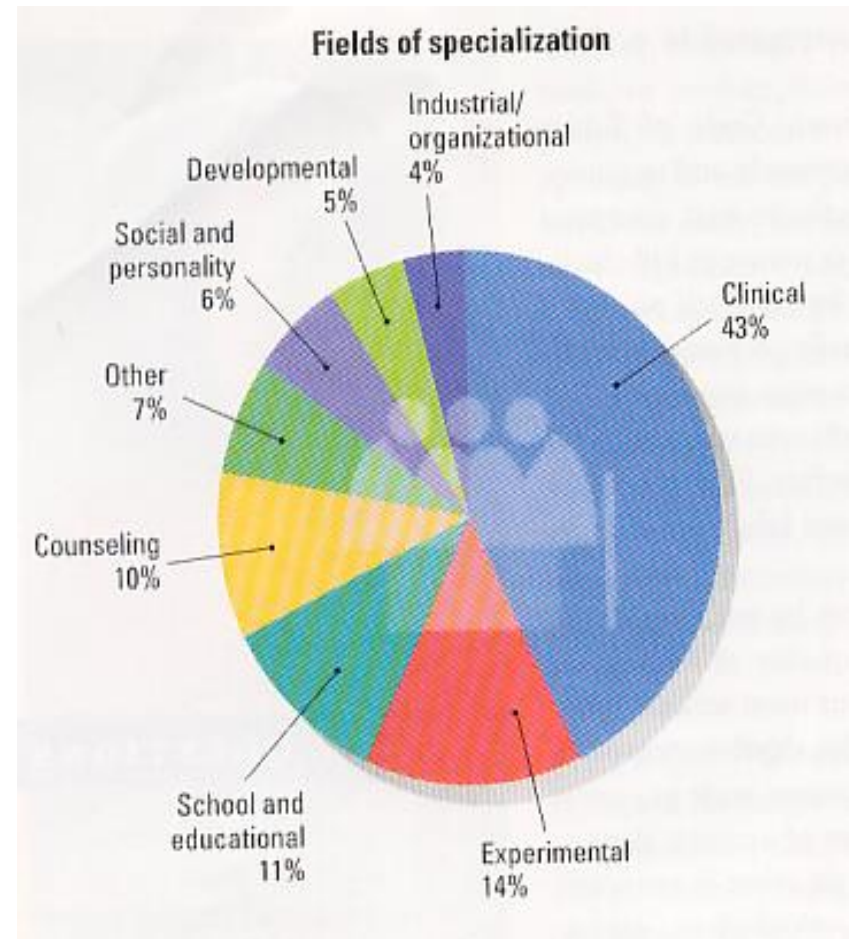
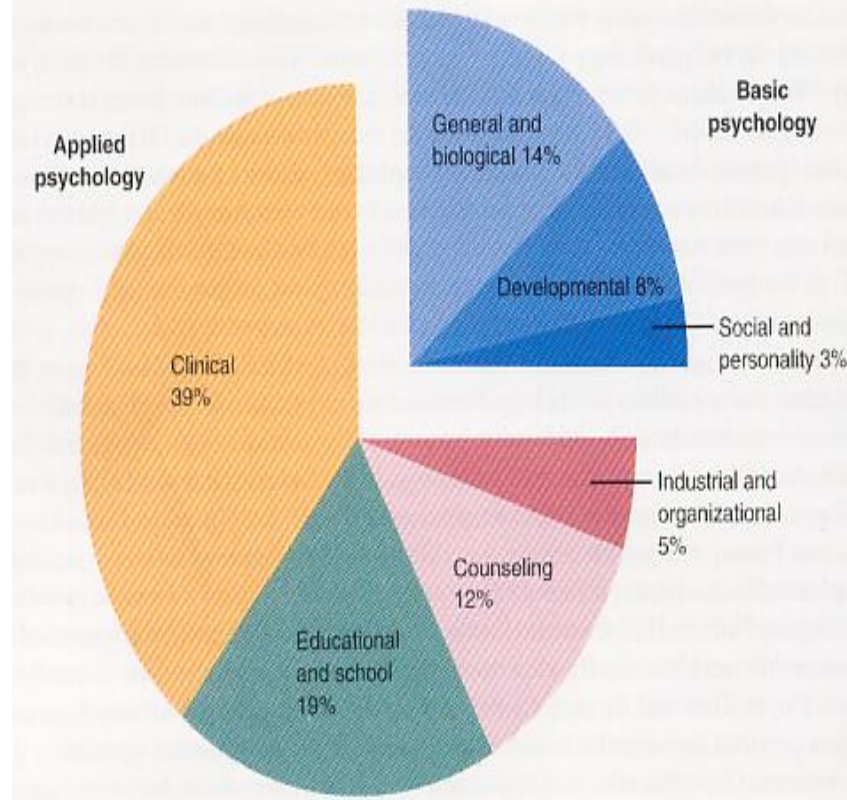


SKOP DAN BIDANG PSIKOLOGI

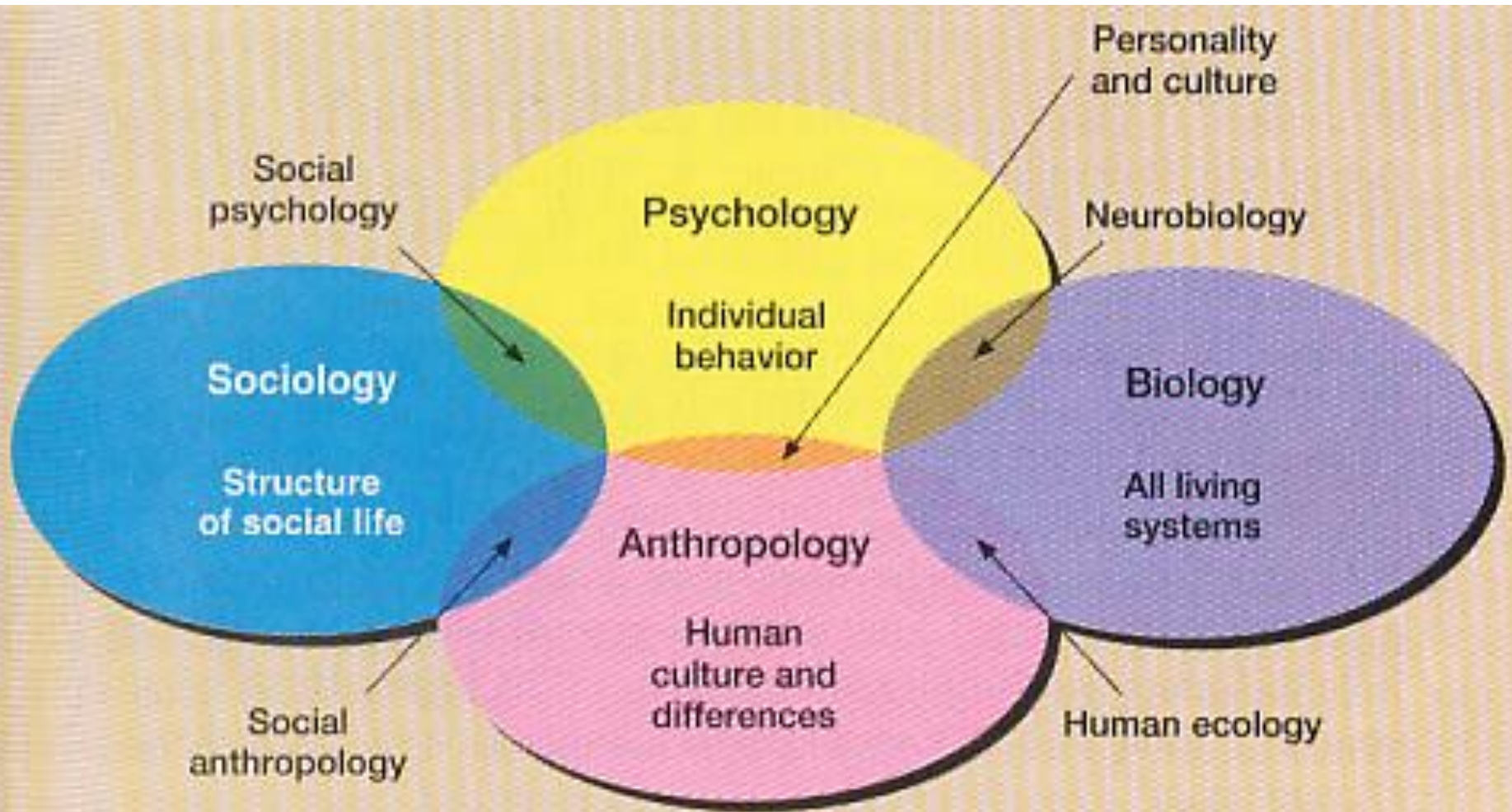
- Dua kategori bidang dalam psikologi
 - Bidang asas: mencari ilmu
 - Bidang gunaan/terapan: menggunakan ilmu untuk menyelesaikan masalah

Bidang asas	Bidang gunaan:
1. Biopsikologi	1. Psikologi Klinikal
2. Kederian dan persepsi	2. Psikologi Kaunseling
3. Pembelajaran dan ingatan	3. Psikologi Organisasi dan Industri
4. Kognisi	4. Psikologi Pendidikan dan Sekolah
5. Perkembangan	5. Psikologi Kesihatan
6. Motivasi dan emosi	
7. Personaliti	

Bidang Psikologi



Hubungan Psikologi Dengan Ilmu Lain



Kerjaya Bagi Ahli Psikologi

Business

- personnel administrator
- public relations
- sales representative
- admissions recruiter
- textbook representative
- advertising
- insurance agent
- management trainee
- retail sales management
- loan officer

Social/Human Services

- case worker
- youth counselor
- employment counselor
- fund-raising specialist
- alumni affairs coordinator
- mental health aide
- parent educator
- drug abuse counselor

Research

- research assistant
- trainee for product research companies
- marketing researcher
- grant and report writer
- information specialist/researcher
- mental health aide
- research analyst
- statistical assistant

FIGURE 1.3 Some Job Possibilities for Students with an Undergraduate Degree in Psychology

Psikologi dan Psikiatri

TABLE 1.1 Clinical Psychologists and Other Psychotherapists

TYPE OF THERAPIST	EDUCATION	NUMBER ACTIVELY PRACTICING IN U.S.*
<i>Clinical psychologist</i>	Ph.D. with clinical emphasis, or Psy.D., plus internship. Total of generally 5+ years after undergraduate degree.	42,000
<i>Psychiatrist</i>	M.D. plus psychiatric residency. Total of 8 years after undergraduate degree.	33,000
<i>Psychoanalyst</i>	Psychiatry or clinical psychology plus 6–8 years in a psychoanalytic institute. Others who rely on Freud's methods also call themselves psychoanalysts.	9,000
<i>Psychiatric nurse</i>	From 2-year (A.A.) degree to master's degree, plus supervised experience.	16,000
<i>Clinical social worker</i>	Master's degree plus 2 years of supervised experience. Total of at least 4 years after undergraduate degree.	45,000

*Based on data from Howard et al. (1996) and estimates provided by the American Psychoanalytic Association, the American Psychiatric Nurses Association, and the National Association of Social Workers.

RUMUSAN

- Dapatkah anda mendefinisikan ilmu psikologi?
- Dapatkah anda menerangkan setiap pendekatan / teori utama dalam psikologi?
- Dapatkah anda membezakan diantara bidang-bidang dalam psikologi?
- Dapatkah anda mengaplikasikan pendekatan-pendekatan psikologi dalam menerangkan kehidupan kita sehari-hari?
- Dapatkah anda membezakan di antara psikologi dengan psikiatri?
- Apakah gunanya ilmu psikologi dalam bidang anda?

UNIT 2: PSIKOLOGI SEBAGAI SATU SAINS

- Konsep dan kaedah kajian saintifik
- Kaedah kajian psikologi
 - a) Kaedah Kajian Deskriptif
 1. Kaedah pemerhatian
 2. Kajian kes
 3. Kajian tinjauan
 4. Ujian psikologi
 5. Kajian arkib
 - b) Kaedah Korelasi
 - c) Kaedah Eksperimen
- Masalah penyelidikan dalam psikologi
- Isu-isu etika dalam penyelidikan psikologi

UNIT 3:ASAS BIOLOGI TINGKAH LAKU

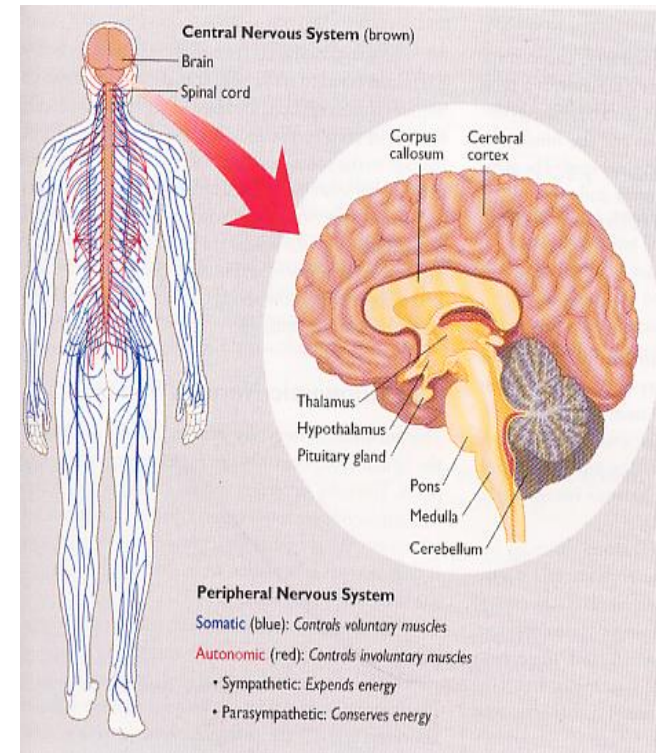
- Sistem saraf
- Neuron
- Sistem saraf pusat
- Sistem saraf periferi
- Struktur dan fungsi otak
- Kelenjar endokrin dan fungsinya

Biopsikologi

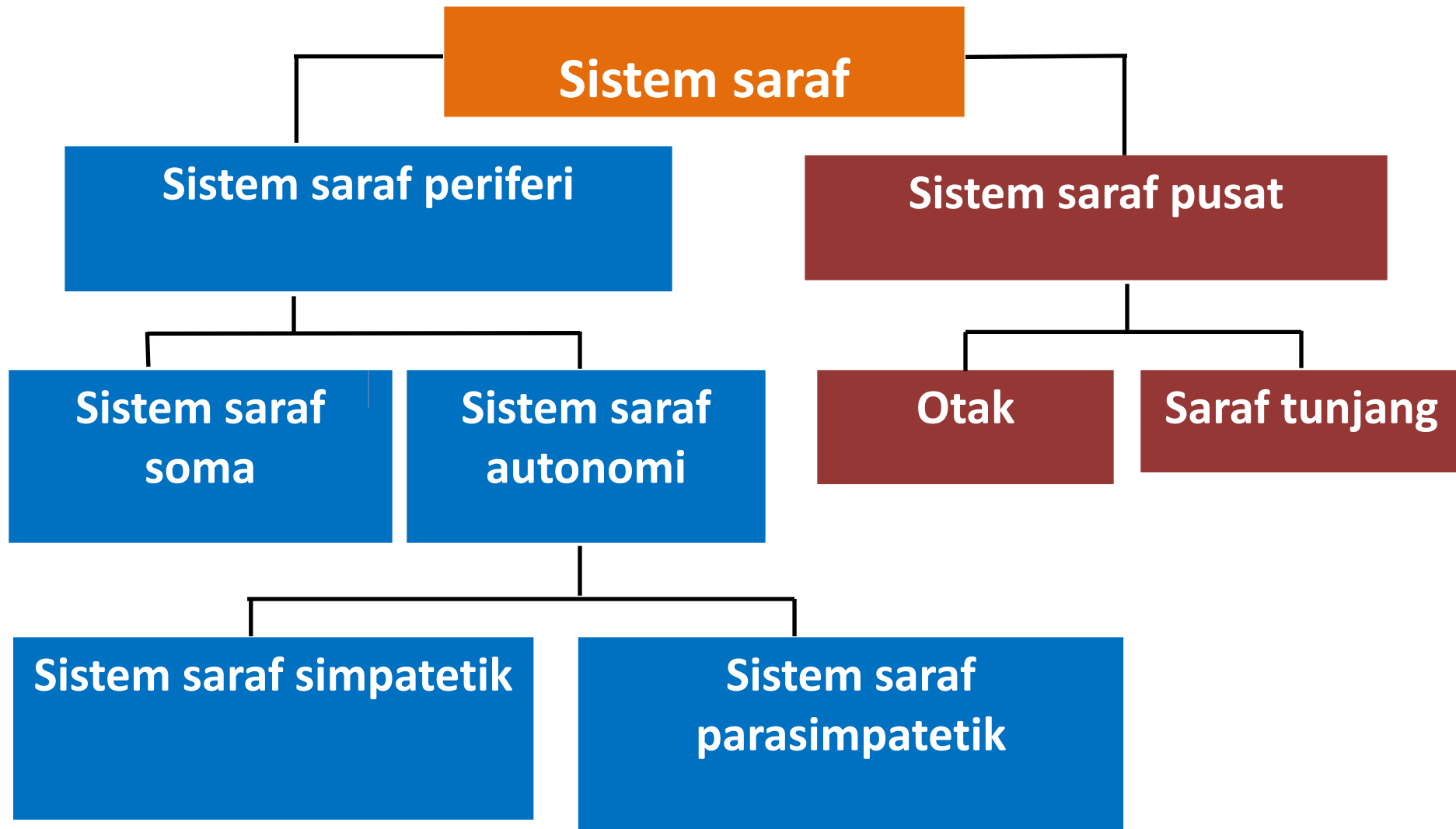
1. Tingkah laku manusia berkait rapat dengan ciri-ciri biologinya.
2. Sistem saraf merupakan organ penting dalam tubuh manusia, yang berkait rapat dengan proses mental dan tingkah laku manusia.
3. Bidang khususnya adalah **neurosains**.
4. Dalam psikologi dikenali sebagai **biopsikologi**.
5. Pernah dengar Unit **Neurologi** yang terdapat di hospital?

SISTEM SARAF

- Rangkaian yang kompleks, terdiri daripada sel-sel saraf (neuron)
- Ia membolehkan kita berinteraksi dengan persekitaran.
- Sistem saraf terdiri daripada neuron, iaitu sel-sel yang memancarkan dan menerima maklumat.
- Beribu juta neuron bekerjasama untuk membentuk satu rangkaian yang kompleks.

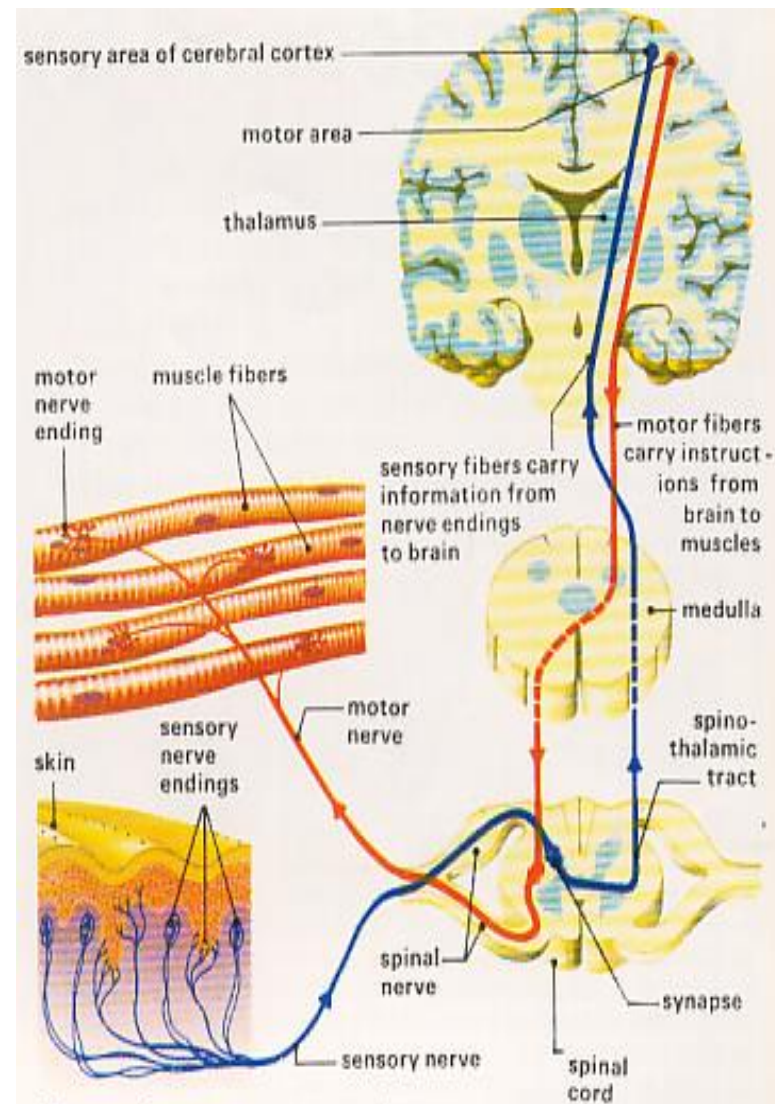


Organisasi Sistem Saraf

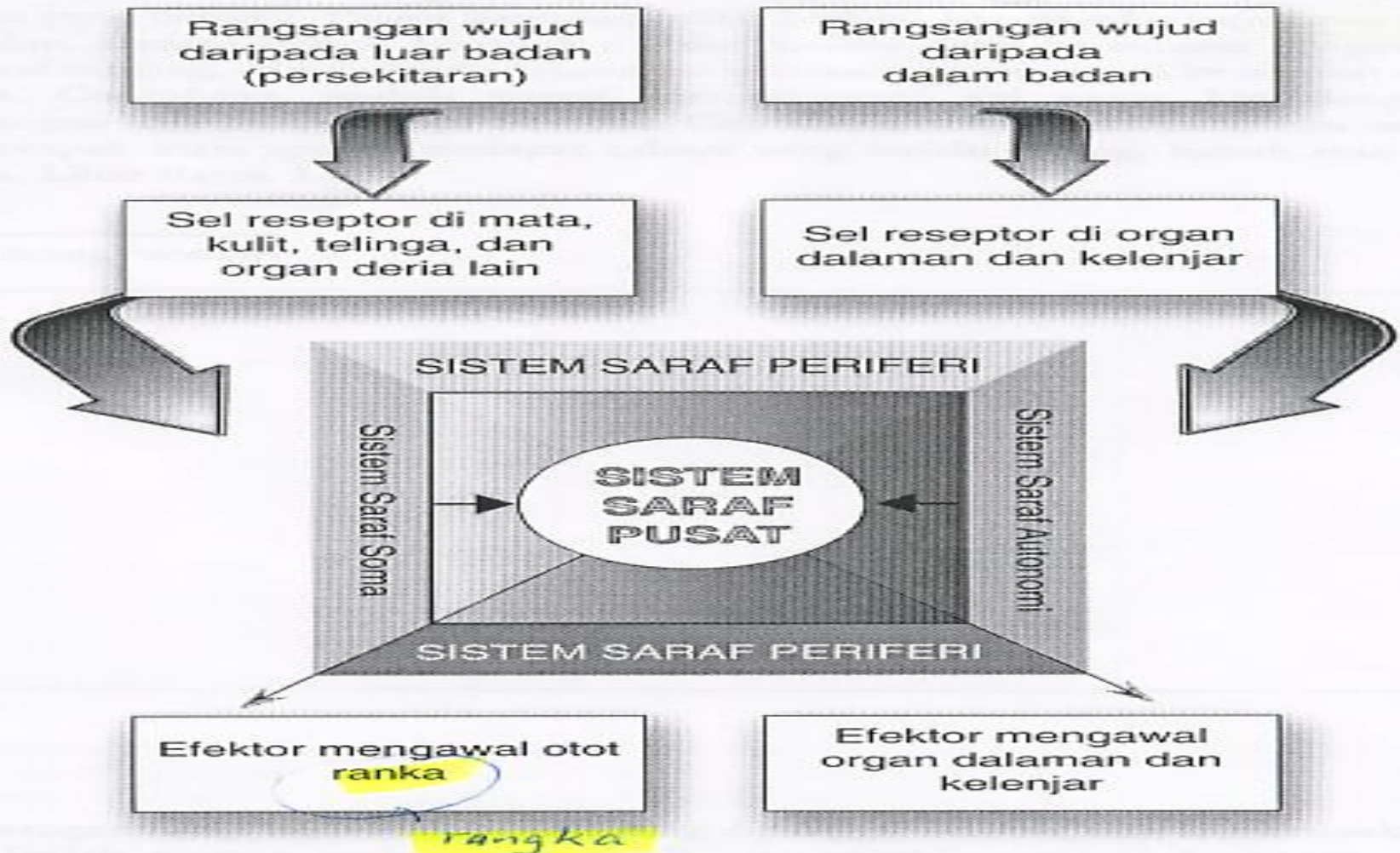


Proses Tingkah laku

- Boleh diibaratkan seperti di lapangan terbang.
- Pusat kawalan (otak)
- Radar (pancaindera)
- Pancaindera menerima rangsangan, rangsangan dihantar ke otak, dan otak proses.
- Otak akan memberi arahan untuk tindakan seterusnya.
- Bagaimanakah penyakit stroke itu beroperasi?

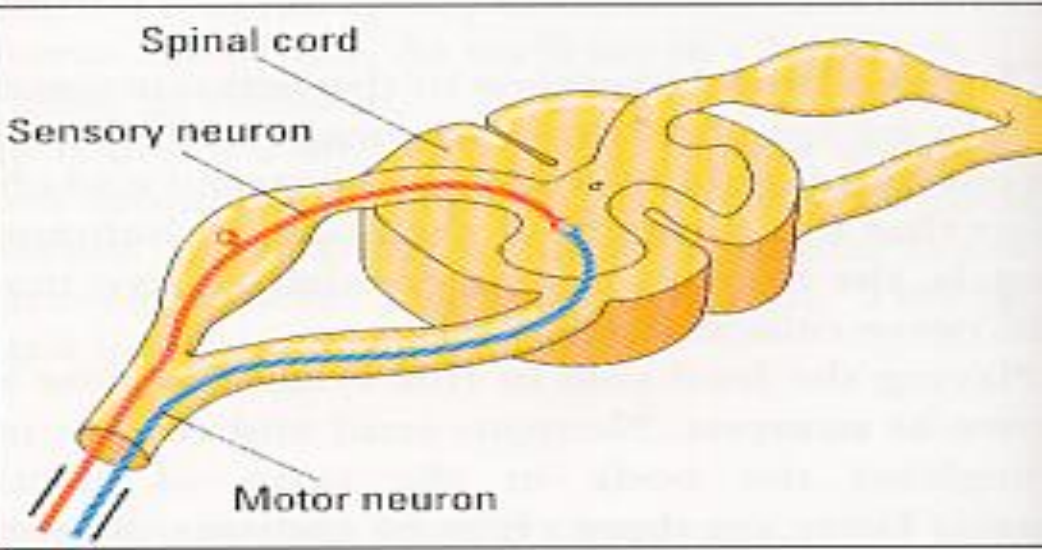
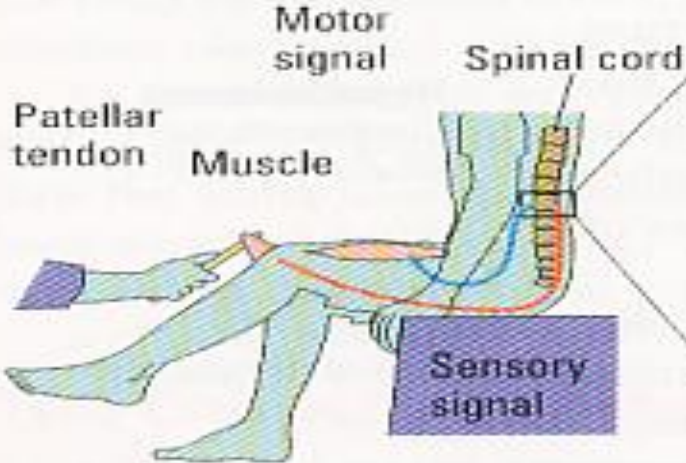


Proses Mental dan Tingkah Laku Berdasarkan Sistem Saraf

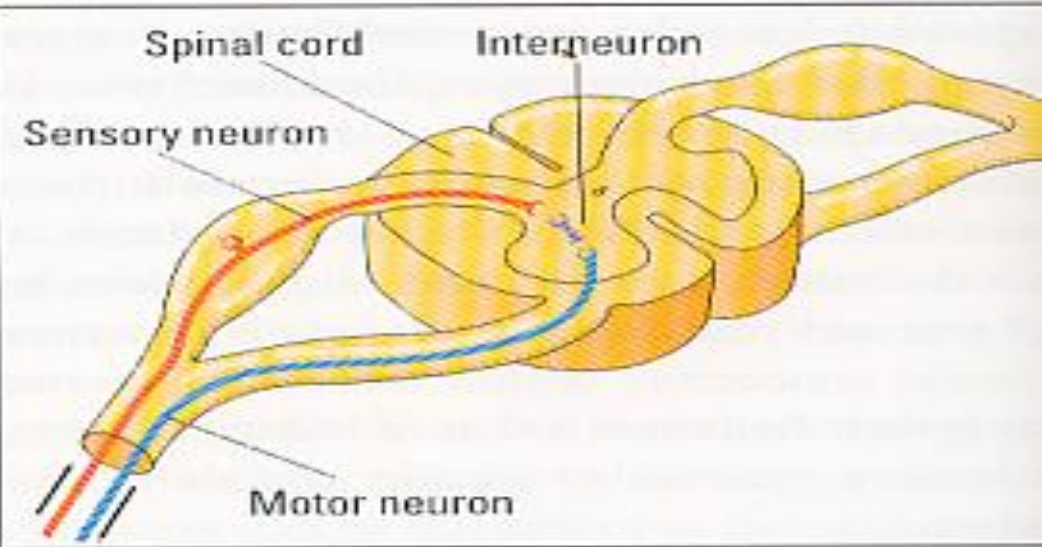
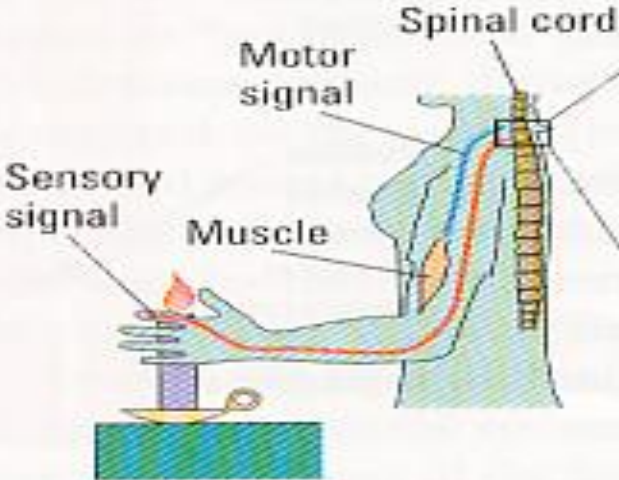


Pantulan

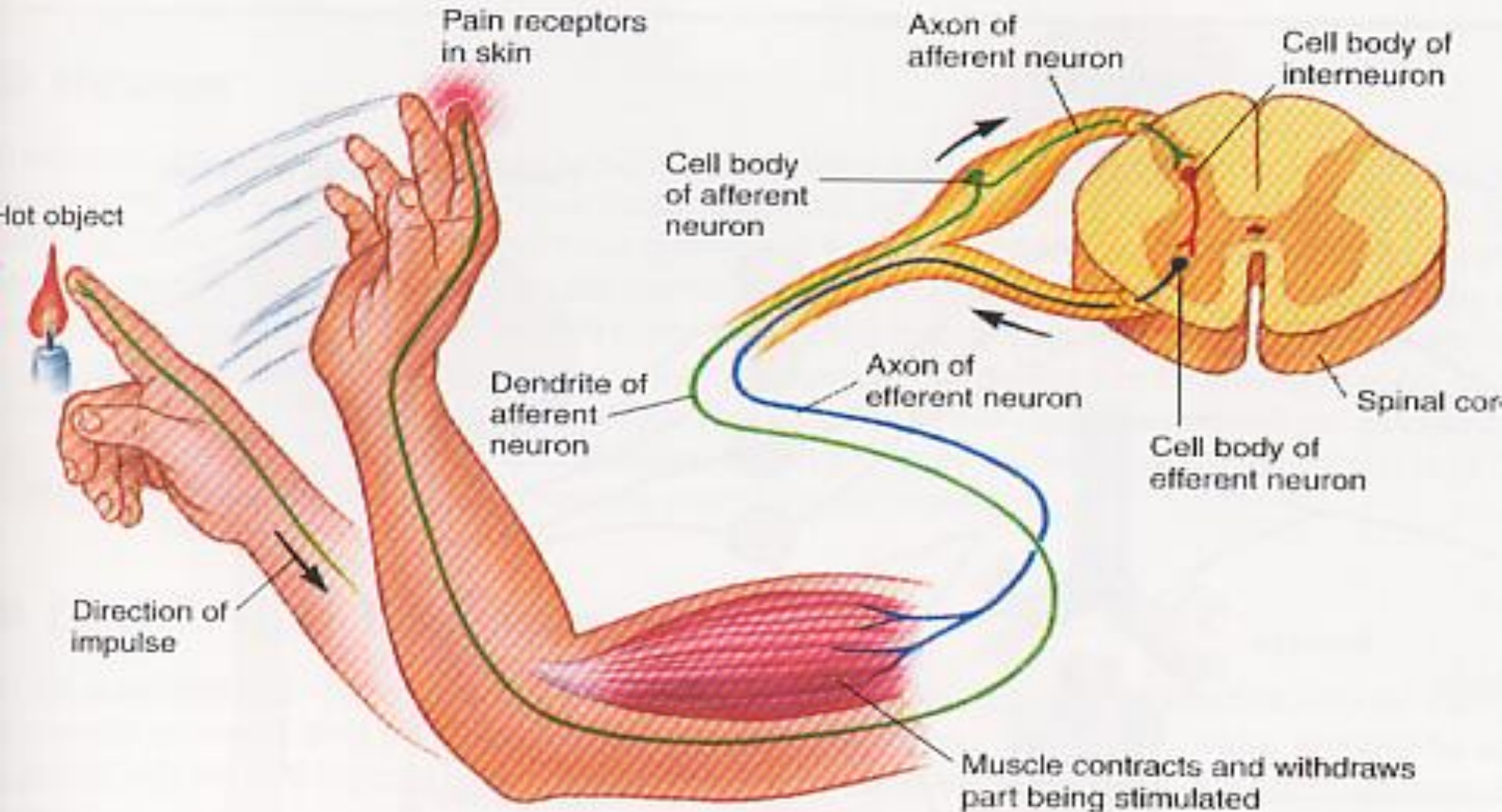
A. The knee-jerk reflex



B. The withdrawal reflex

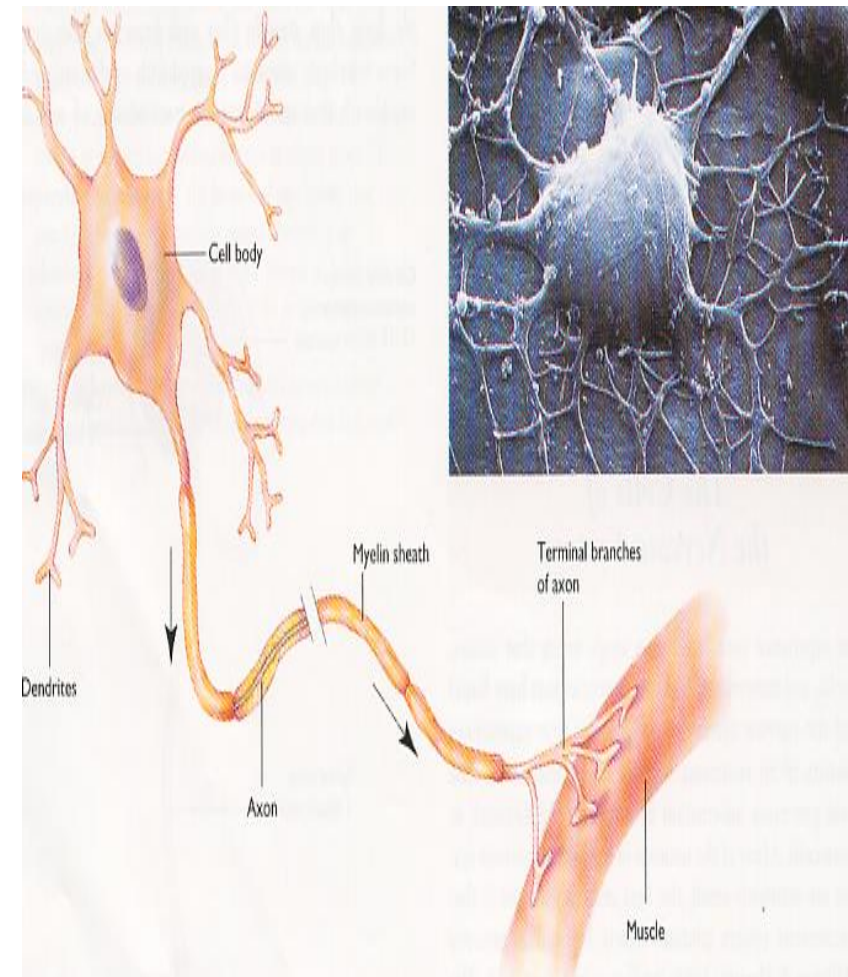


Pantulan (Refleks)



NEURON

- Sistem saraf terdiri daripada berbilion neuron
- Berfungsi menerima dan memancarkan isyarat (mesej) elektrik
- Menghantar mesej daripada bahagian badan ke bahagian badan
- Berbagai bentuk dan saiz



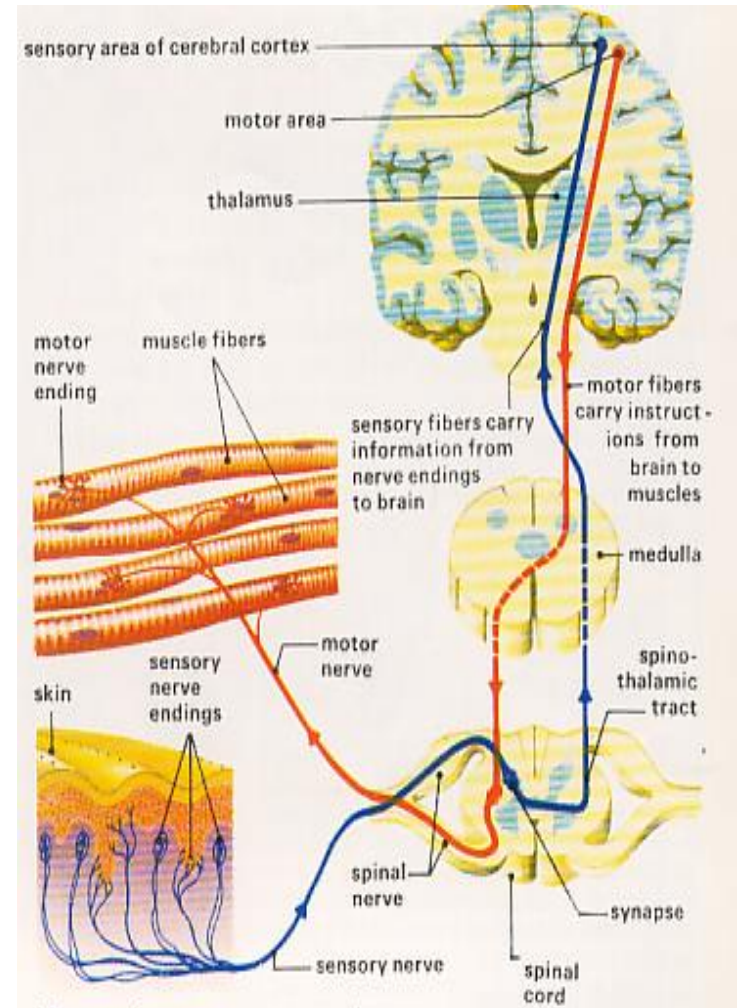
Jenis Neuron dan Mesej

NEURON

- Neuron deria (drpd reseptor ke otak)
- Neuron motor (drp otak ke efektor)
- Neuron perantara (pengantara neuron deria dan neuron motor)

MESEJ

- Impuls aferen (ke otak)- bergerak dalam neuron deria.
- Impuls eferen (daripada otak)- bergerak dalam neuron motor



Bahagian-Bahagian Neuron

- ***Dendrit*** – penerima impuls (mesej)
- ***Jasad sel*** – memproses mesej dan menghantar kedendrit hujung melalui akson
- ***Akson*** – menyalurkan mesej ke neuron lain atau bahagian lain tubuh badan.

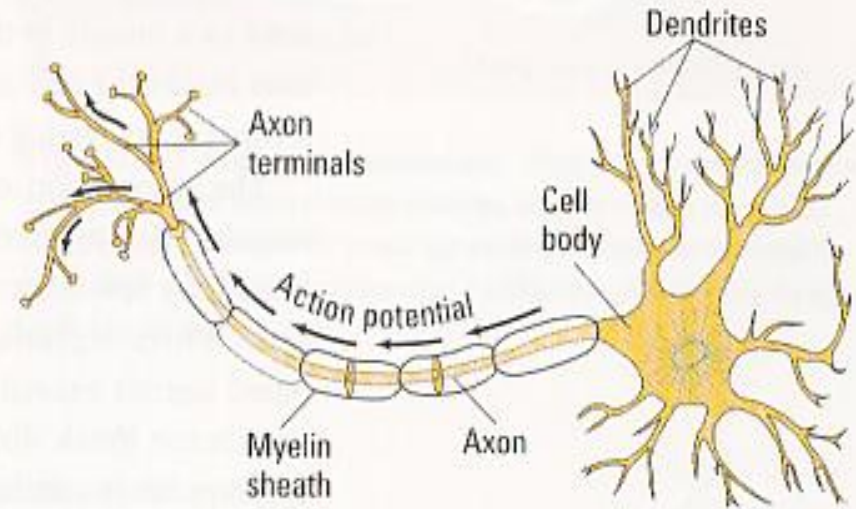
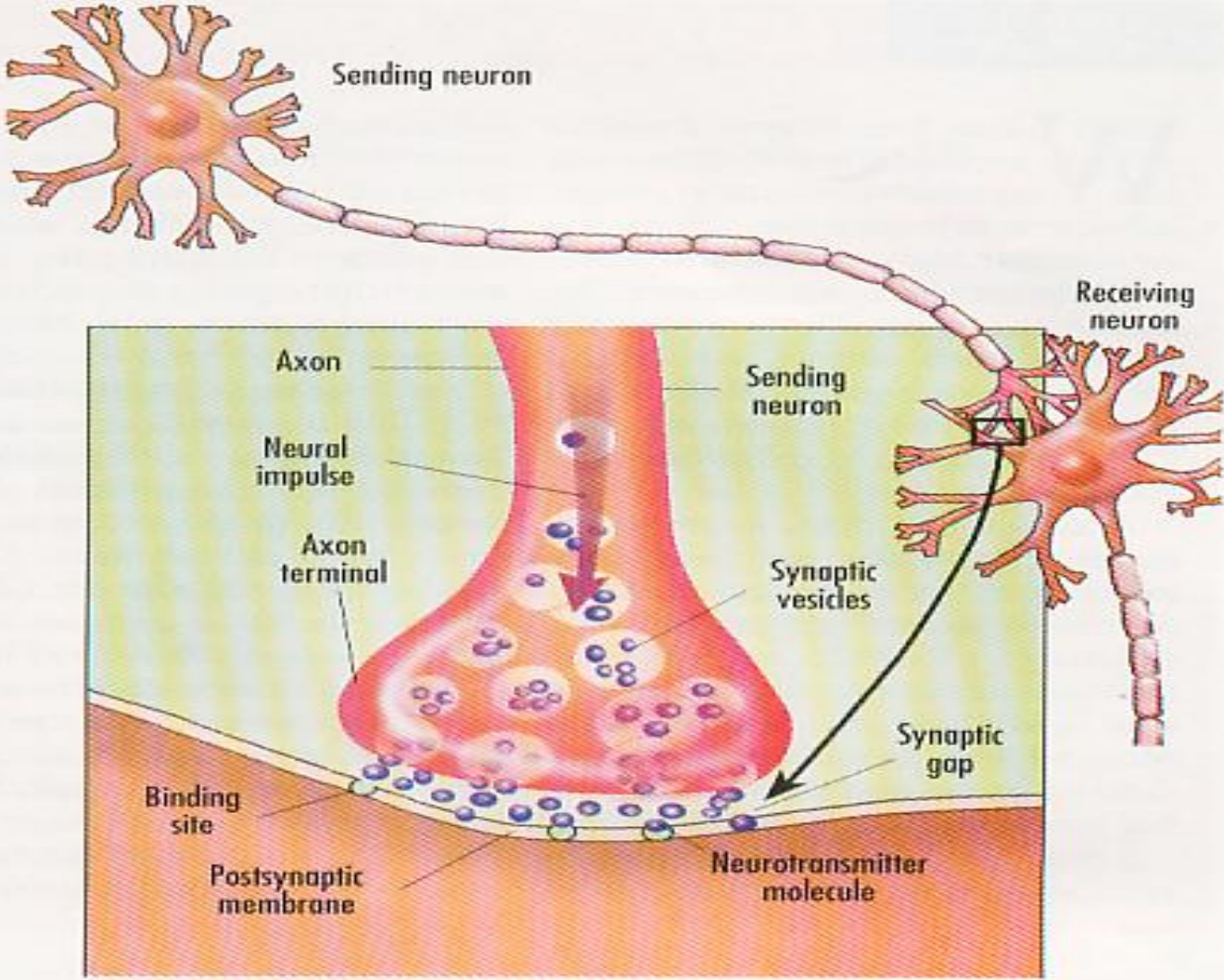


Figure 2.6 Structure of the neuron Every neuron consists of a soma, or cell body, and two types of branched fibers. Dendrites receive electrical impulses from sensory organs or other neurons and the axon relays these impulses to other neurons or muscles. As shown, many axons are insulated with myelin sheath, a fatty layer that speeds the movement of the impulses.



Pemancaran Saraf

- Potensi Tindakan
Ion sodium masuk ke dalam akson akibat rangsangan
- Potensi Rehat
Ion protein berada dalam akson dan ion sodium berada di luar akson- tiada isyarat elektrik

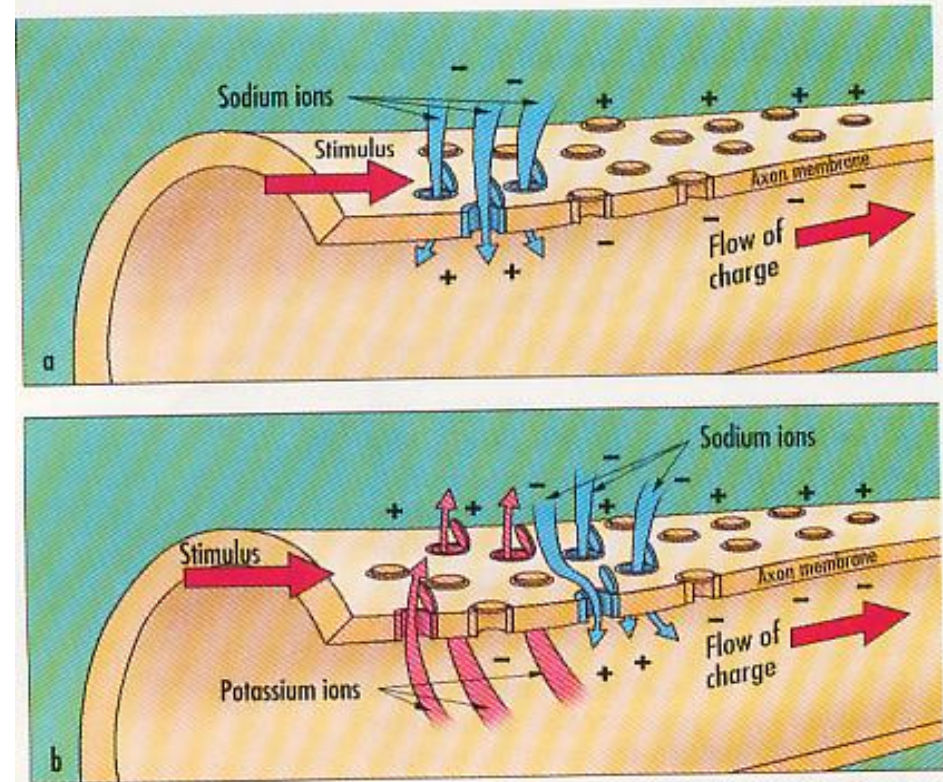


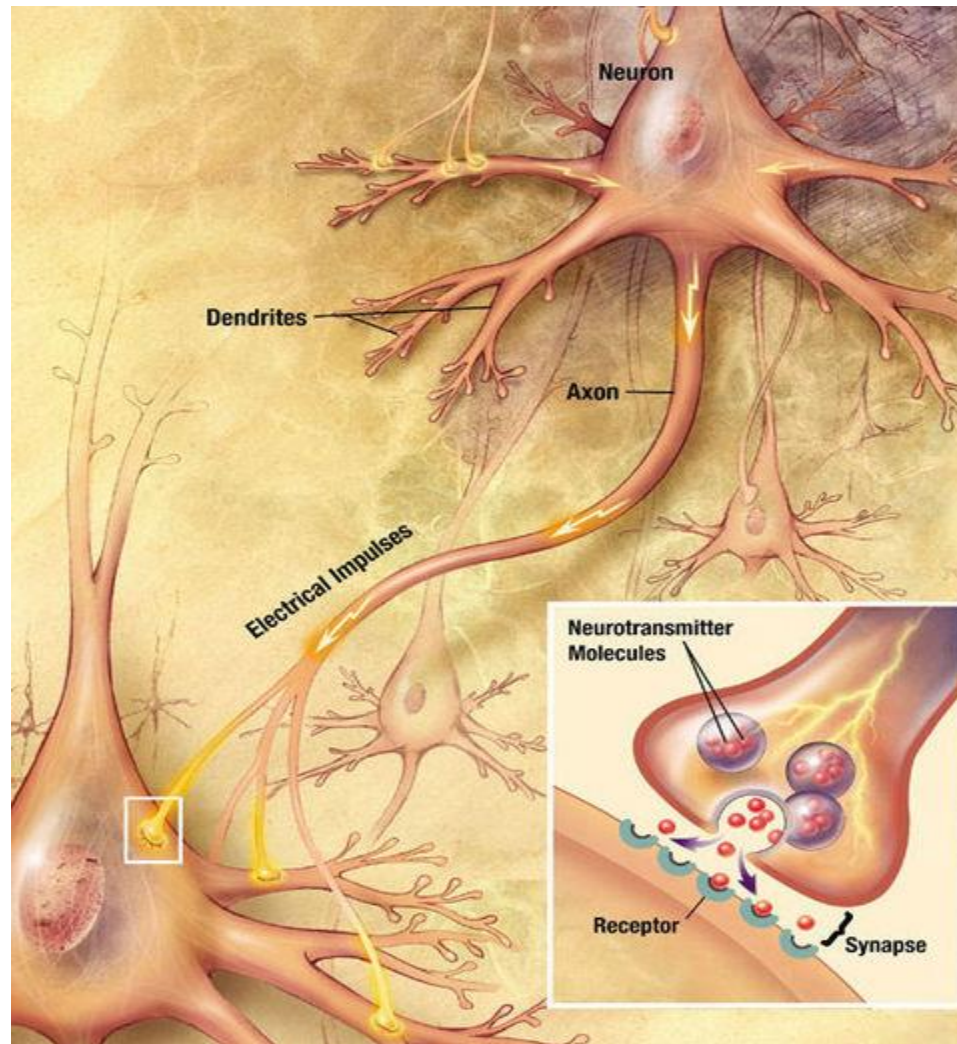
FIGURE 2-4

Action Potential (a) During an action potential, sodium gates in the neuron membrane open, and sodium ions enter the axon, bringing a positive charge with them. (b) After an action potential occurs at one point along the axon, the sodium gates close at that point and open at the next point along the axon. When the sodium gates close, potassium gates open, and potassium ions flow out of the axon, carrying a positive charge with them. (Modified from Starr and Taggart, 1989)

Komunikasi Antara Neuron

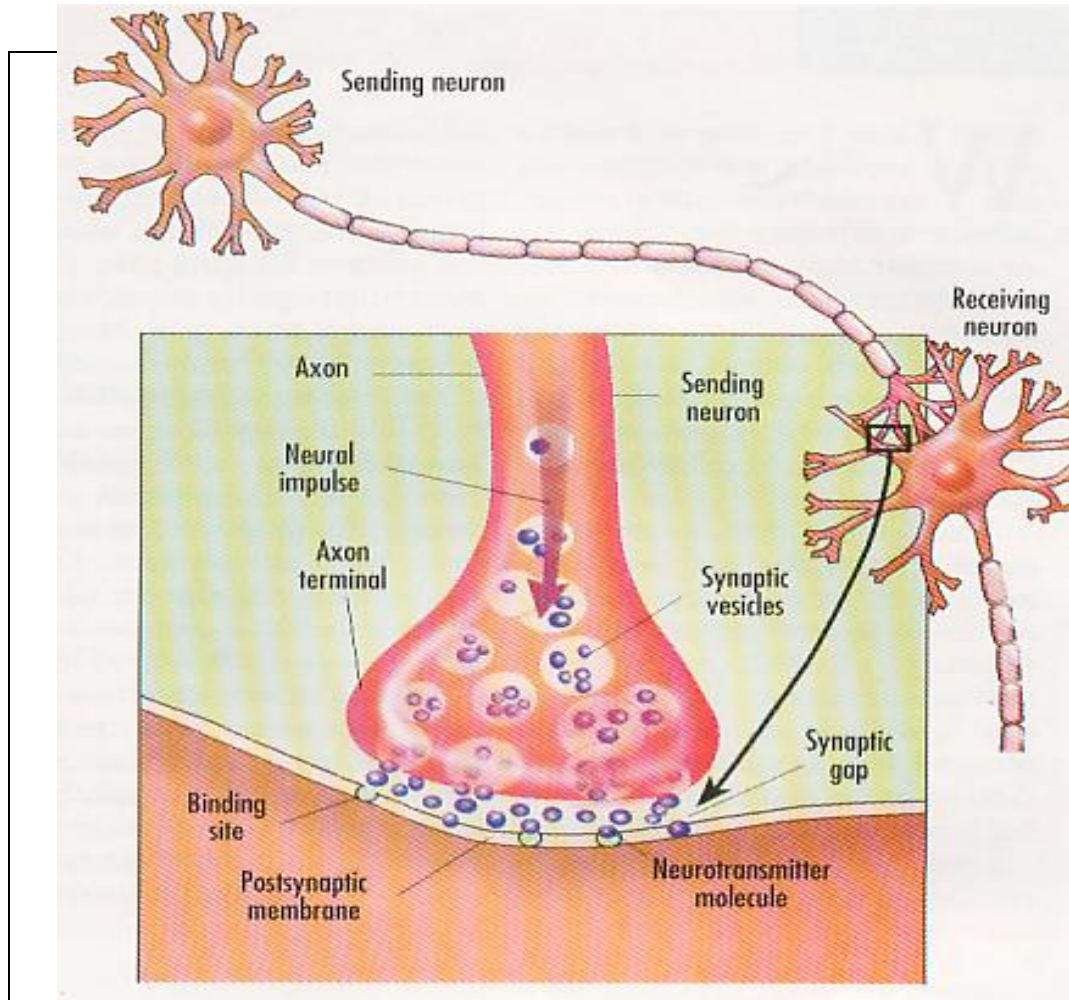
Pemancaran Neuron

- Proses komunikasi antara neuron - impuls daripada terminal button disambut oleh dendrit neuron seterusnya.
- Pemancaran saraf dalam sesuatu neuron
- Pemancaran sinaps
- Rangsangan diterima oleh dendrit mengalir melalui jasad sel dan sepanjang akson menyebabkan neuron menembak elektrik bagi mencetuskan pengeluaran *neuropemancar* (yang terdapat di dalam vesikel) ke dalam ruang kecil di antara neuron, yang dipanggil *sinaps*.



- Major elements in synaptic transmission. An electrochemical wave called an [action potential](#) travels along the [axon](#) of a [neuron](#). When the wave reaches a [synapse](#), it provokes release of a puff of [neurotransmitter](#) molecules, which bind to chemical receptor molecules located in the membrane of the target cell.

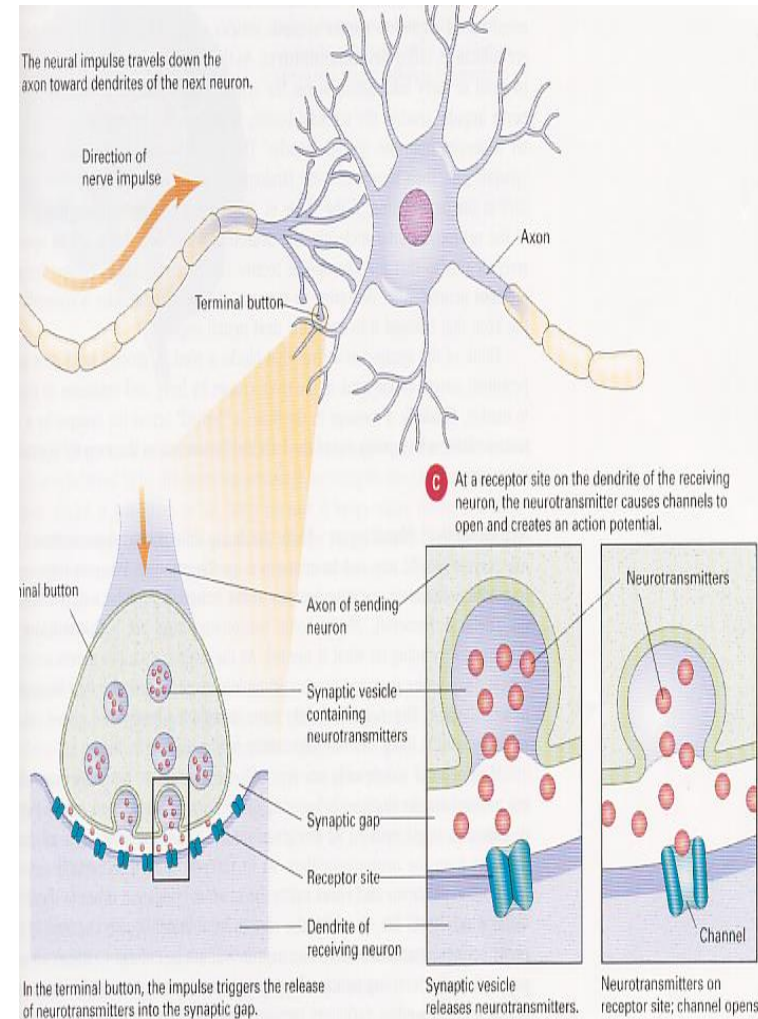
Proses Komunikasi Antara Neuron



Micrograph of neurotransmitters in synaptic vesicles (top) squirting across the synaptic gap (center) to a receiving neuron (bottom).

Neuropemancar

- Neuropemancar sebagai penghubung antara sistem saraf – dihasilkan oleh otak dan kelenjar.
- Berperanan sebagai penguja dan juga perancat:
 - Ada yang meningkatkan degupan jantung dan ada yang merendahnya.
- Lebih atau kurang sesuatu neuropemancar boleh menyebabkan masalah dalam aktiviti bahagian-bahagian tubuh badan.



- Lebih kurang 50 bahan kimia yang bertindak sebagai neuropemancar.
- Di antara jenis-jenisnya
 - Asetikolina (ACh)
 - Asid Amino
 - GABA
 - Glutamat
 - Monoamines
 - Dopamine
 - Norepinefrina
 - Epineprina
 - Serotonin
- Endorfin

Kesan dan Fungsi Neuropemancar

TABLE 2.1 Effects of Some Neurotransmitters

Neurons communicate with other neurons and muscles by releasing various neurotransmitters. The message communicated depends partly on which neurotransmitter is released. Each neurotransmitter sends different information that, in turn, has different effects on behavior.

Neurotransmitters

Psychological Effects

Dopamine

It plays a role in our ability to pay attention, integrate information, control muscle movement, and associate sensations with memories. Too little dopamine is associated with feeling tired mentally and having uncontrollable shakes. Too much dopamine is associated with schizophrenia, a psychological disorder.

Acetylcholine

It plays a role in our ability to become aroused, pay attention, remember, feel motivated, and contract muscles. It excites the central nervous system. Too little acetylcholine is associated with Alzheimer's disease. Too much is associated with convulsions and death.

Norepinephrine

It is involved in learning, memory, and regulation of moods. It inhibits the central nervous system, and excites the heart and intestines. Too little norepinephrine is associated with depression. Too much is associated with mania, a mental disorder characterized by overexcitement.

GABA

It enables humans to perform precise and coordinated muscular movements. Too little GABA is associated with epilepsy.

Serotonin

It affects the degree to which one feels calm, and it suppresses pain and impulse control. Too little serotonin is associated with insomnia, depression, suicide, and poor impulse controls.

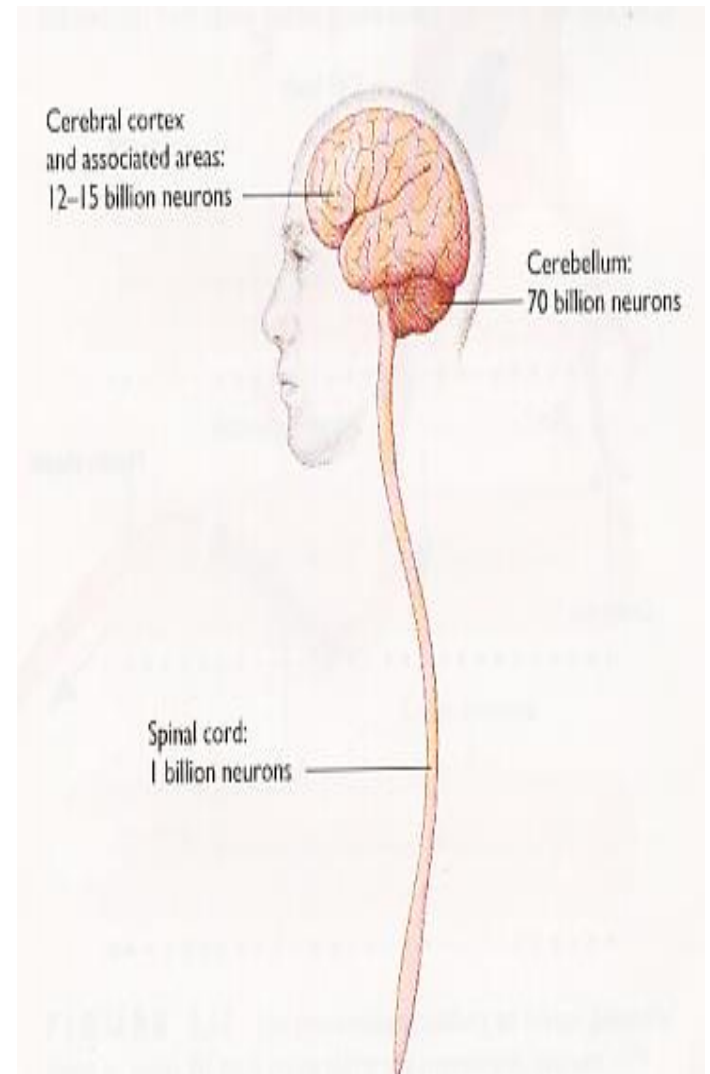
Masalah Koordinasi Sistem Saraf



- Bahan-bahan yang mengganggu proses mental
 - Dadah perangsang – cth kokain (heroin), merangsang sistem saraf
 - Dadah pelega – cth morfin (candu) melegakan sakit.
 - Dadah penenang – cth barbiturat, untuk menenangkan kegelisahan
 - Dadah khayal – cth LSD, ganja untuk khayal.
 - Kafein
 - Alkohol - khayal

SISTEM SARAF PUSAT

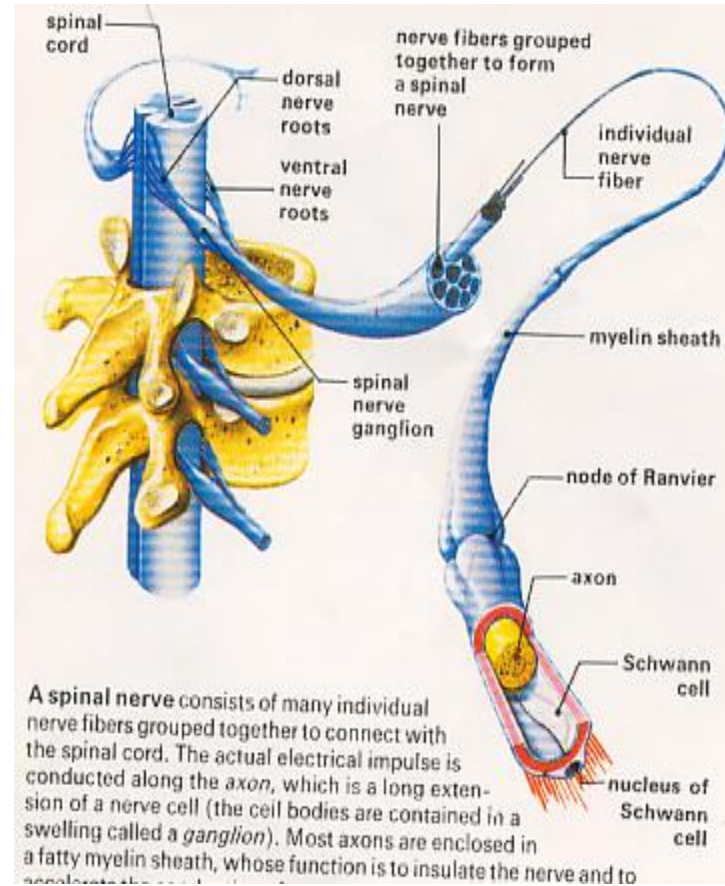
- Terdiri daripada:
 - Otak
 - Saraf tunjang
- Sistem saraf adalah terdiri daripada otak dan saraf tunjang.
- Neuron di bahagian ini sekiranya rosak tidak boleh dipulih atau tumbuh semula.



Saraf Tunjang

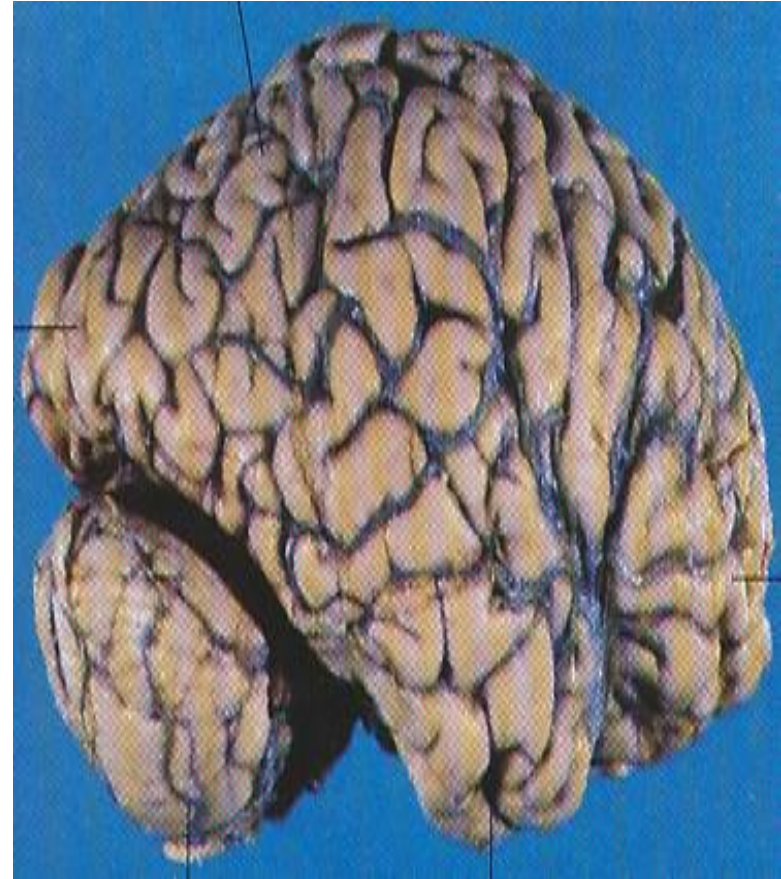


- Menyambungkan otak dengan hujung tulang belakang
- Menyalurkan deria daripada dan kepada otak
- Dariapdanya munculnya 31 pasang saraf sapina
- Dilindungi oleh tulang belakang dan cecair
- Tempat terjadinya arahan untuk berlakunya pantulan

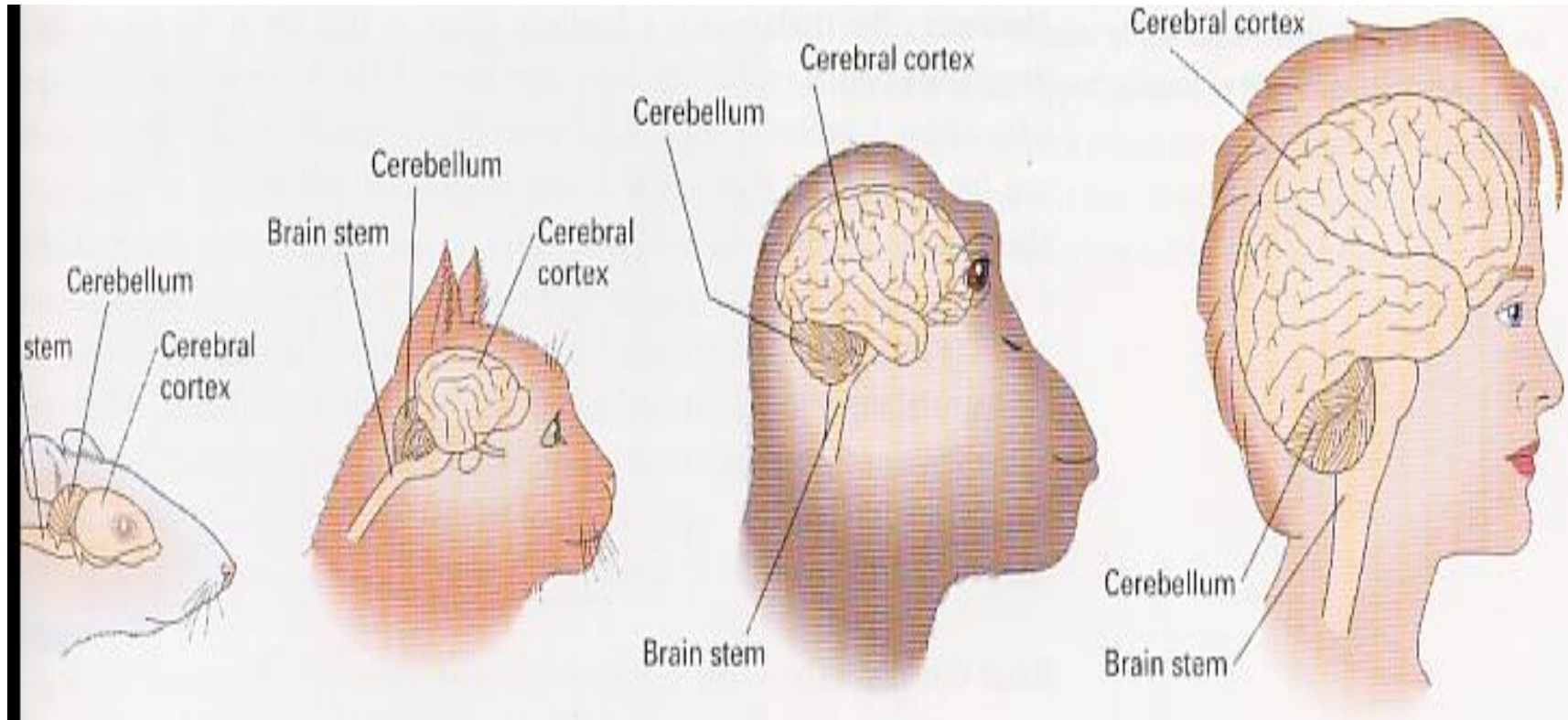


STRUKTUR DAN FUNGSI OTAK

- Manusia melebihi haiwan lain kerana manusia dikurniakan akal, dan proses akal itu berlaku diotak.
- Otak manusia secara nisbah dengan badan adalah lebih besar berbanding dengan otak gajah atau ikan paus.
- Kapasiti otak adalah besar, dikatakan kita hanya menggunakan 20% daripada kapasiti otak.



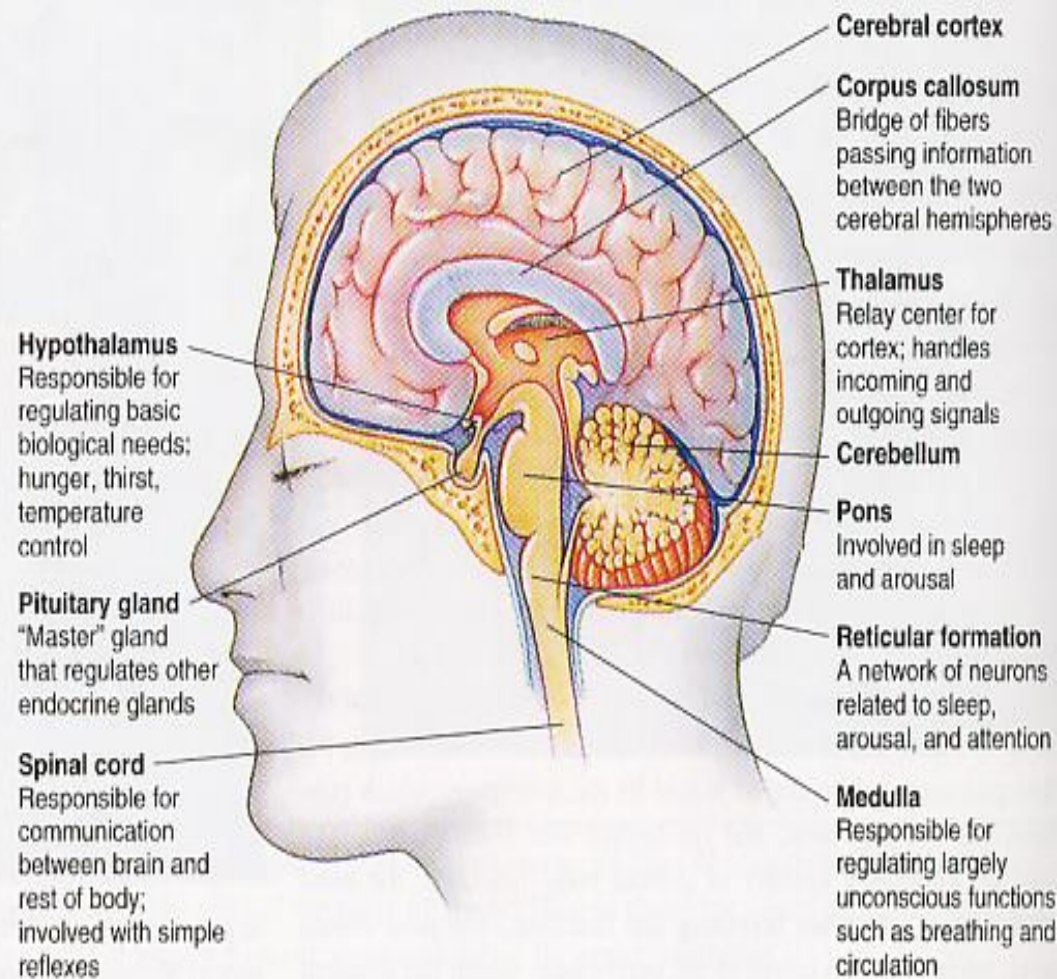
PERBEZAAN OTAK DI ANTARA SPESIS



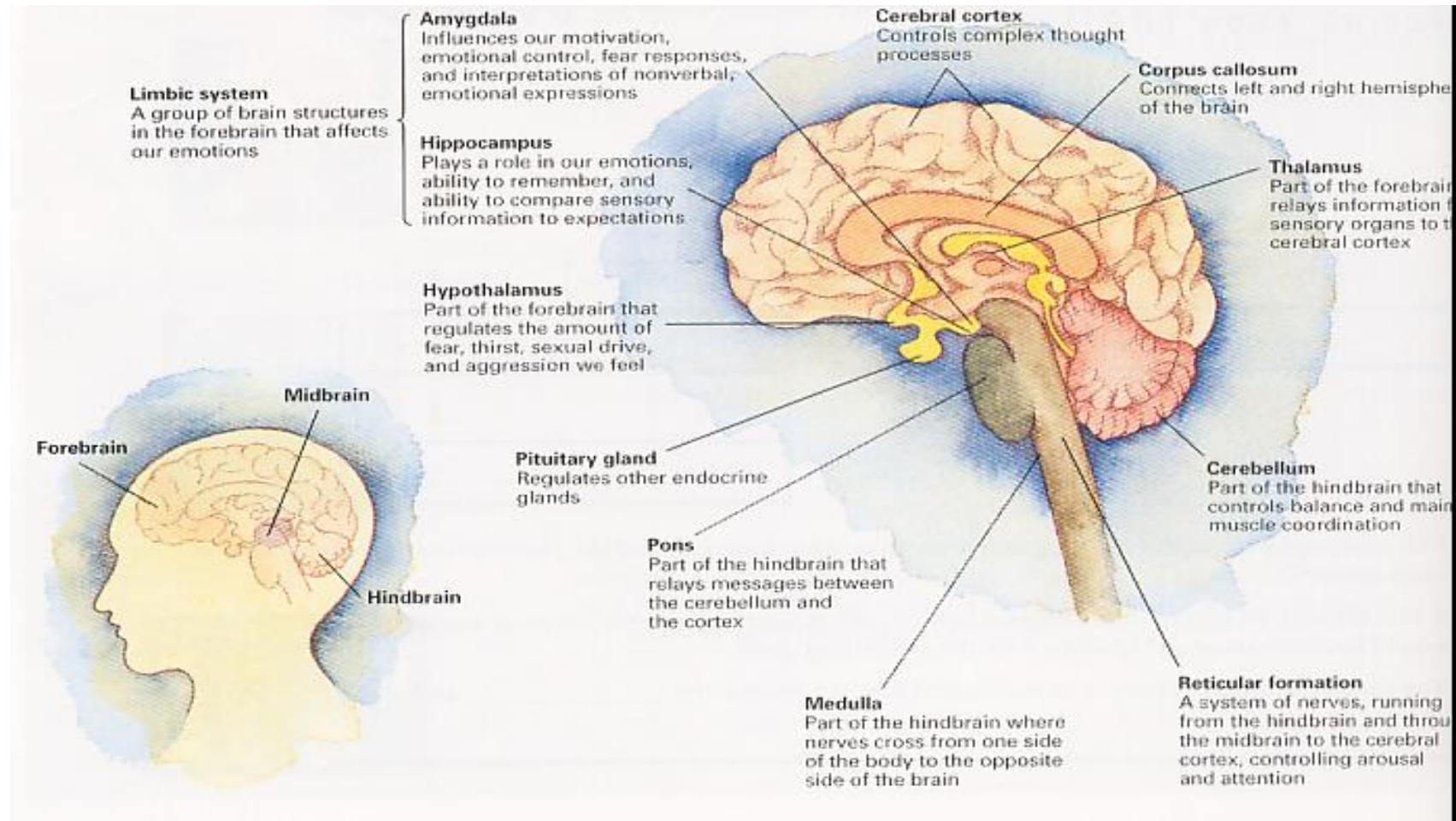
Mengapa manusia lebih berakal daripada haiwan?

STRUKTUR UTAMA OTAK

Figure 3-10 The major structures in the brain (Johnson, 2000).



STRUKTUR UTAMA OTAK

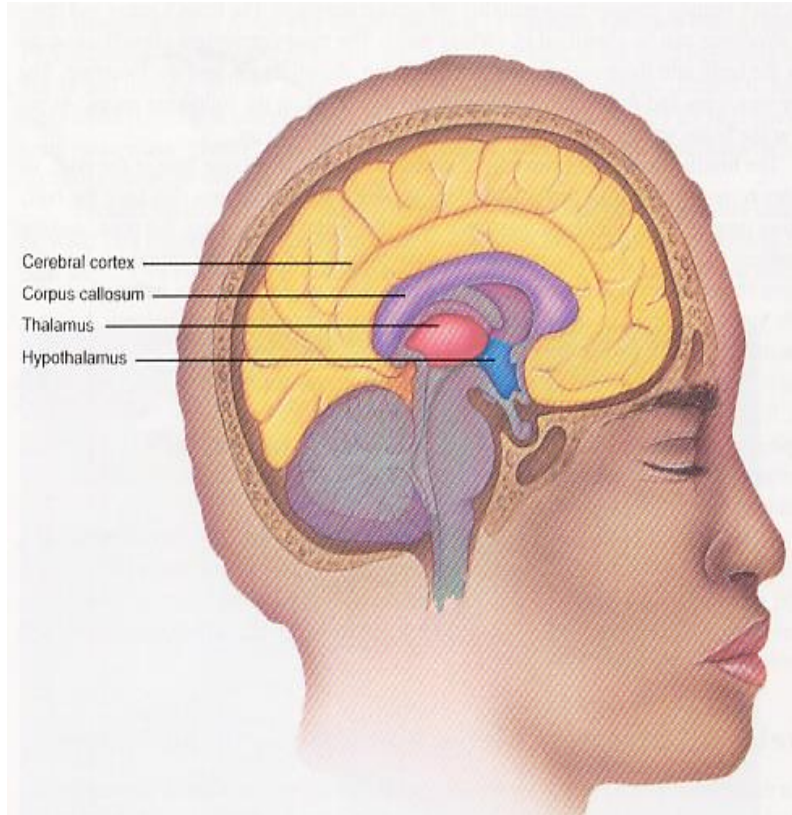


BAHAGIAN OTAK

1. **Otak belakang**: mengawal beberapa proses asas yang perlu untuk hidup.
2. **Otak tengah**: stesen yang menghubungkan mesej kepada bahagian-bahagian badan.
3. **Otak depan** – di mana pemikiran, motif dan emosi yang kompleks disimpan dan diproses.

Otak Depan

- Korteks serebrum
- Sistem Limbik
 - Talamus
 - Hipotalamus
 - Amigdala
 - Hipokampus



Sistem Limbik

- **Talamus**: stesen suis mesej untuk disalurkan ke bhg pendengaran, tekanan, etc.
- **Hipotalamus**: pengawal utama motif – dahaga, langsgangan, seks, lapar, homeotasis.
- **Amigdala**: berkaitan dengan emosi takut-berani (fight-flight)
- **Hipokampus**: ingatan (cacat boleh hidap penyakit Alzheimer's)

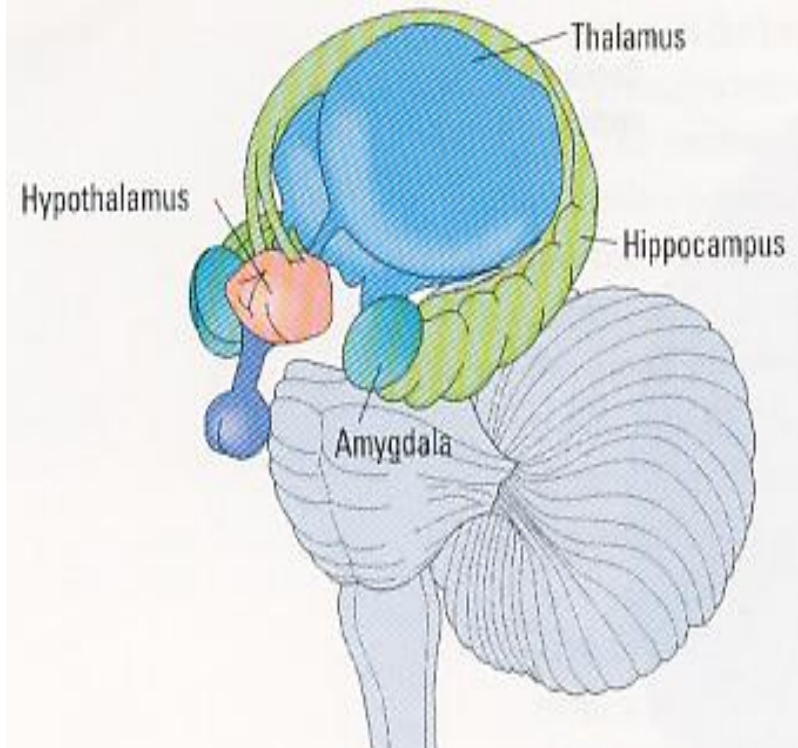
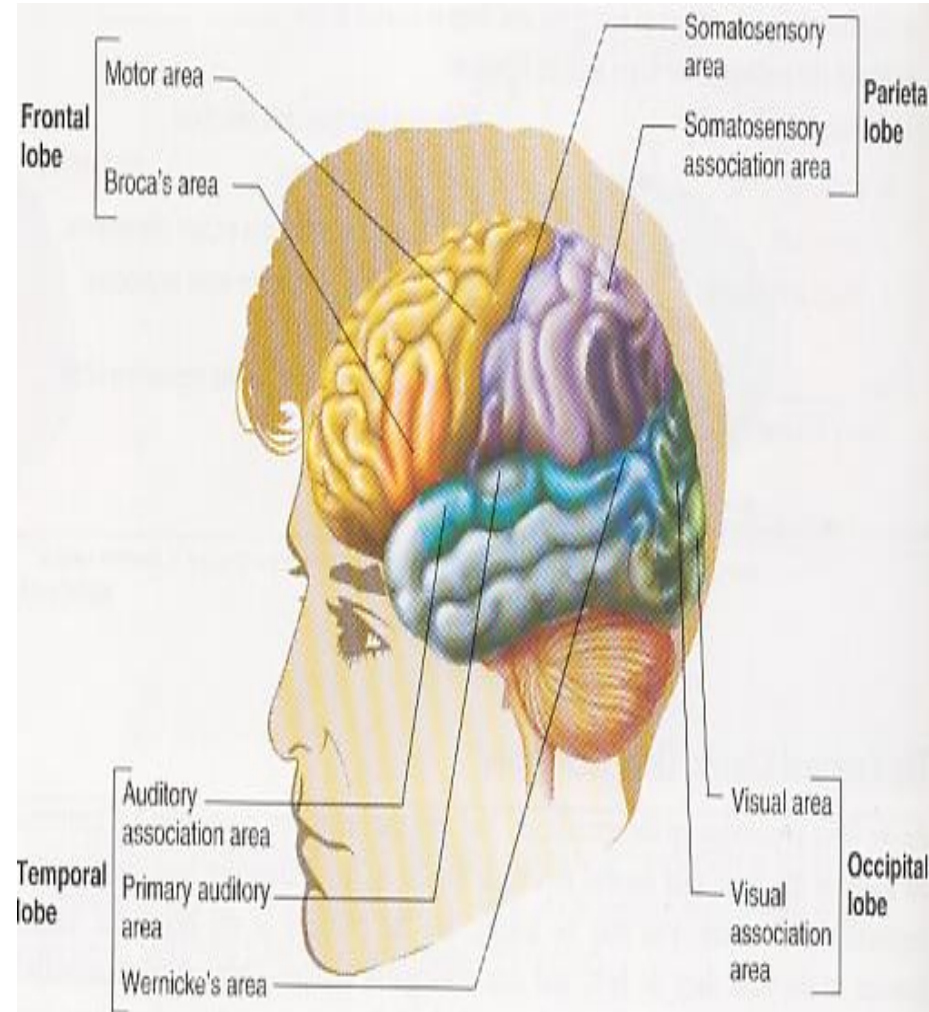


Figure 2.14 The limbic system Just above the inner core, yet surrounded by the cerebral cortex, the limbic system plays a role in motivation, emotion, and memory. As shown, this system is composed of many structures, including the thalamus, amygdala, hippocampus, and hypothalamus.

Lobus (Korteks Serembrum)

- o **Lobus Oksipital** – bagian penglihatan
- o **Lobus Parietal** – bagian kederiaan: sentuhan, suhu, tekanan
- o **Lobus Temporal**- bagian pendengaran, pusat bahasa: Wernicke's (pemahaman bahasa)
- o **Lobus Frontal** – bagian kawalan motor (pergerakan bahagian badan); motor mulut iaitu Broca's (bercakap) – rosak boleh gagap.



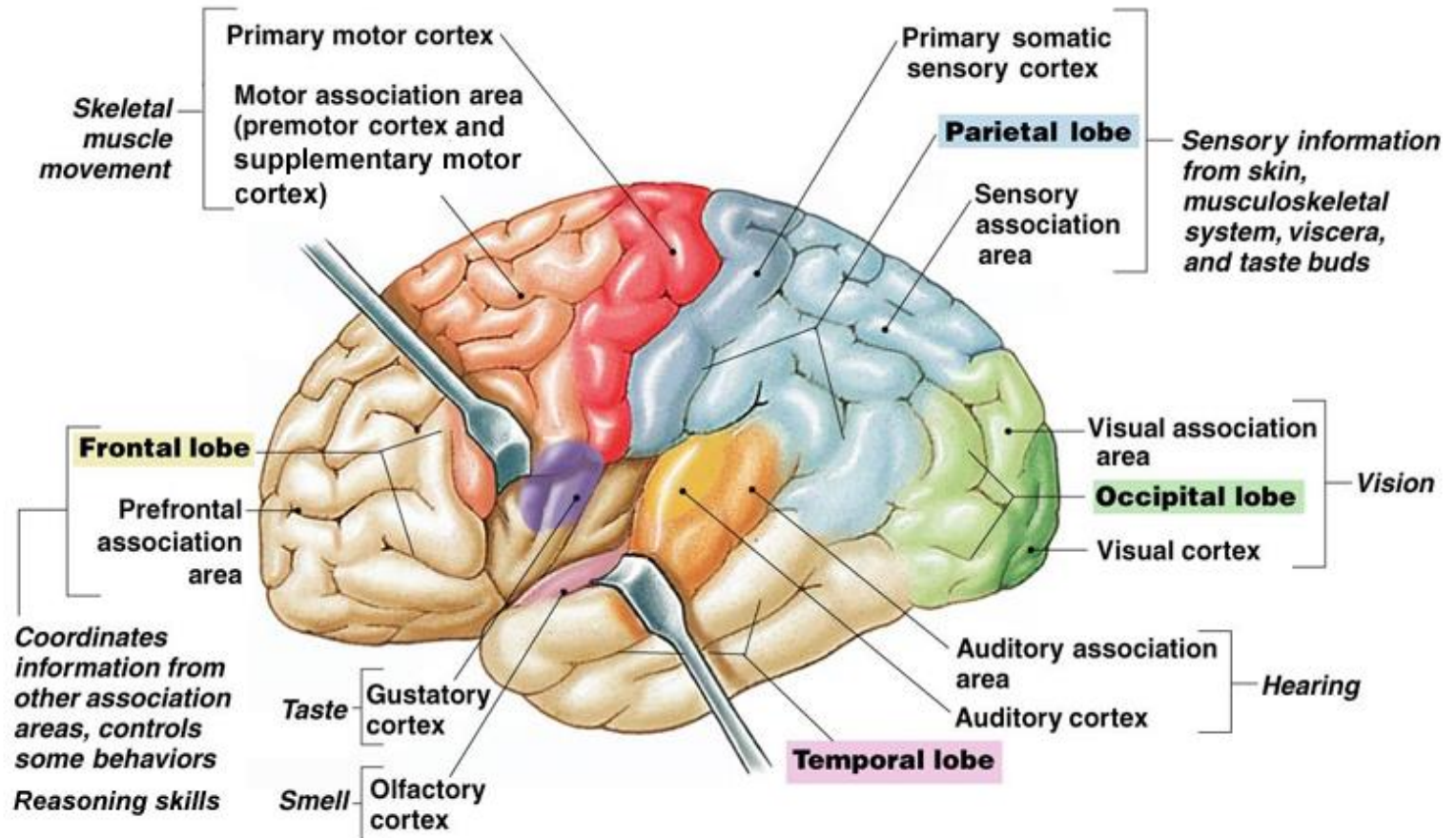
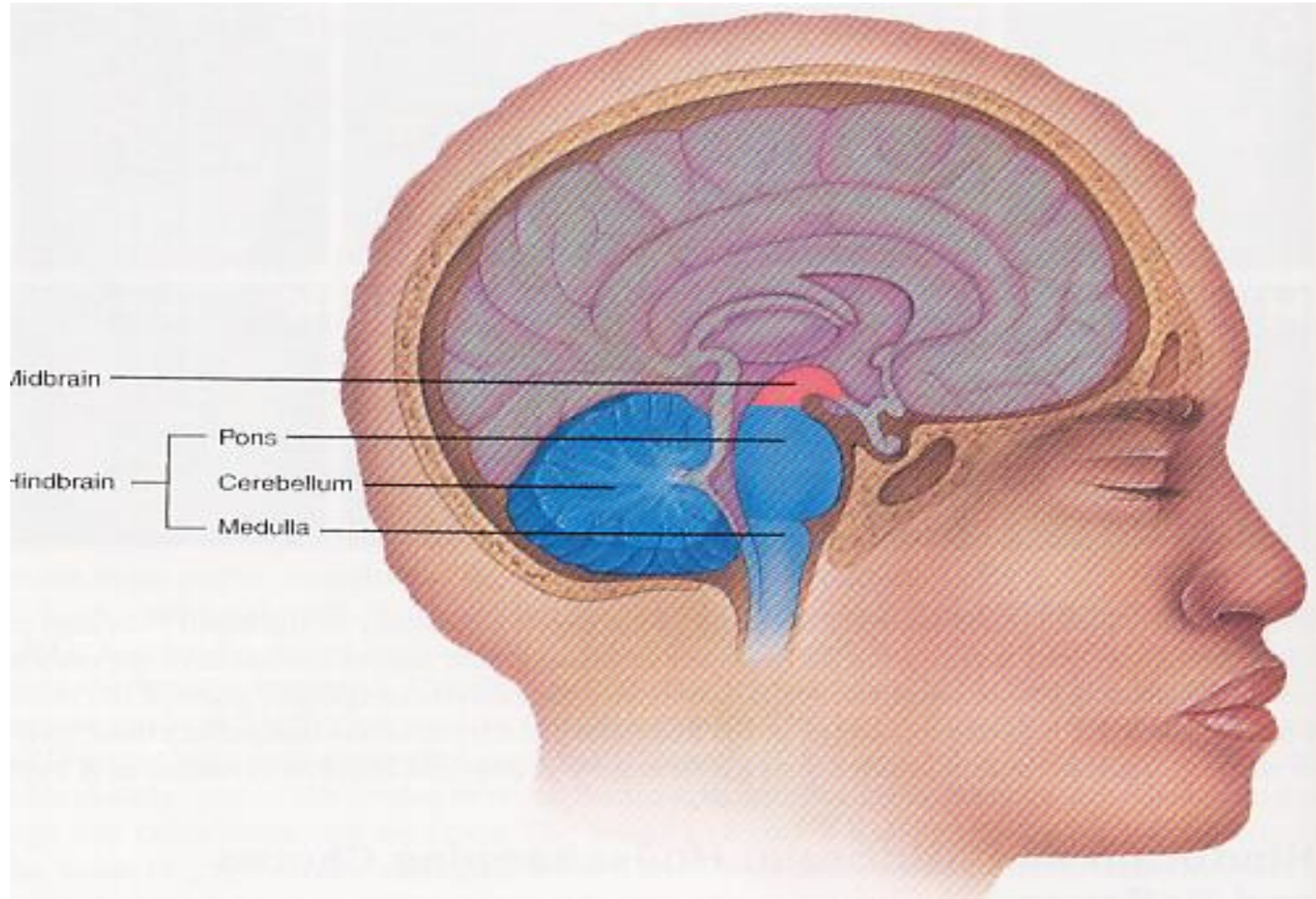


Fig. 9-15

OTAK TENGAH DAN OTAK BELAKANG



- **Otak Tengah**: penghubung otak depan dengan otak tengah; pusat pantulan; kawal gerak balas pendengaran dan penglihatan
- **Otak Belakang**
 - Medula: pengawalan gerakbalas pantulan spt degupan jantung, pernafasan, metabolisme.
 - Serebelum: mengarur postur, nada otot, dan penyelarasan otot
 - Pembentukan retikulum: menapis rangsangan yang akan ke otak, dan tugas lain.

HEMISFERA OTAK

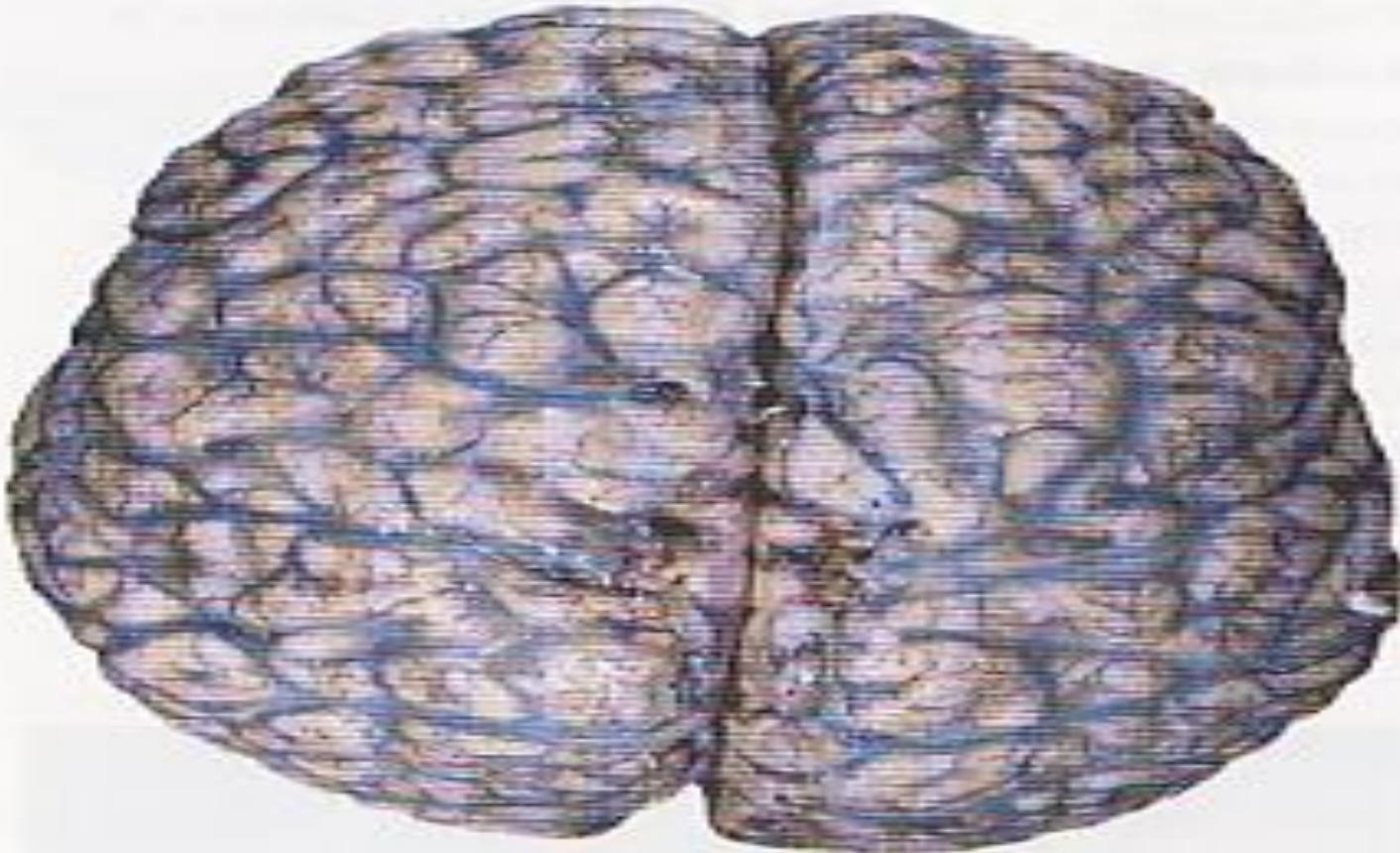
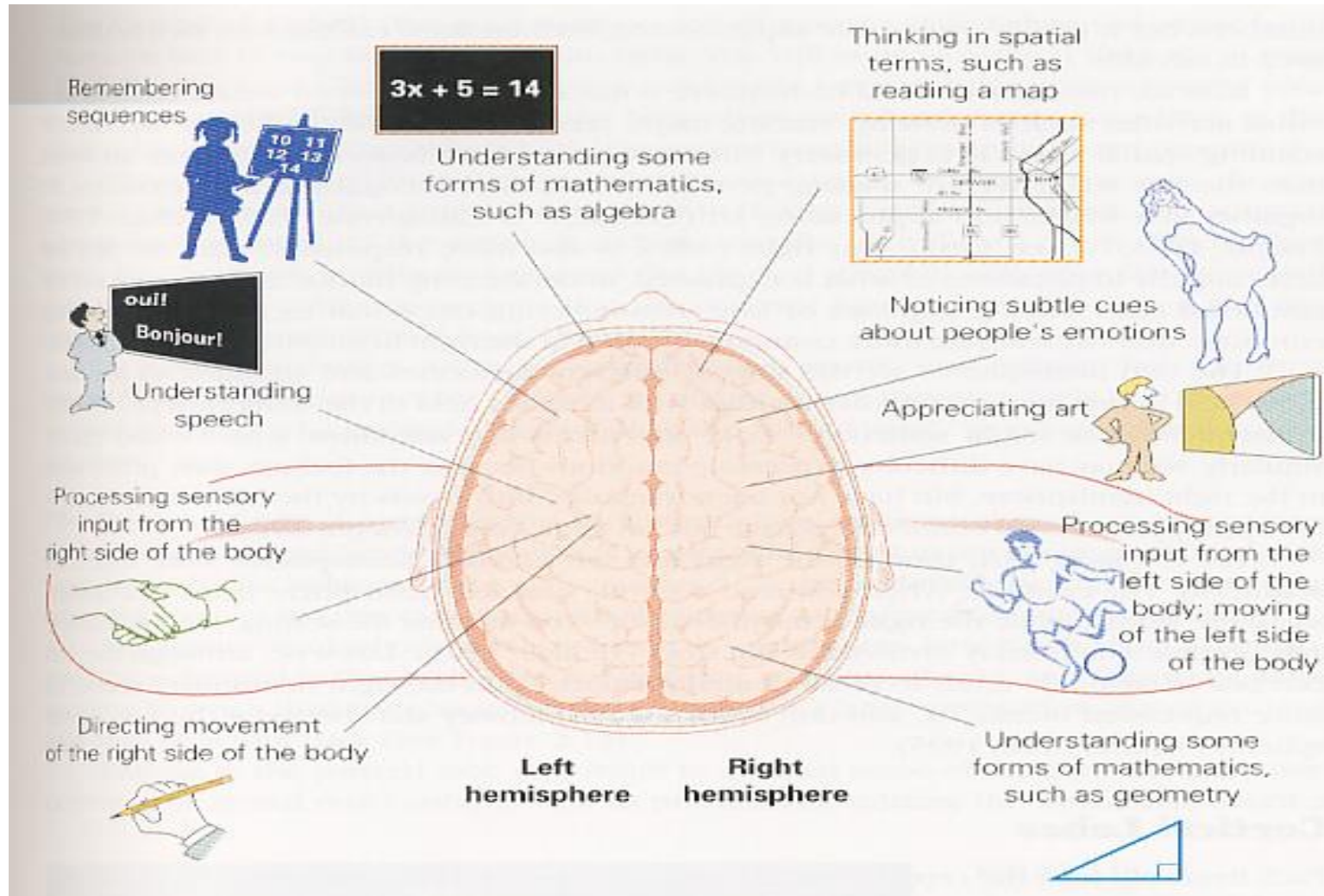


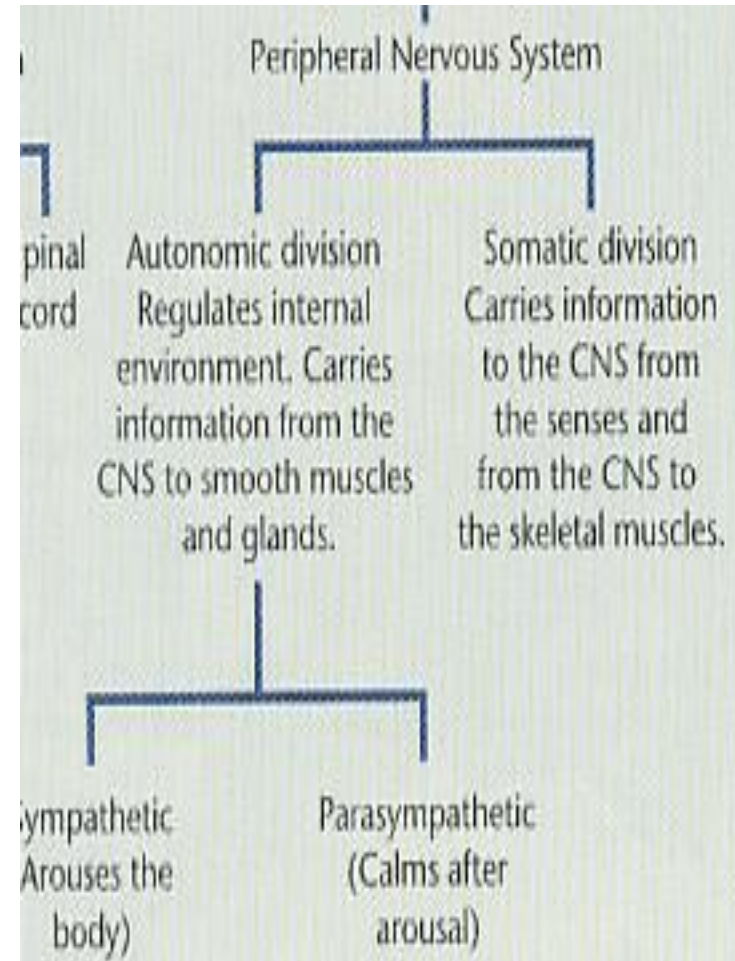
FIGURE 3.14 The Human Brain's Hemispheres The two halves (hemispheres) of the human brain can be seen clearly in this photograph.

Fungsi Hemisfera Kanan dan Kiri



Sistem Saraf Periferi

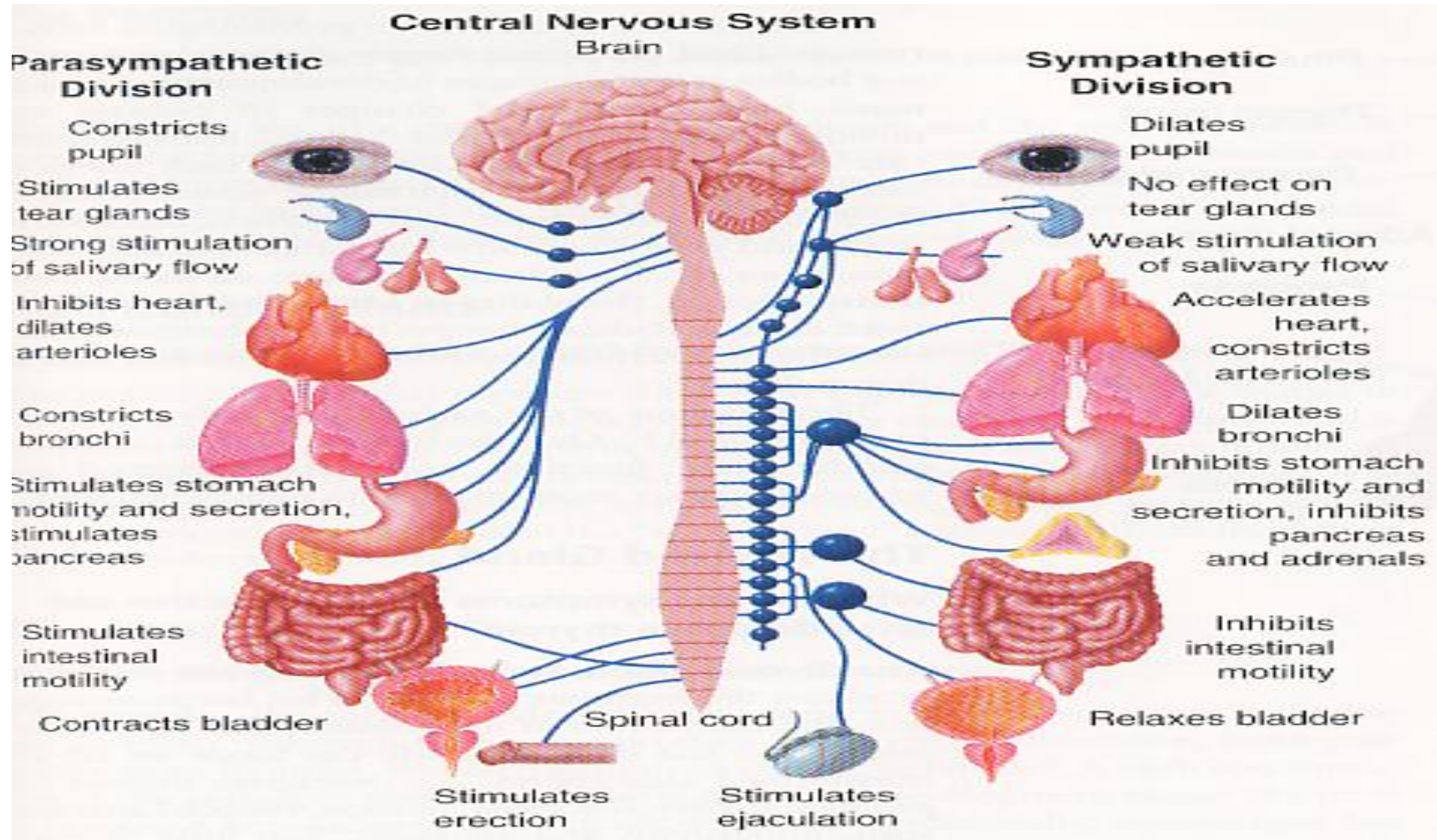
- **Sistem Soma**: membawa maklumat kepada saraf pusat daripada deria dan daripada CNS ke otot rangka.
- **Sistem Autonomi**: mengatur persekitaran dalaman. membawa maklumat daripada CNS ke otot lembut dan kelenjar
 - Sistem Simpatetik
 - Sistem parasimpatetik



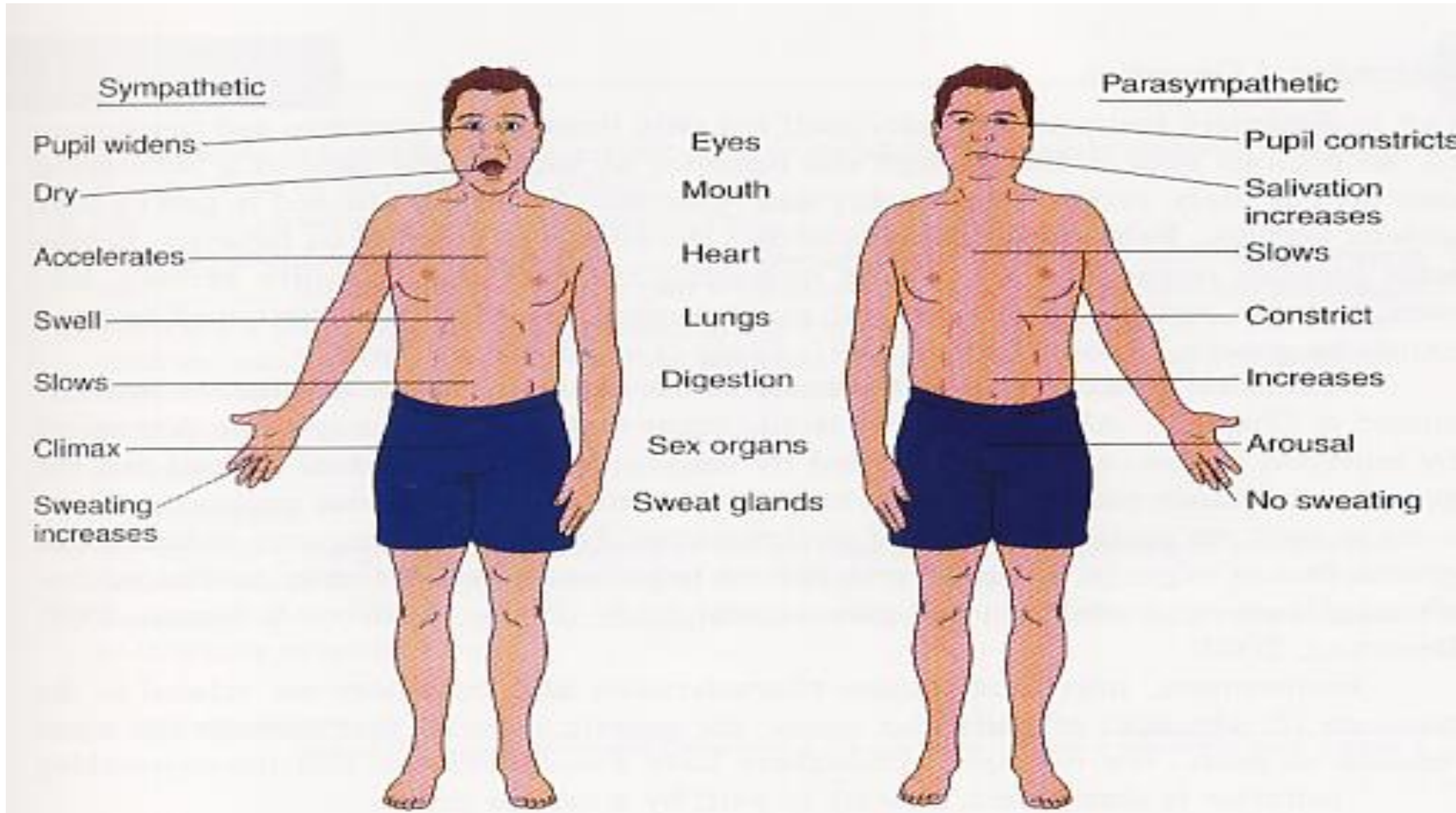
Sistem Saraf Autonomi

- Secara otomatis mengatur kelenjar dan organ dalaman, dan saluran darah, dan juga mengawal kadar degupan jantung, penghadapan, dan tekanan darah
 1. **Sistem simpatetik**: menyediakan tubuh badan untuk bertindak dan mengeluarkan tenaga apabila berhadapan dengan stres.
 2. ***Sistem parasimpatetik***: Mengekalkan kefungsiian tubuh badan di bawah kondisi nornal dan menyimpan tenaga.

Sistem Simpatetik dan Parasimpatetik



Sistem Simpatetik dan Parasimpatetik



SISTEM KELENJAR DAN HORMON

Thyroid gland

Releases hormones that regulate metabolism, development, and growth

Pituitary gland

Controls hormones released by other endocrine glands

Pancreas

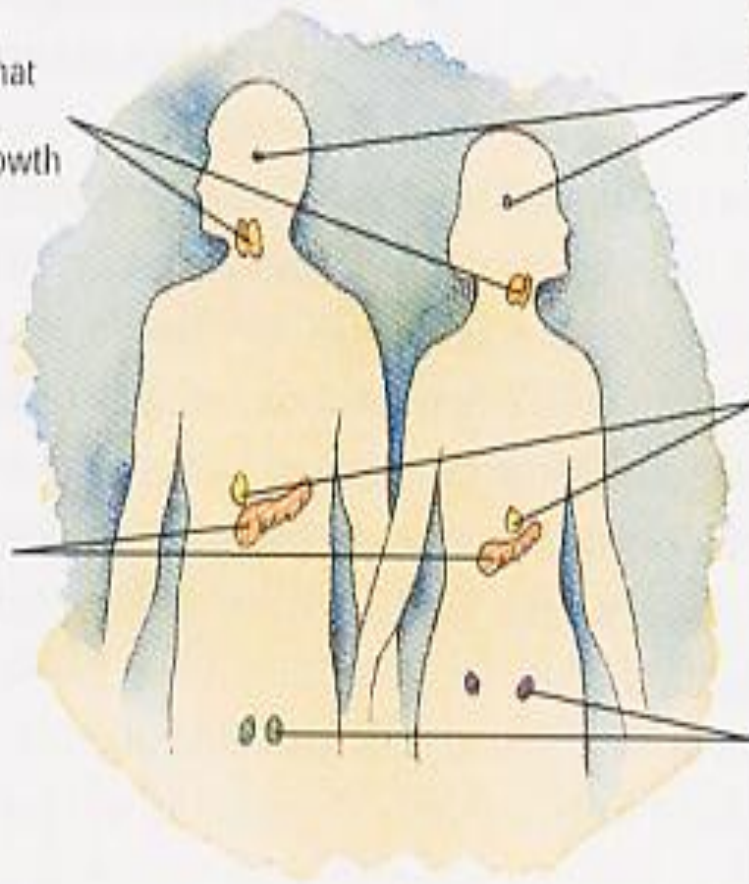
Releases hormones that regulate the metabolism of sugar and juices containing enzymes needed for digestion

Adrenal gland

Releases hormones that affect energy level, mood, and long-term reactions to stress

Testes/Ovaries

Male (left) and female (right) reproductive organs, respectively: Testes produce sperm and release sex hormones; Ovaries produce egg cells and release sex hormones

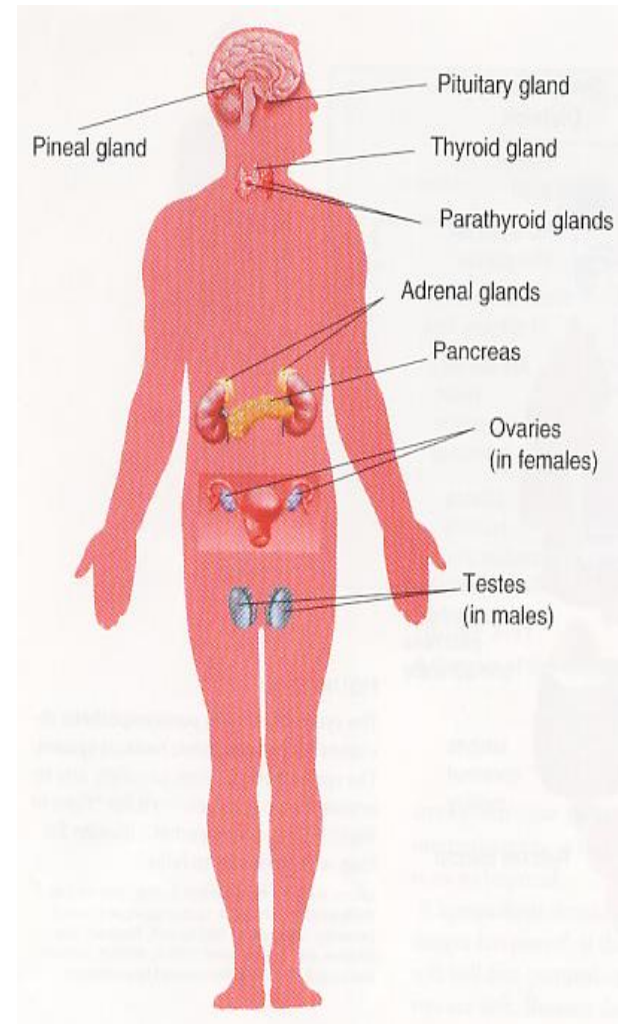


Kelenjar dan Hormon

- Kelenjar
 - Kelenjar Dutch: merembes bahan kimia yang berfungsi untuk kawasan di mana ianya dikeluarkan. Kelenjar air liur, air mata, air peluh.
 - Kelenjar Dutchless (endokrin): merembeskan hormon
- Hormon: mesej kimia yng dirembeskan , yang mempunyai kesan ke atas fungsi tubuh badan, emosi dan tingkah laku.
- Hormon dan tingkah laku
 - Fungsi hormon diatur oleh otak (hipotalamus)
 - Sesetengah hormon berbentuk spt peneuropancar
 - Hormon membantu mengawal / mempengaruhi tubuh badan (emosi, fizikal, tekanan, metablisme, seksual etc).
 - Mempengaruhi sebagai pengerak (pada masa tersebut)
 - Mempengaruhi dalam jangka masa panjang.

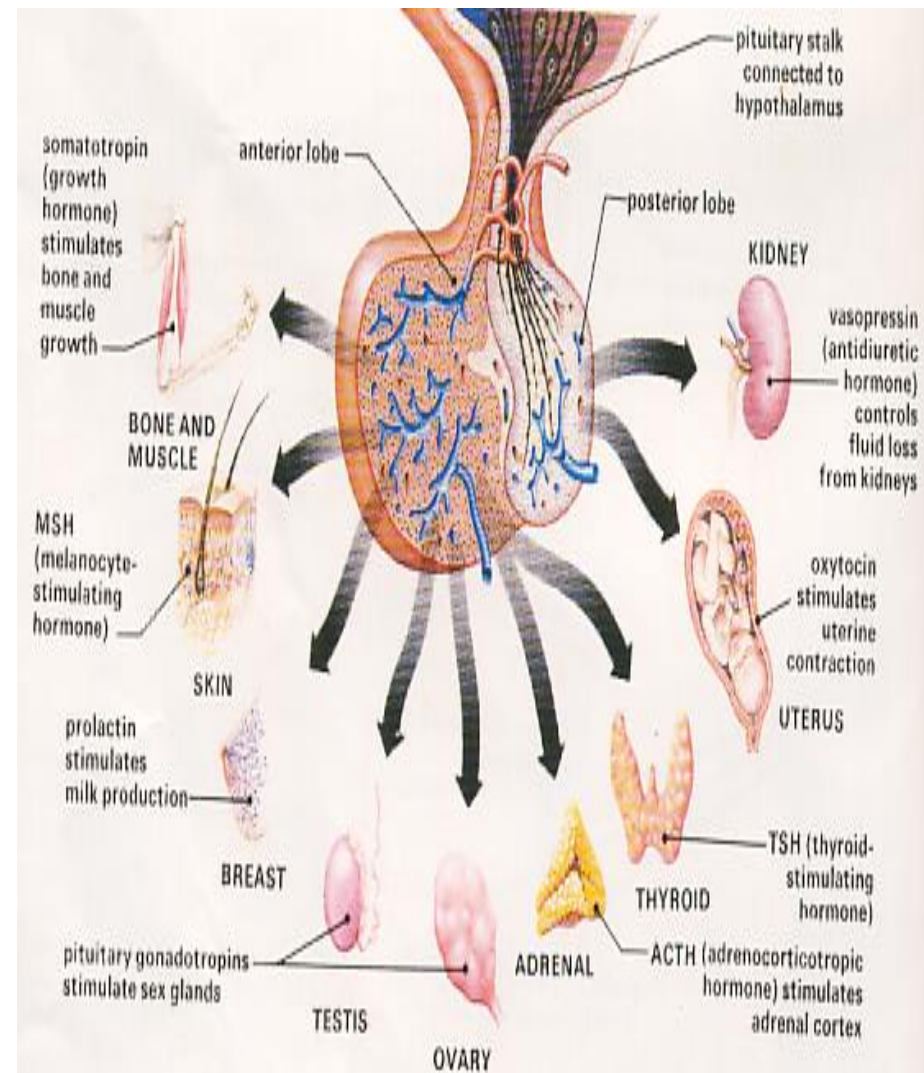
Kelenjar Endokrin

1. Kelenjar Pituitari
2. Kelenjar Adrenal
3. Kelompok Langerhans
4. Kelenjar Gonads
5. Kelenjar Paratirod
6. Kelenjar Pineal



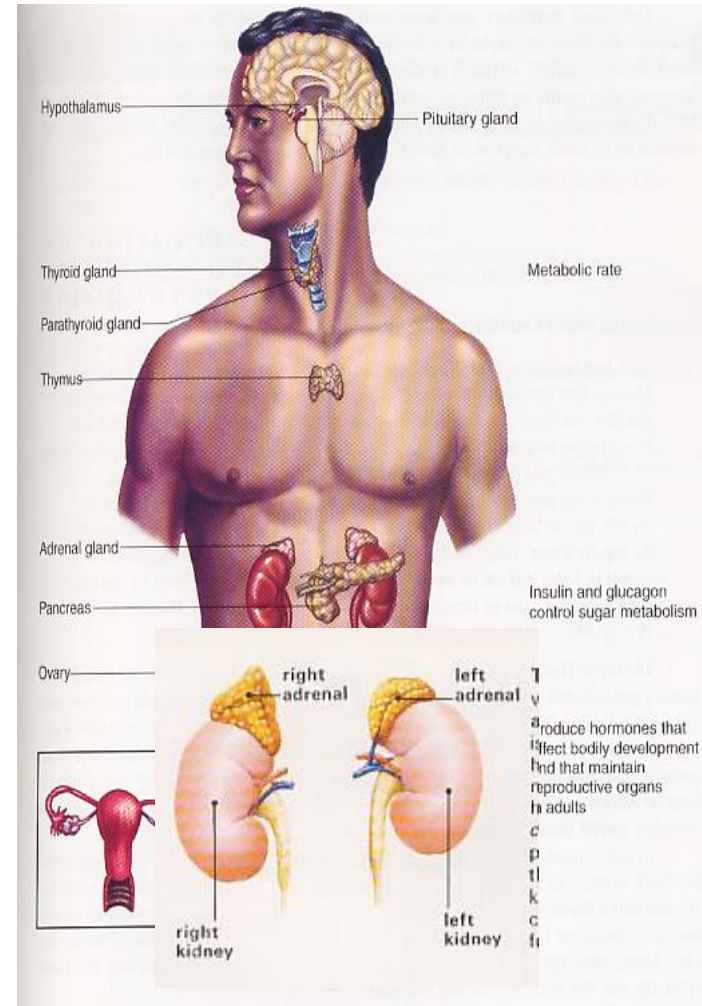
Kelenjar Pituitari

- Kelenjar utama / master gland
- Hormon yang dirembeskan
 - Adrenokortikotropin
 - Atidiuresis
 - Pertumbuhan
 - Pelutinan
 - Prolaktin
 - Perangsang tirod



Kelenjar Adrenal

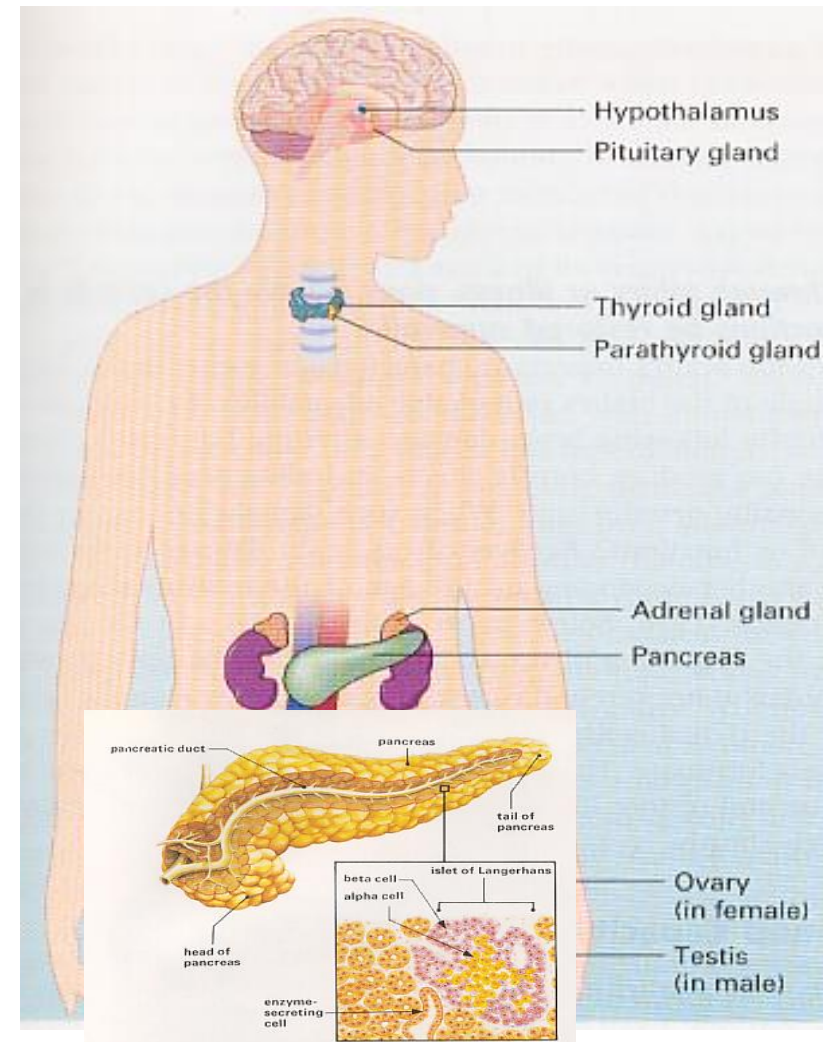
- Terletak di atas buah pinggang
- Hormon yang dirembeskan
 - Epinefrina
 - Norepinefrina
 - Kortisol
- Adrenalin!



Kelompok Langerhans

Merembeskan dua hormon yang bertindak secara berlawanan

- Glukogen
- Insulin

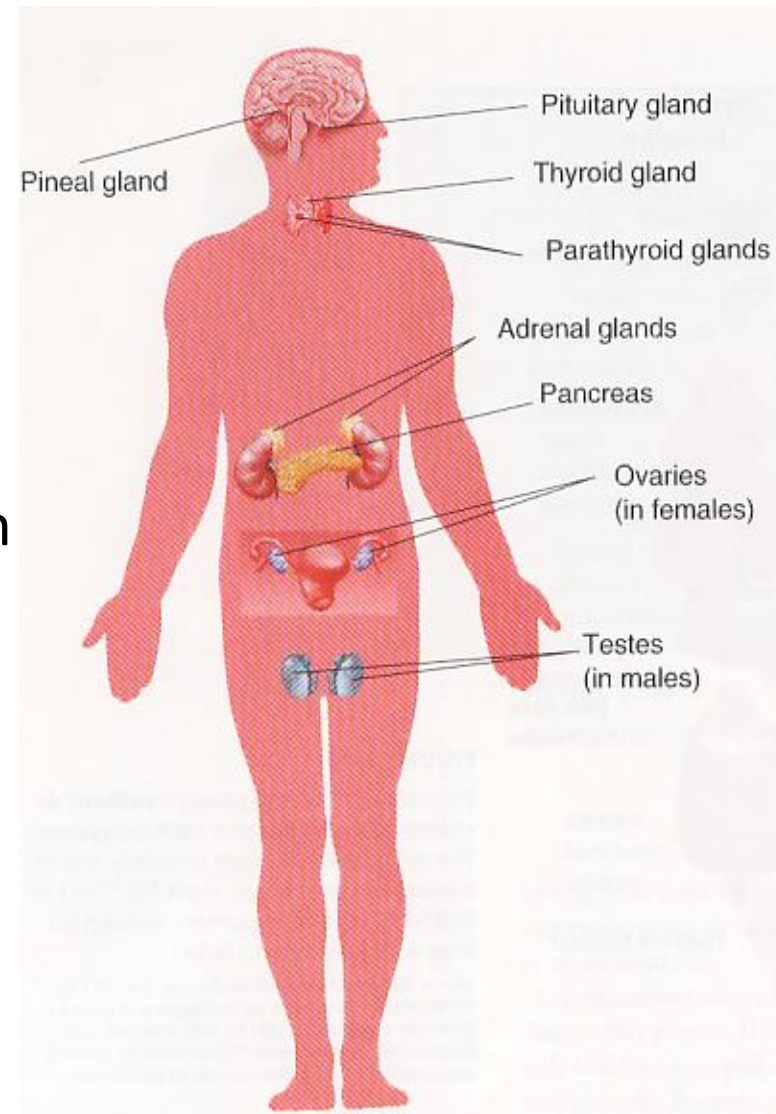




A diabetic man injecting himself with insulin. People with diabetes must take insulin because their pancreas secretes too little of the hormone.

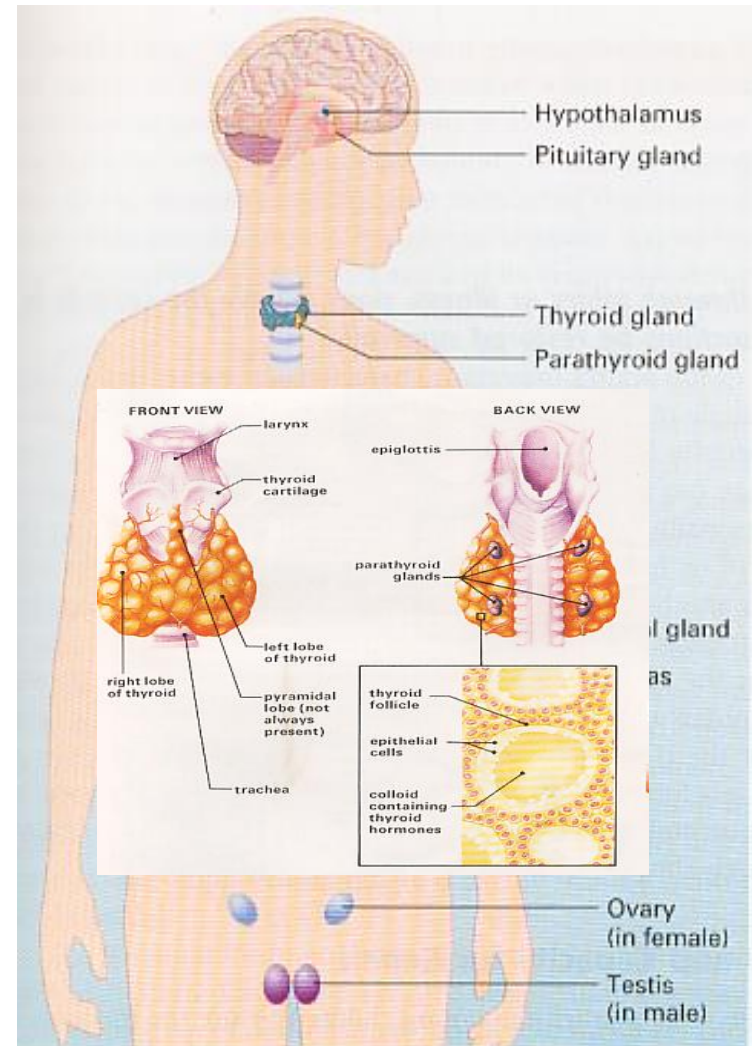
Kelenjar Gonad

- Merupakan kelenjar reproduksi
- Hormon
 - Estrogen: merangsang perkembangan ovari; sifat sekunder wanita; kawal kitaran haid.
 - Progesteron: mencegah penghasilan ovum semasa hamil, menyediakan kelenjar susu dll.
 - Testosteron: perkembangan seks sekunder lelaki; perkembangan tests



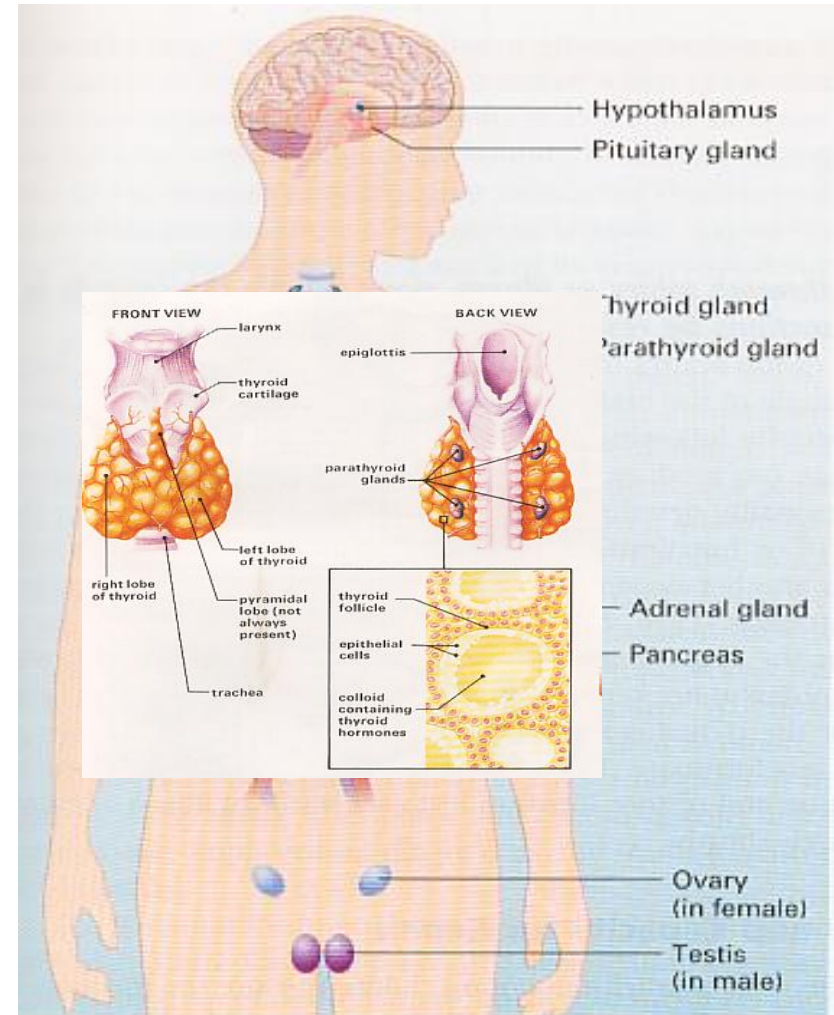
Kelenjar Tirod

- ✓ Merembeskan hormon tiroksina
- ✓ Mempengaruhi kadar metabolisme: banyak makan tetapi kurus.
- ✓ Kekurangannya dikaitkan dengan kecacatan otak dipanggil kretinisme dan miksoedema



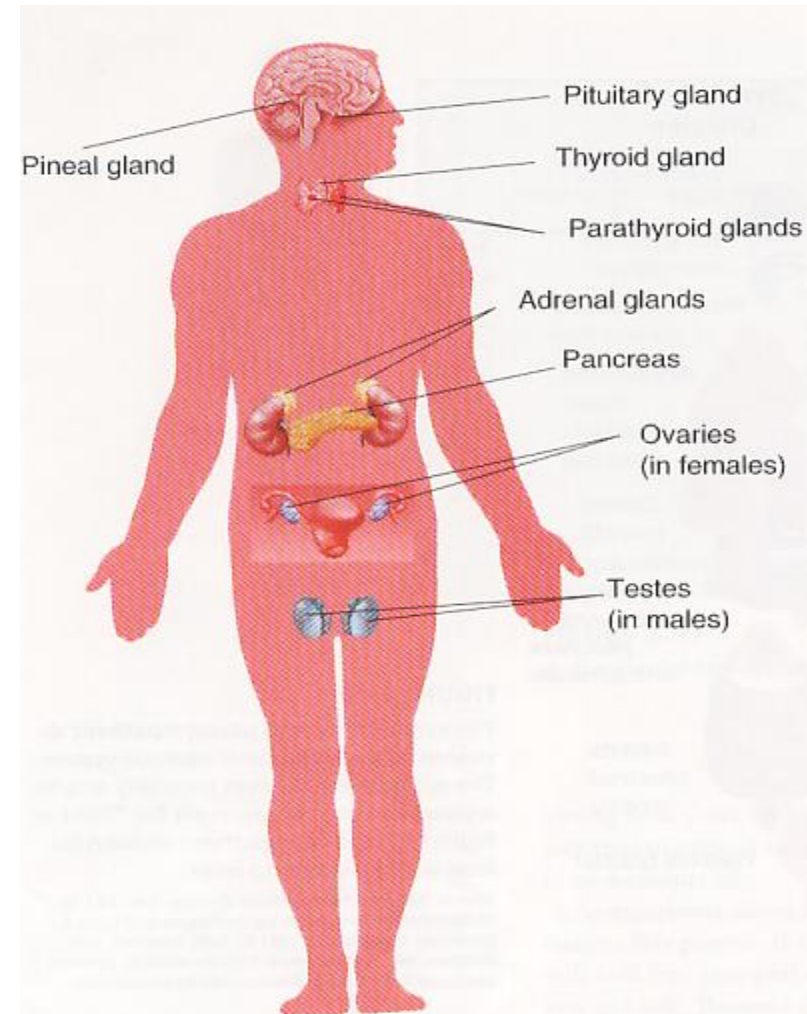
Kelenjar Paratiroid

- Merembeskan hormon *parathormone*
- Penting untuk kefungsiian sistem saraf, yang mengatur aras ion di akson
- Terlalu banyak menyebabkan rasa lesu; terlalu sedikit mengakitifkan sistem saraf



Kelenjar Pineal

- Terletak di antara dua hemisfera otak.
- Mengeluarkan hormon melatonin
- Hormon ini mengawal ritma biologi atau ritma sirkadian
- Hormon ini banyak dipengaruhi oleh cahaya.
- Ia berkaitan dengan masalah kemurungan.



RUMUSAN

- Memahami fungsi sistem saraf dalam tubuh badan manusia.
- Menjelaskan proses tingkah laku berdasarkan sistem saraf.
- Menjelas komponen-komponen neuron.
- Menjelaskan proses-proses aktiviti-aktiviti neuron.
- Menjelaskan peranan bahagian-bahagian otak
- Menjelaskan proses tingkah laku melalui sistem saraf autonomi
- Menjelaskan peranan hormon dan tingkah laku dan perkembangan manusia

UNIT 6: PERKEMBANGAN MANUSIA

- Asas pertumbuhan dan perkembangan
- Perkembangan sewaktu pranatal
- Perkembangan remaja
- Perkembangan selanjutnya/dewasa
- Teori perkembangan manusia

KONSEP PERKEMBANGAN

- *Psikologi Perkembangan* mengkaji pola-pola pertumbuhan dan pembesaran dan perubahan yang berlaku di sepanjang hayat.
- Ahli psikologi perkembangan mengkaji perkembangan yang dipengaruhi oleh faktor sejadi (nature – genetik) dan faktor-faktor persekitaran- Perwarisan dan persekitaran.

ASPEK PERKEMBANGAN

- Perkembangan manusia adalah hasil daripada proses:
 - ***Proses fizikal***: melibatkan perubahan biologi manusia; genetik dan hormon. Perubahan ketika akil baligh etc.
 - ***Proses kognitif***: Perubahan dalam pemikiran manusia, kecerdasan, dan bahasa.
 - ***Proses sosioemosi***: Melibatkan perubahan perubahan individu dengan orang lain, perubahan emosi, dan perubahan dalam personaliti.

Kembar Seiras Jim Lewis dan Jim Springer

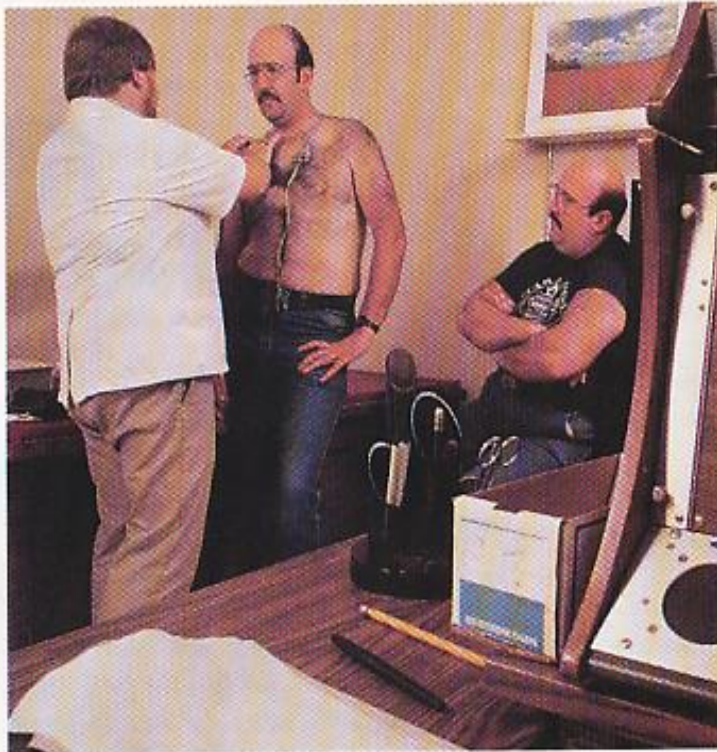
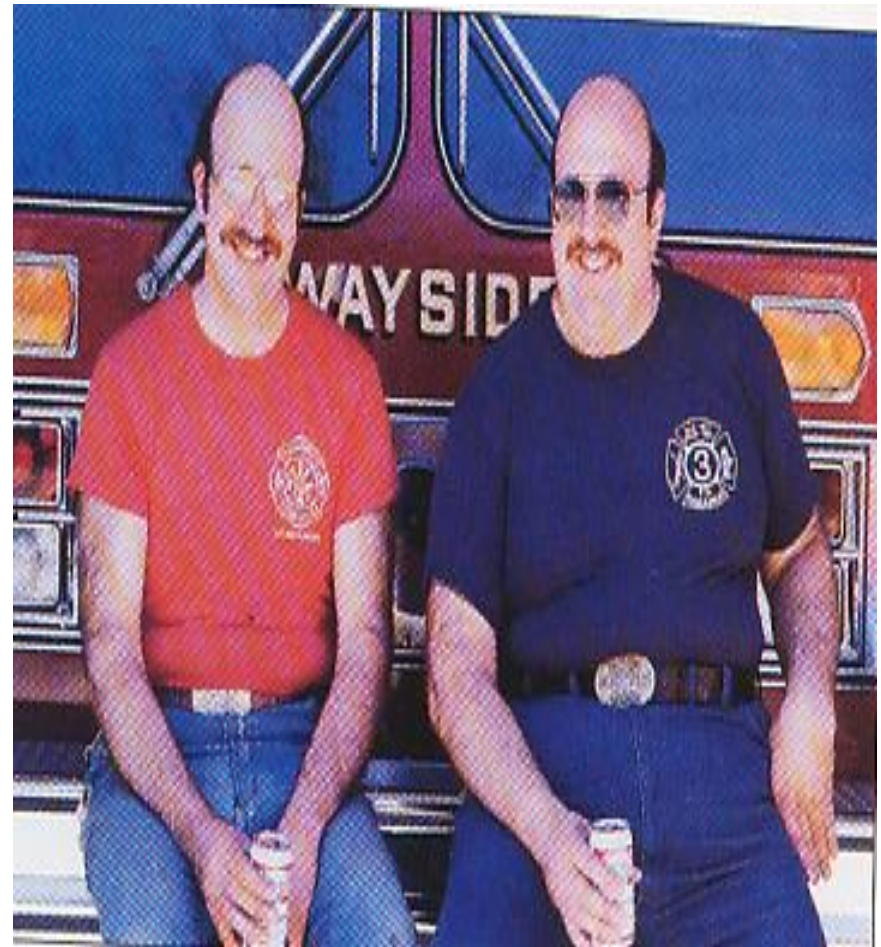


FIGURE 3.9 Identical twins Jim Lewis and Jim Springer were separated at birth, reared in separate cities of western Ohio, and reunited in adulthood. Like many identical twins who were reunited after growing up separately, they discovered that they shared a long list of detailed similarities.

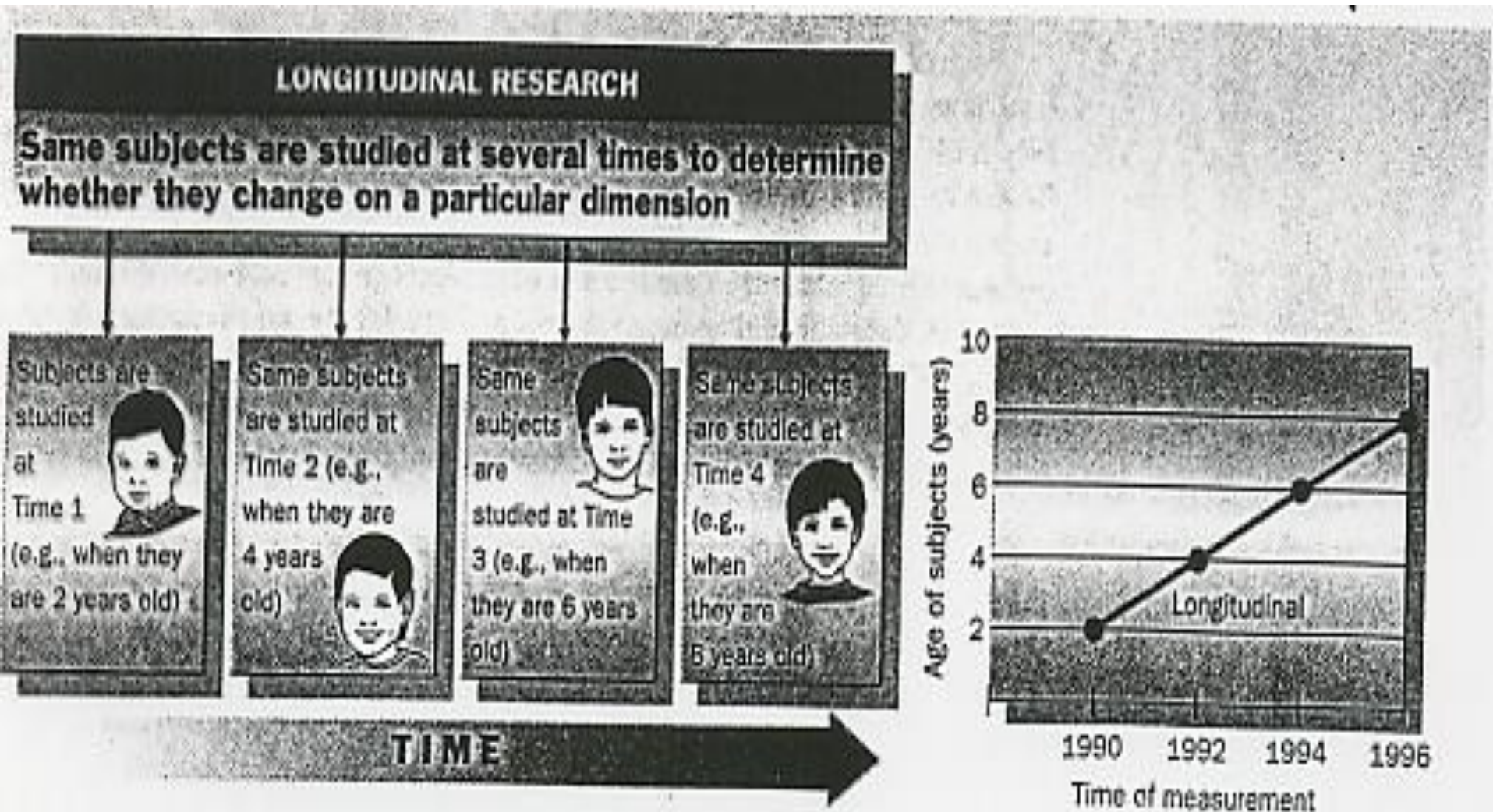


KEPENTINGAN KAJIAN PERKEMBANGAN

- Menjangka, merancang dan mencungkil potensi manusia.
- Memahami diri kita dan orang lain.
- Menjangkakan masalah-masalah yang akan timbul di masa akan datang.
- Memberikan pendidikan yang sesuai mengikut tahap perkembangan.

KAEDAH KAJIAN PERKEMBANGAN

Kaedah Berpanjangan



Keratan Lintang

Cross-Sectional versus Longitudinal Research

CROSS SECTIONAL RESEARCH

Subjects of various ages are compared to see if they differ on a particular dimension

Subjects of
Age A
(e.g.,
2 years)



Subjects of
Age B
(e.g., 4
years)



Subjects of
Age C
(e.g.,
6 years)

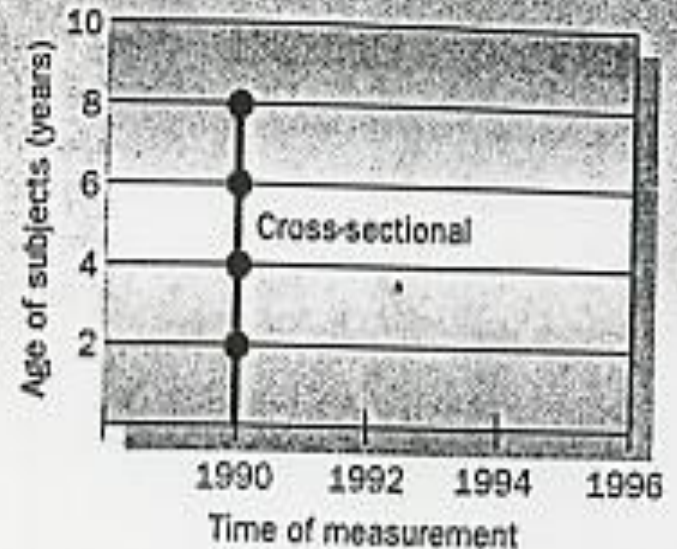


Subjects
Age D
(e.g.,
8 years)



All subjects studied at
same time

In *cross-sectional research*, subjects of different ages are examined to determine if they differ on some specific dimension. In *longitudinal research*, a group of subjects are examined over time.



ASAS PEMBESARAN DAN PERTUMBUHAN

Aspek pertumbuhan awal

1. Gen dan Kromosom

- ✓ Gen
- ✓ DNA
- ✓ Kromosom

2. Penentuan Bayi

3. Kejadian anak kembar

- ✓ Kembar Seiras
- ✓ Kembar Fraternal

4. Gen dominan dan gen resisif

Fisiologi badan manusia

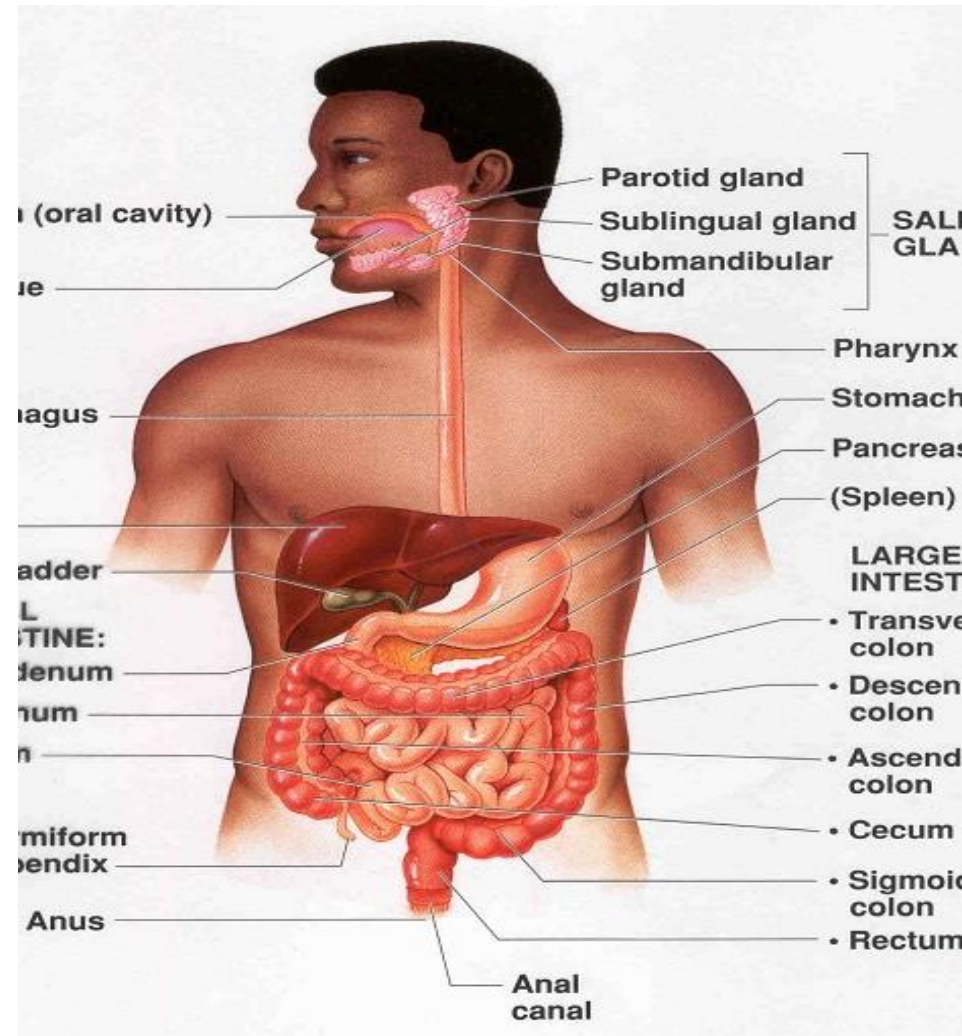
Sel

Tisu

Organ

Sistem

Manusia



The human body contains 100 trillion cells.

There is a **nucleus** inside each human cell (except red blood cells).

Each nucleus contains 46 **chromosomes**, arranged in 23 pairs.

One **chromosome** of every pair is from each parent.

The chromosomes are filled with tightly coiled strands of **DNA**.

Genes are segments of DNA that contain instructions to make proteins—the building blocks of life.

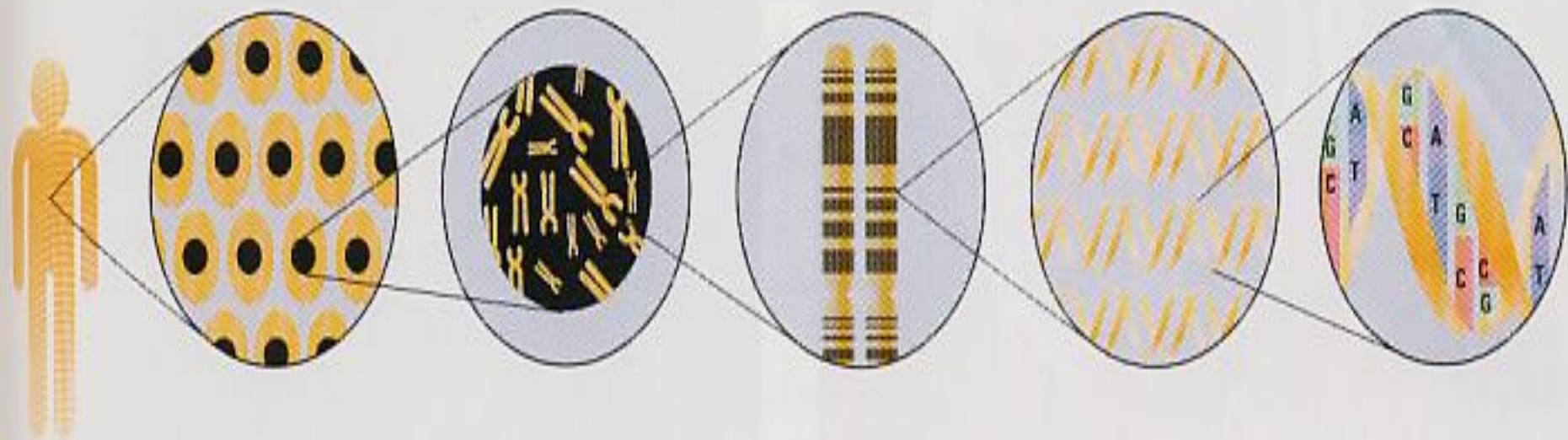
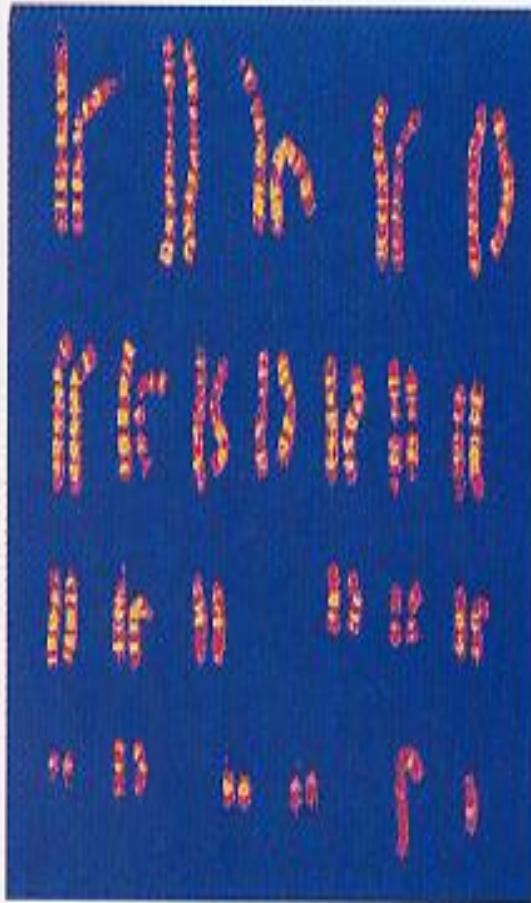


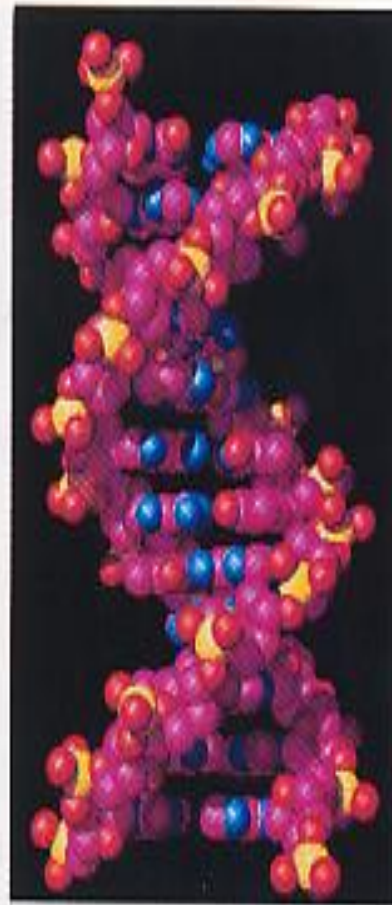
Figure 10.3 Genetic building blocks



(a) Conception



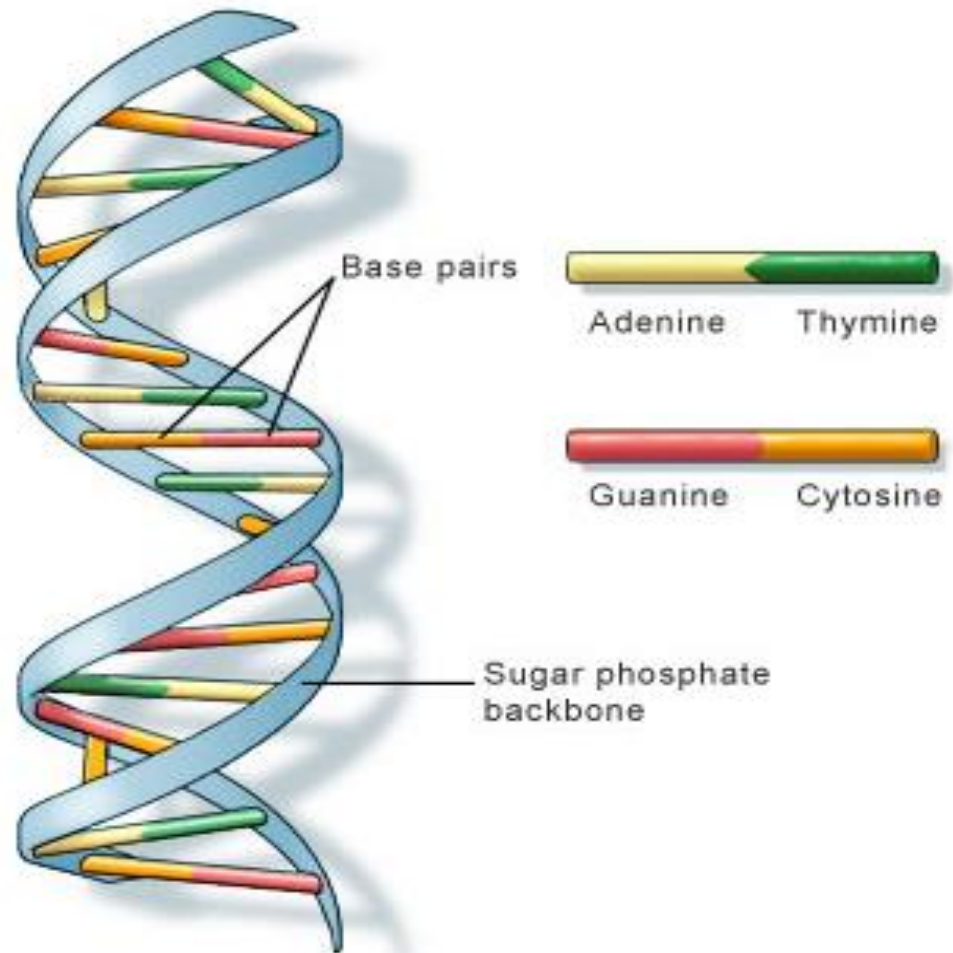
(b) 23 pairs of chromosomes



(c) DNA sequence



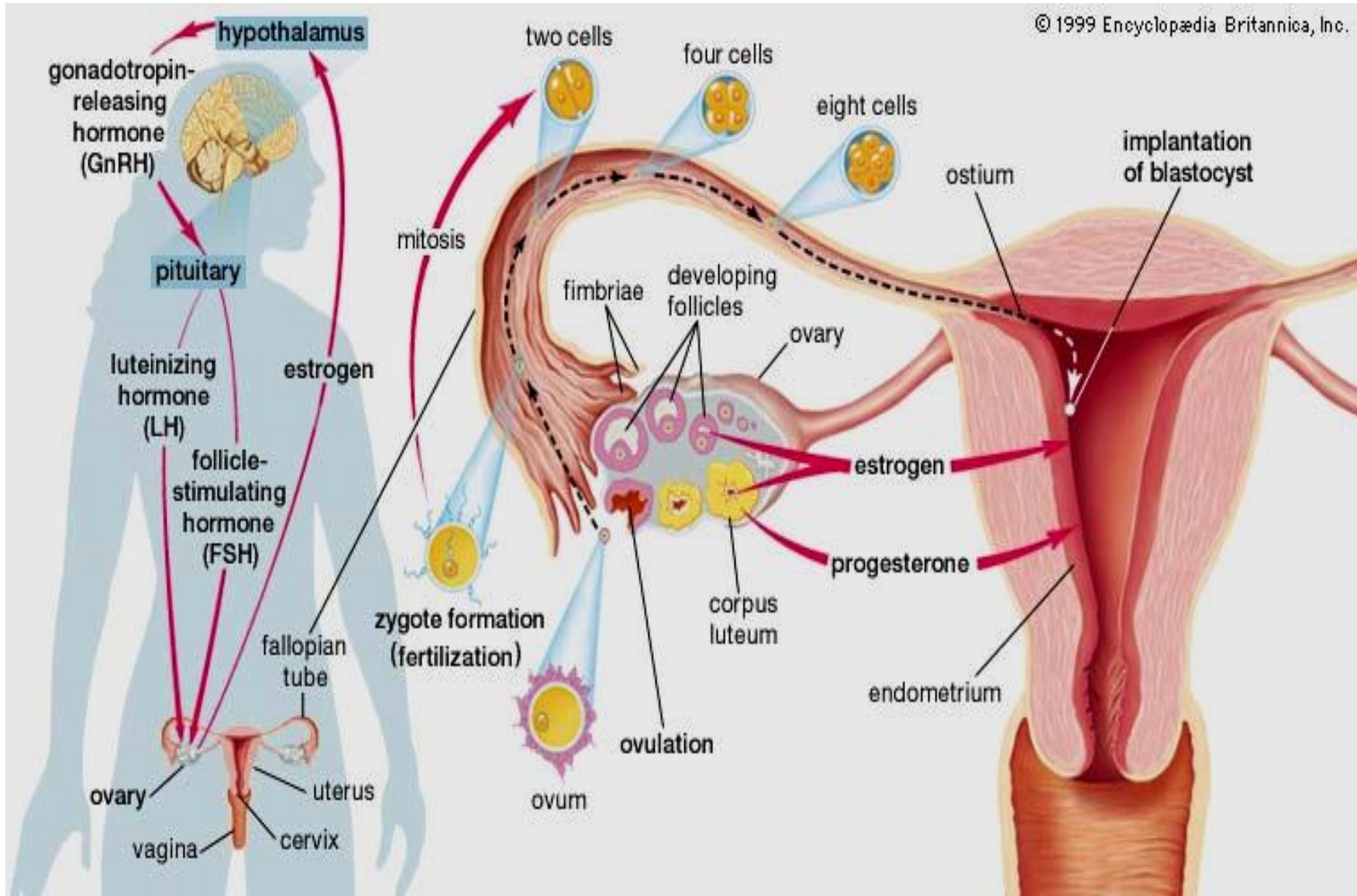
(d) Genes



Gen adalah unit paling kecil manusia

PERSENYAWAAN

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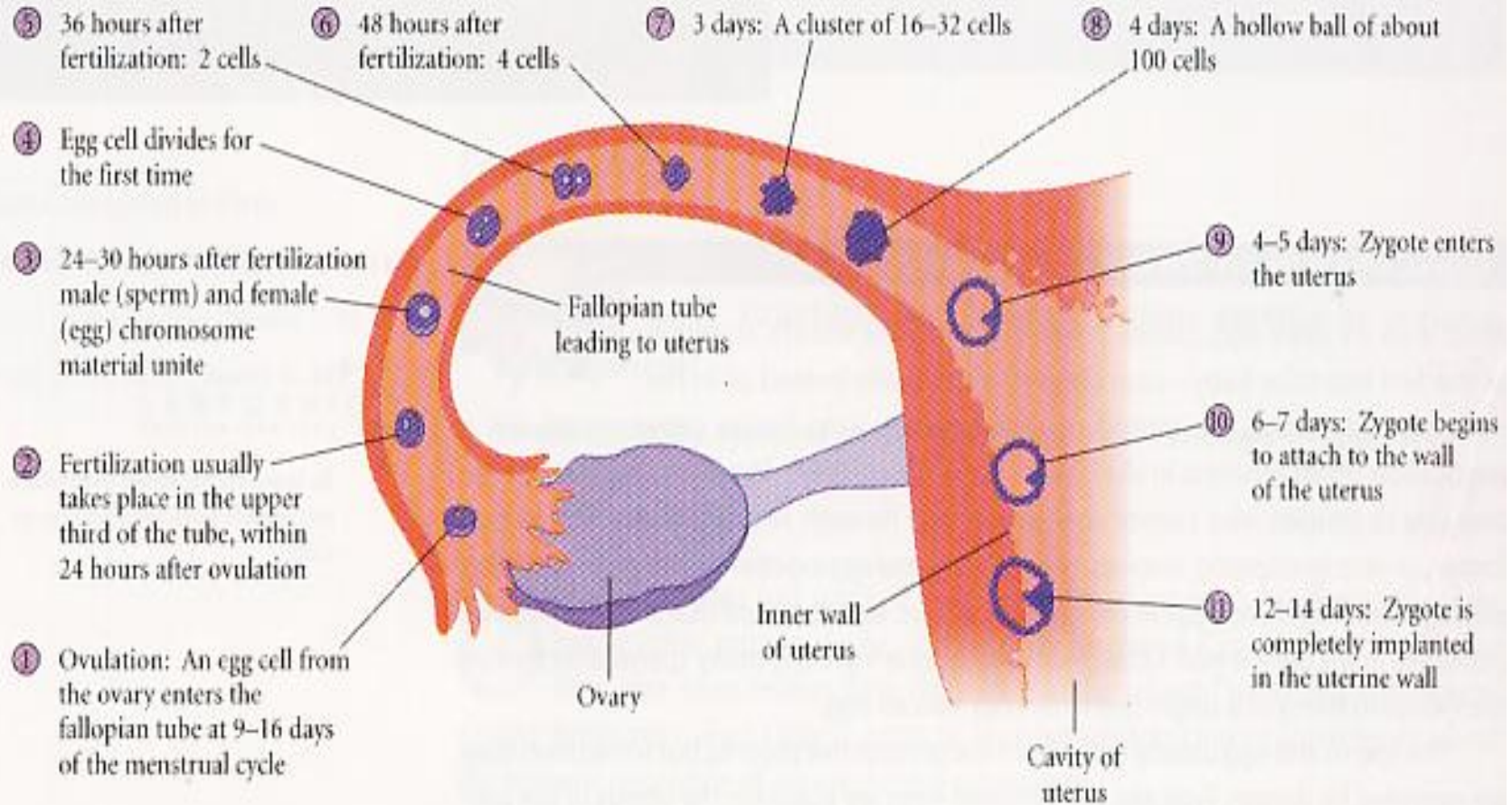


Sperma dan Ovum



Figure 12-1 Every individual's characteristics are determined by the individual's specific genetic information. At the moment of conception (a), humans receive 23 pairs of chromosomes (b), half from the mother and half from the father. These chromosomes are made up of coils of DNA (c). Each chromosome contains thousands of genes (d) that "program" the future development of the body.

PERSENYAWAAN



Gen dan Kromosom

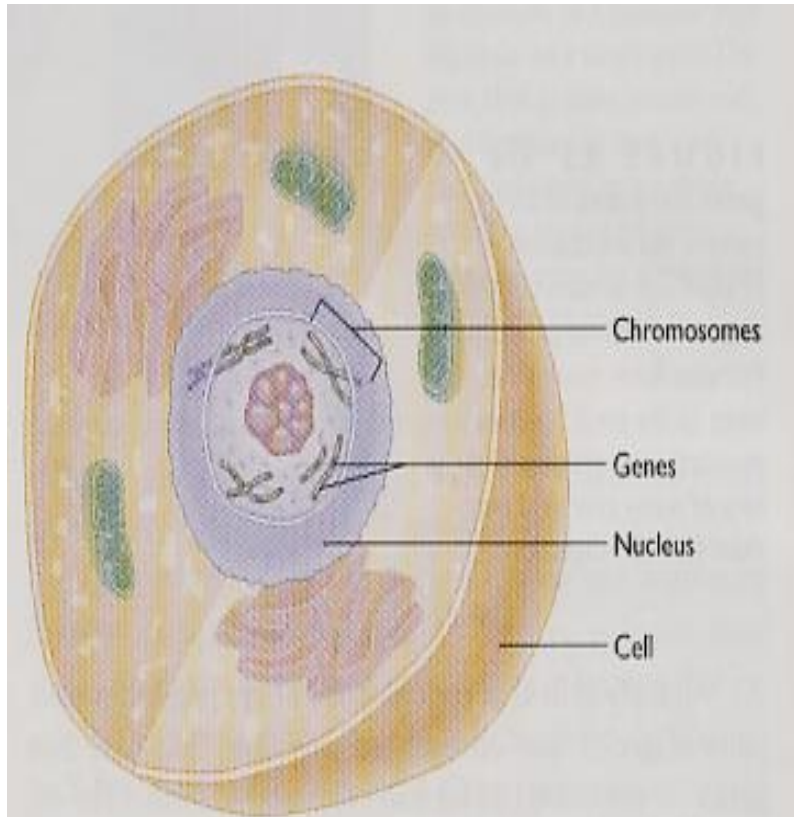


FIGURE 3.1 Genes are sections of chromosomes in the nuclei of cells. (Scale is exaggerated for illustration purposes.)

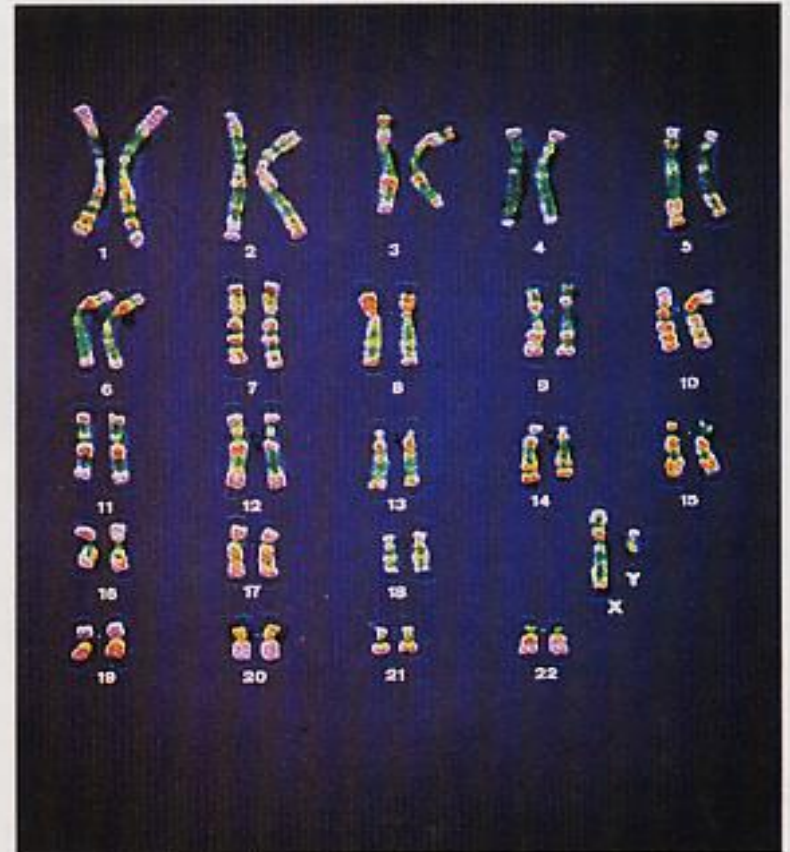


FIGURE 3.2 The nucleus of each human cell contains 46 chromosomes, 23 from the sperm and 23 from the ovum, united in pairs.

Penentuan Jantina

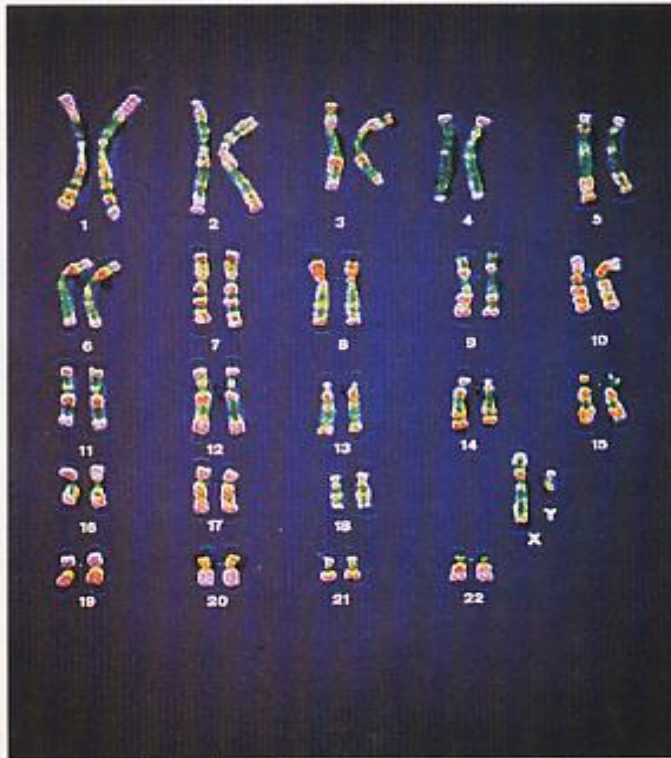
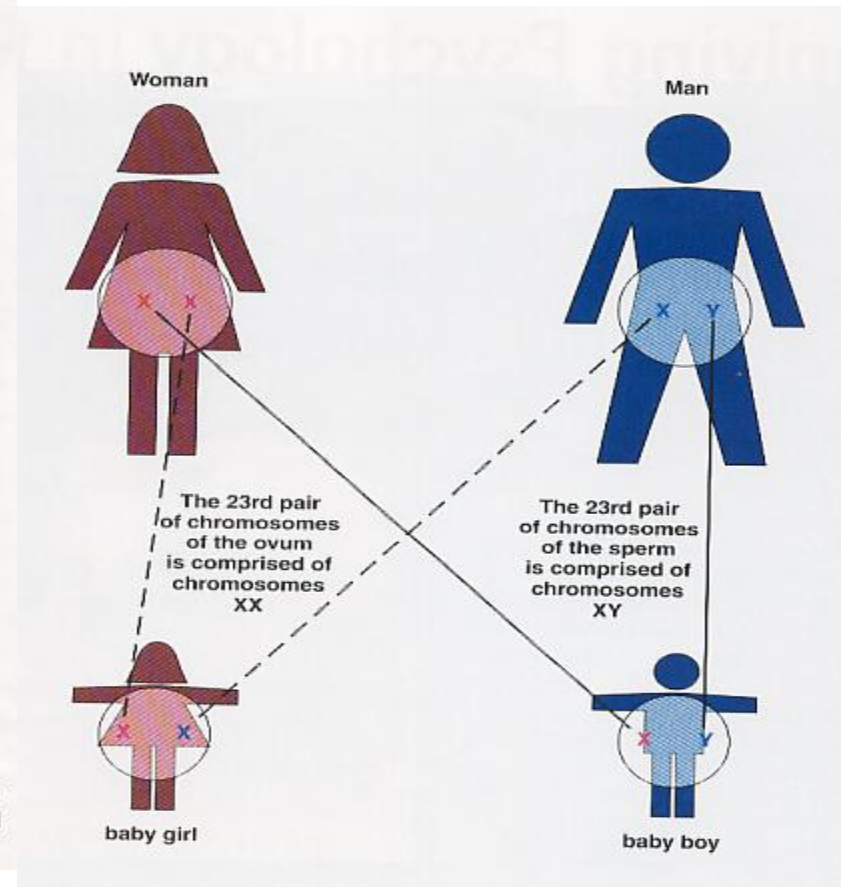


FIGURE 3.2 The nucleus of each human cell contains 46 chromosomes, 23 from the sperm and 23 from the ovum, united in pairs.



Anak Kembar



IDENTICAL TWINS



1. Accounting for about 1 in 250 births, identical twins are created when a single egg is fertilized by one sperm.



2. The egg splits into halves. Each develops into a fetus with the same genetic composition.

FRATERNAL TWINS



1. Twice as common as identicals, fraternal twins arise when two eggs are released at once.



2. If both are fertilized by separate sperm, two fetuses form. Genetically they are just ordinary siblings.

HALF-IDENTICAL TWINS

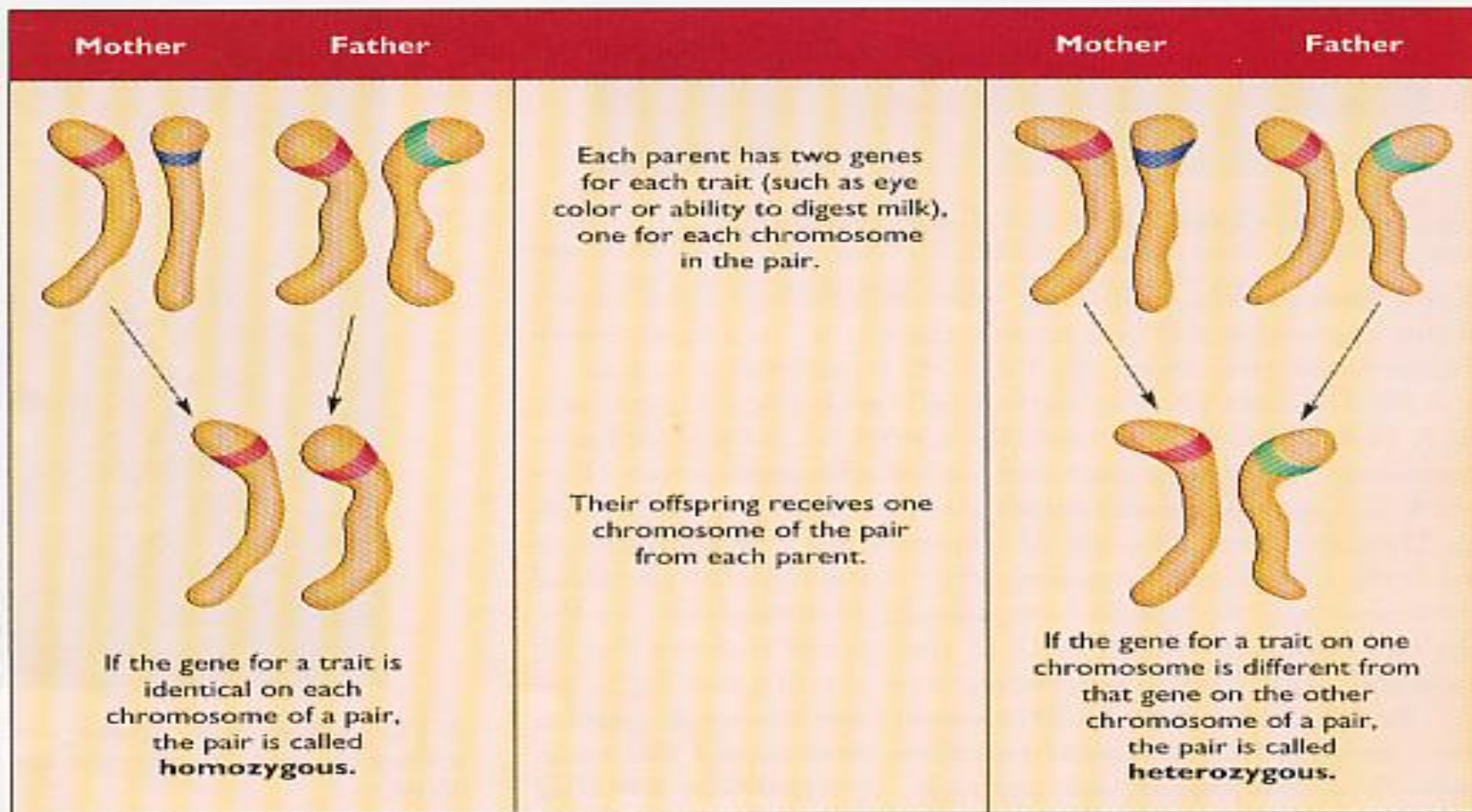


1. A rare type, half-identicals form when a precursor to an egg splits evenly and is fertilized by two sperm.



2. The fetuses have about half of their genes in common—those from the mother.

Gen dominan dan resisif



Gene
from
mother

Gene
from
father



= **heterozygous** (dominant and recessive; dominant gene prevails, so you can curl tongue)



= **heterozygous** (recessive and dominant; dominant gene prevails, so you can curl tongue)



= **homozygous** (dominant and dominant; no contest: you can curl tongue)



= **homozygous** (recessive and recessive; no contest: you cannot curl tongue)



COMMON PHENOTYPES ASSOCIATED WITH SINGLE PAIRS OF GENES

Dominant Phenotype

Curly hair
Normal hair
Dark hair
Thick lips
Cheek dimples
Normal hearing
Normal vision
Farsightedness
Normal vision
Type A blood
Type B blood
Rh-positive blood

Recessive Phenotype

Straight hair
Pattern baldness (men)
Blond hair
Thin lips
No dimples
Some types of deafness
Nearsightedness
Normal vision
Red-green color blindness
Type O blood
Type O blood
Rh-negative blood

Ketidaknormalan Kromosom

1. Sindrom Klienfelter- XXY
2. Sindrom Turner- X
3. Sindrom Down
4. Fenilketonuria
5. Sickle-cell anemia
6. Penyakit TaySach's



COMMON DISORDERS ASSOCIATED WITH THE SEX CHROMOSOMES

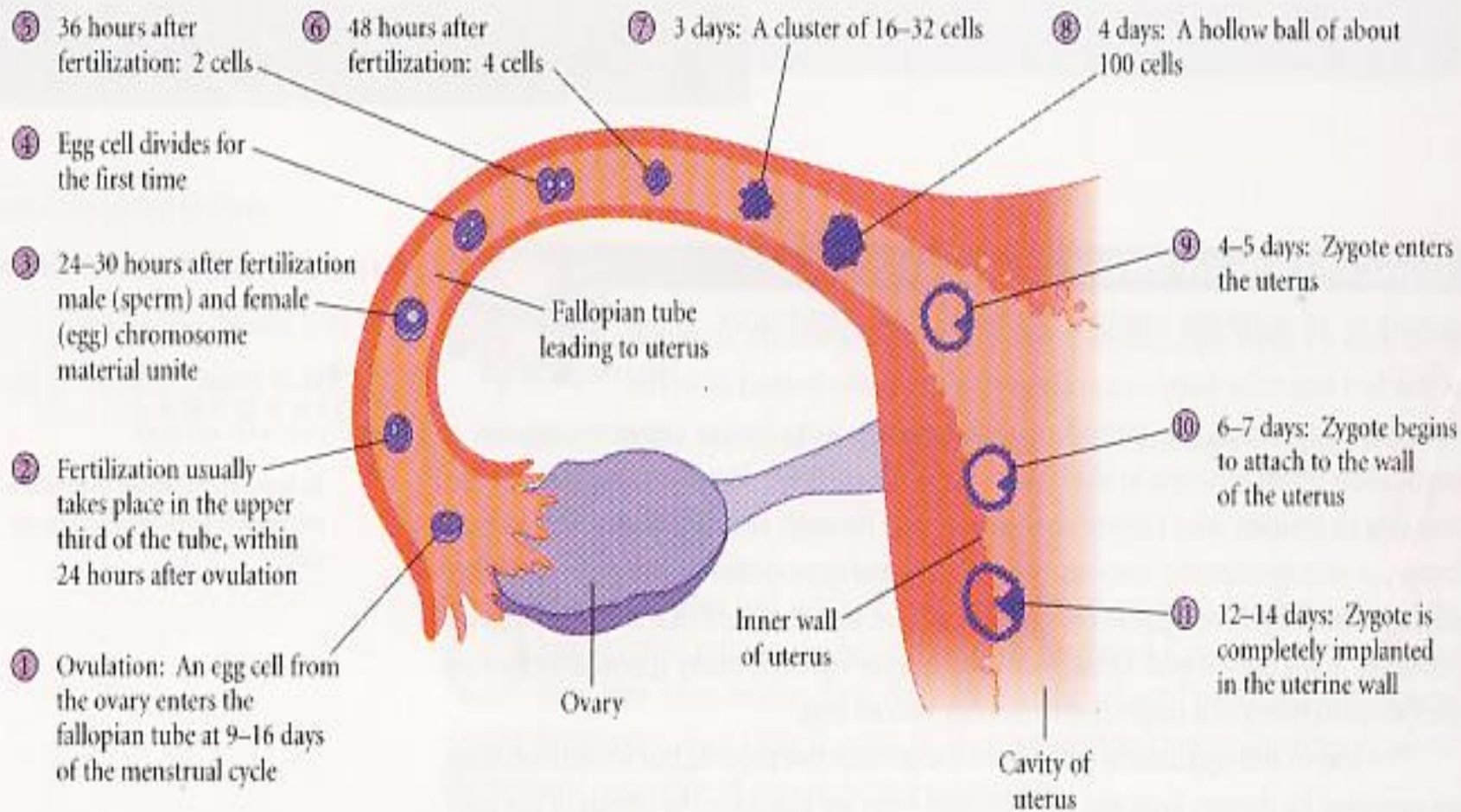
Disorder	Chromosomes	Frequency	Characteristics
Klinefelter's syndrome	XXY	1 in 500 male births	Tall, small testicles, sterile, below-normal intelligence, passive
XYY complement	XYY	1 in 1,000 male births	Tall, some cases apparently have below-normal intelligence
Turner's syndrome	X	1 in 2,500 – 5,000 female births	Short, limited development of secondary sex characteristics, problems perceiving spatial relations
XXX syndrome	XXX	1 in 500 – 1,200 female births	Normal stature but delayed motor and language development

Source: Based on Bancroft et al., 1982; Downey et al., 1991; Linden et al., 1988; Plomin et al., 1990.

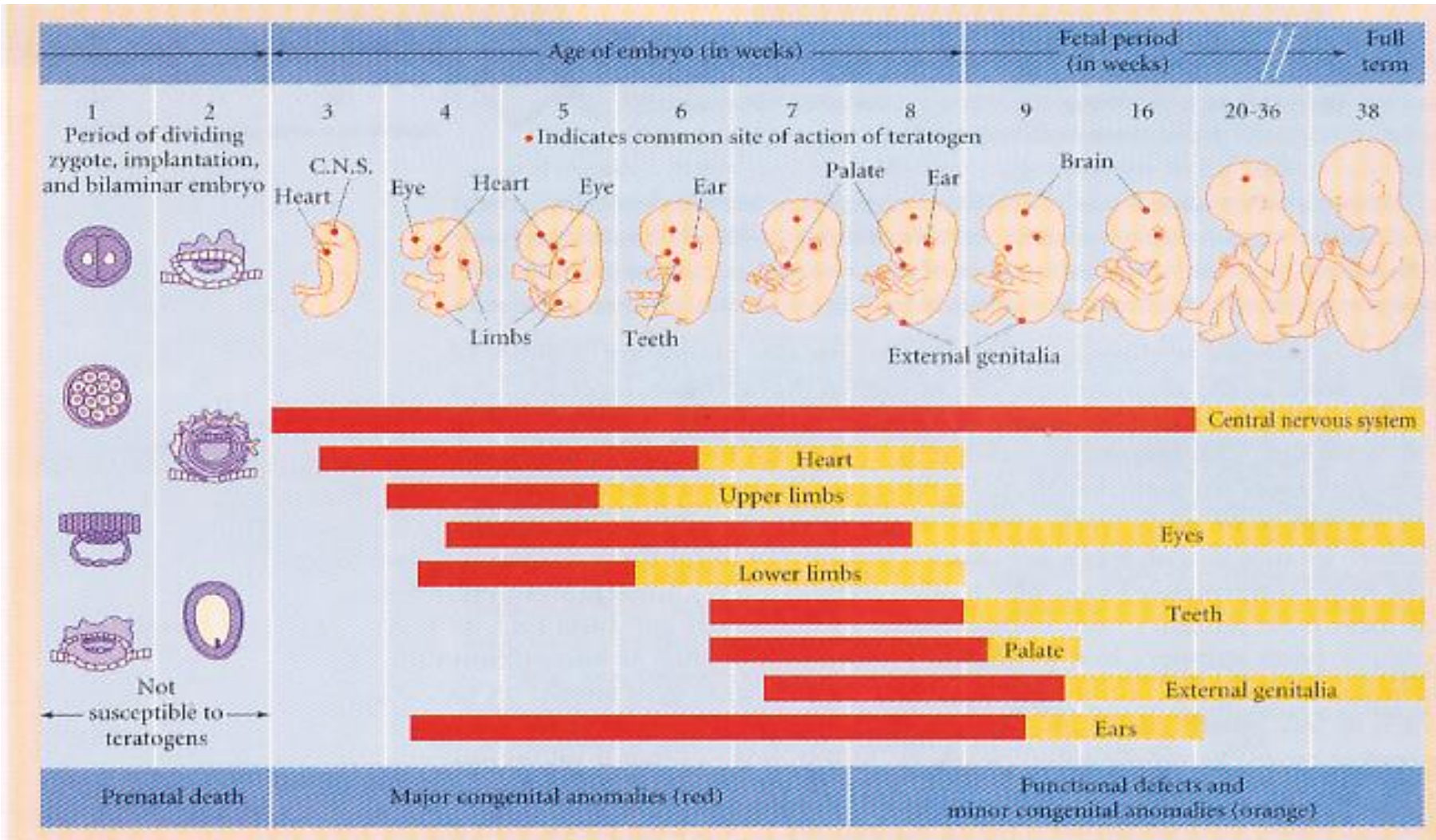
***PERKEMBANGAN SEWAKTU
PRANATAL***

Fasa Perkembangan

1. Trimester Pertama (1-4 hari)
 - Fasa Germa
2. Trimester Kedua (4 hari-3 bulan)
 - Fasa Embrio
3. Trimester Ketiga (3 bulan-lahir)
 - Fasa Fetal



Fasa Perkembangan



Faktor Perkembangan Bayi Sewaktu Pranatal

1. Emosi
2. Zat makanan
3. Persekitaran
 - ✓ Dadah
 - ✓ Rokok
 - ✓ Alkohol
 - ✓ Cahaya Altra Ungu
 - ✓ Bahan Kimia Persekitaran
4. Sumbangan bapa



? **THINK ABOUT IT**
A pregnant woman reluctant to give up her morning cup of coffee and nightly glass of wine says, "I drink so little coffee and wine that it couldn't possibly hurt my baby." What do you think?

Faktor Persekitaran

Table 12–2 Environmental Factors Affecting Prenatal Development

Factor	Possible Effect
Rubella (German measles)	Blindness, deafness, heart abnormalities, stillbirth
Syphilis	Mental retardation, physical deformities, maternal miscarriage
Addictive drugs	Low birth weight, addiction of infant to drug, with possible death, after birth, from withdrawal
Smoking	Premature birth, low birth weight and length
Alcohol	Mental retardation, lower-than-average birth weight, small head, limb deformities
Radiation from X rays	Physical deformities, mental retardation
Inadequate diet	Reduction in growth of brain, smaller-than-average weight and length at birth
Mother's age—younger than 18 at birth of child	Premature birth, increased incidence of Down syndrome
Mother's age—older than 35 at birth of child	Increased incidence of Down syndrome
DES (diethylstilbestrol)	Reproductive difficulties and increased incidence of genital cancer in children of mothers who were given DES during pregnancy to prevent miscarriage
AIDS	Possible spread of AIDS virus to infant; facial deformities; growth failure



Fetal Alcohol Syndrome
The faces of people with FAS often show abnormalities.



Teratogen

TERATOGENIC DRUGS AND THEIR CONSEQUENCES

Drug	Potential Consequences
Alcohol	Fetal alcohol syndrome, cognitive deficits, heart damage, retarded growth
Aspirin	Deficits in intelligence, attention, and motor skill
Caffeine	Lower birth weight and decreased muscle tone
Cocaine and heroin	Retarded growth, irritability in newborns
Marijuana	Lower birth weight and less motor control
Nicotine	Retarded growth, facial deformities

TERATOGENIC DISEASES AND THEIR CONSEQUENCES

Disease	Potential Consequences
AIDS	Frequent infections, neurological disorders, death
Cytomegalovirus	Deafness, blindness, abnormally small head, mental retardation
Genital herpes	Encephalitis, enlarged spleen, improper blood clotting
Rubella	Mental retardation, damage to eyes, ears, and heart
Syphilis	Damage to the central nervous system, teeth, and bones

ENVIRONMENTAL TERATOGENS AND THEIR CONSEQUENCES

Hazard	Potential Consequences
Lead	Mental retardation
Mercury	Retarded growth, mental retardation, cerebral palsy
PCBs	Impaired verbal and memory skill
X-rays	Retarded growth, leukemia, mental retardation

FAKTOR PERKEMBANGAN MANUSIA

Sejadi dan Asuhan

Menentukan faktor yang mempengaruhi perkembangan manusia

- Kajian anak angkat – anak yang dipelihara oleh keluarga yang berbeza dengan keluarga asal.
- Kajian anak kembar – anak-anak kembar yang dipelihara oleh keluarga yang berbeza-beza latar belakang

Kematangan

1. Fungsi filogenetik

- Kematangan yang berlaku kepada setiap individu, tidak mengira manusia.
- Contoh: meniarap, merangkak, berjalan dan berlari.

2. Fungsi ontogenetik

- Kematangan hanya khusus untuk individu manusia sahaja.
- Contoh: melukis, menari dan berenang.

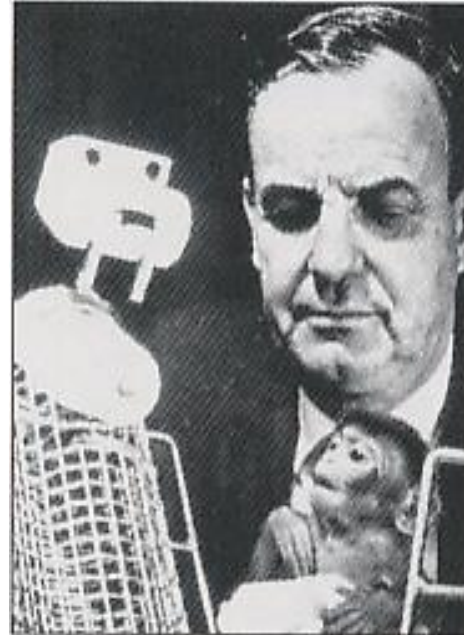
Pengalaman Tempoh Kritikal

1. Pengamalan awal adalah penting menentukan perkembangan di masa akan datang.
2. Dua Kajian:
 1. Deprivasi sosial – Perapatan sosial (Harry Harlow)
 2. Tanggap Tiru (Konrad Lorenz)

Perapatan Sosial (social attachment)

Apa dia kajian
deprivasi
sosial?

Jelaskan

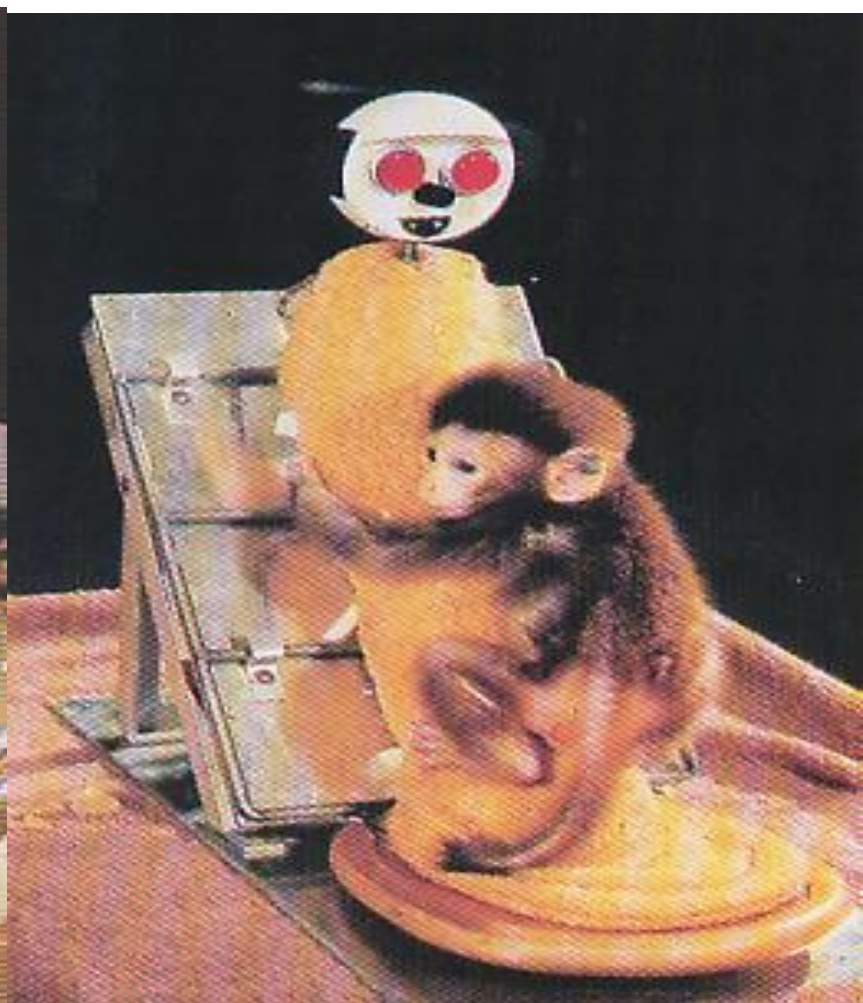


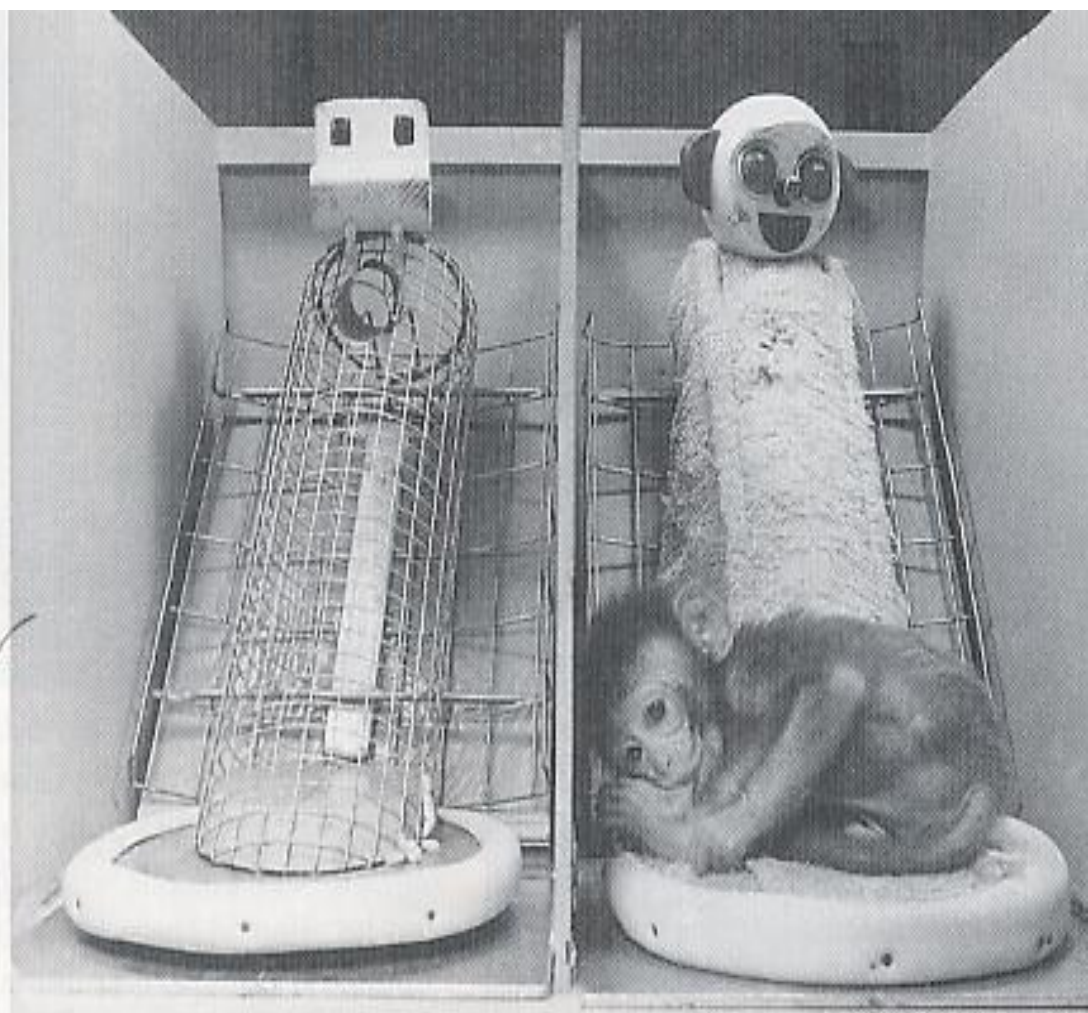
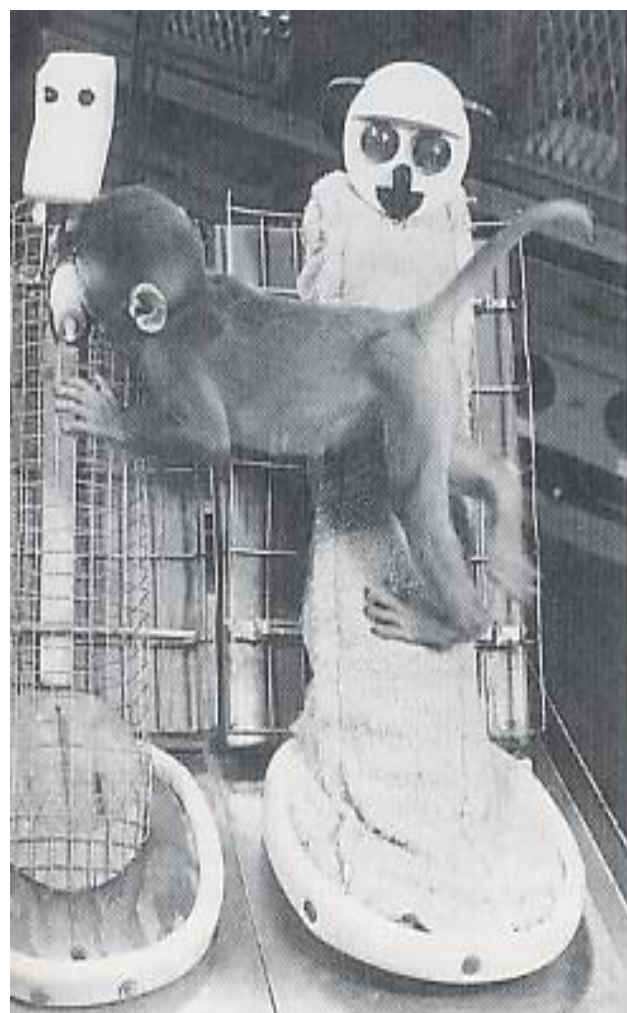
Harry Harlow (1905–1981).



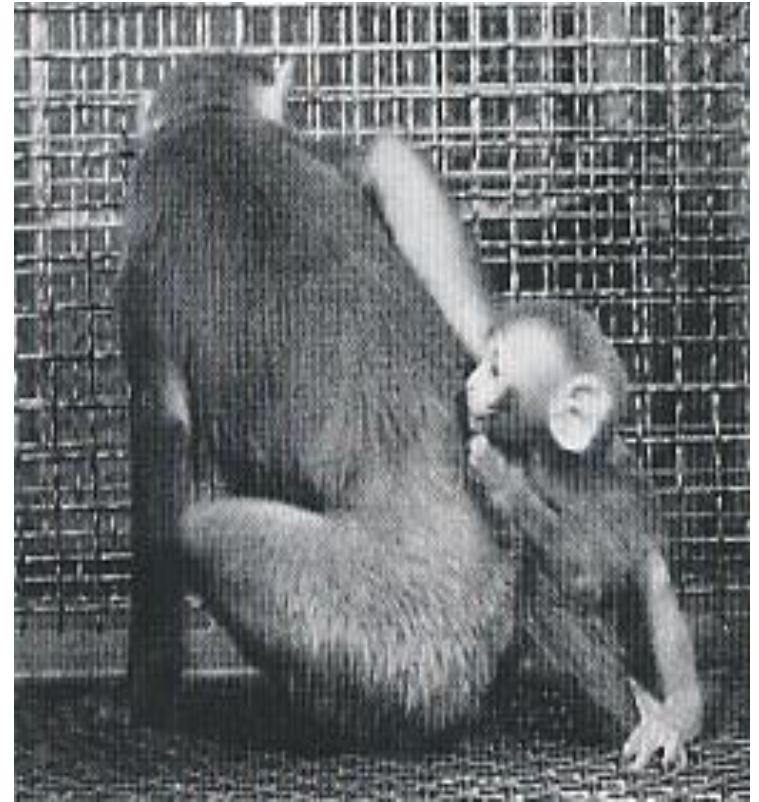
Margaret Harlow (1918–1971).

Pelukan





Apabila dewasa



Perapatan Sosial: Manusia



Perapatan Sosial – *Social Attachment*



Physical contact and cuddling are essential for the attachment that develops between parent and child. The early parent-child relationship serves as a prototype for later social attachments.

Konrad Lorenz: Tanggap Tiru (Imprinting)



TEORI PERINGKAT PERKEMBANGAN MANUSIA

Teori Perkembangan Kognitif Jean Piaget

- Menekankan proses mental (kognitif)
- Konsep penting
 - Skema
 - Asimilasi
 - Akomodasi
 - Adaptasi
- Peringkat Perkembangan Kognitif
 - Tahap deria motor
 - Tahap pra-operasi
 - Tahap Konkrit
 - Tahap operasi formal



Piaget's Stages of Intellectual Development

SENSORIMOTOR STAGE

The child begins to interact with the environment.



0-2

PREOPERATIONAL STAGE

The child begins to represent the world symbolically.



2-6 or 7

CONCRETE OPERATIONAL STAGE

The child learns rules such as conservation.



7-11 or 12

FORMAL OPERATIONAL STAGE

The adolescent can transcend the concrete situation and think about the future.



12-Adulthood

Conservation



Teori Perkembangan Psikososial Erik Erikson

1. Menekankan perkembangan identiti
2. Setiap peringkat terdiri daripada dua komponen: negatif dan positif
3. Perubahan di antara peringkat ditandai dengan krisis dalam hidup.



Lapan Peringkat Perkembangan

1. Percaya lawan ketidakpercayaan
2. Autonomi lawan curiga
3. Inisiatif lawan bersalah
4. Berlumba-lumba lawan rendah diri
5. Identiti lawan kecelaruan peranan
6. Kemesraan lawan pengasingan
7. Pembelaan nasib generasi lawan kekakuan
8. Integriti lawan sesalan

Teori Perkembangan Psikososial Erikson

TABLE 9.3 Erik Erikson's Stages of Personality Development

Age	Name of Stage	Developmental Accomplishments or Failures
0–1 year	Basic trust vs. mistrust	Learns to feel comfortable and trust parents' care; or develops a deep distrust of a world that is perceived to be unsafe
1–3 years	Autonomy vs. shame and doubt	Learns sense of competence by learning to feed self, use toilet, play alone; or feels ashamed and doubts own abilities
3–5 years	Initiative vs. guilt	Gains ability to use own initiative in planning and carrying out plans; or, if cannot live within parents' limits, develops a sense of guilt over misbehavior
5–11 years	Industry vs. inferiority	Learns to meet the demands imposed by school and home responsibilities; or comes to believe that he or she is inferior to others
11–18 years	Identity vs. role confusion	Acquires sense of own identity; or is confused about role in life
18–40 years	Intimacy vs. isolation	Develops couple relationship and joint identity with partner; or becomes isolated from meaningful relationships with others
40–65 years	Generativity vs. stagnation	Develops a concern with helping others and leaving children, products, and ideas to future generations; or becomes self-centered and stagnant
65–years on	Integrity vs. despair	Reaps benefits of earlier stages and understands and accepts meaning of a temporary life; or despairs over ever being able to find meaning in life

Perkembangan moral Lawrence Kohlberg

1. Perkembangan berdasarkan kepada bagaimana manusia menggunakan asas moral bagi mendasari tingkah laku mereka.
2. Penaakulan moral berlaku secara berperingkat.



Tiga Tahap Perkembangan Moral

1. Tahap prakonvensional
2. Tahap konvensional
3. Tahap pascakonvensional
(prinsipal)

Teori Perkembangan Moral

LEVEL 1

Preconventional Level
No Internalization

Stage 1

Heteronomous Morality

Individuals pursue their own interests but let others do the same. What is right involves equal exchange.

Stage 2

Individualism, Purpose,
and Exchange

Children obey because adults tell them to obey. People base their moral decisions on fear of punishment.

LEVEL 2

Conventional Level
Intermediate Internalization

Stage 3

Mutual Interpersonal
Expectations, Relationships,
and Interpersonal Conformity

Individuals value trust, caring, and loyalty to others as a basis for moral judgments.

Stage 4

Social System Morality

Moral judgments are based on understanding and the social order, law, justice, and duty.

LEVEL 3

Postconventional Level
Full Internalization

Stage 5

Social Contract or Utility
and Individual Rights

Individuals reason that values, rights, and principles undergird or transcend the law.

Stage 6

Universal Ethical Principles

The person has developed moral judgments that are based on universal human rights. When faced with a dilemma between law and conscience, a personal, individualized conscience is followed.

FIGURE 4.1B Kohlberg's Three Levels and Six Stages of Moral Development

Perkembangan Kanak-Kanak

1. Zaman Bayi (2minggu-2 tahun)
2. Zaman kanak-kanak (2-7 tahun)
3. Zaman kanak-kanak tengah (7-11 tahun)

Perkembangan Remaja

- Perubahan Remaja
 - Fizikal
 - Seksual
 - Kognitif
 - Sosial dan personalitit
- Masalah Psikologikal
 - Konflik ibu bapa
 - Konflik kasih sayang
 - Konflik kebebasan
 - Konflik tanggungjawab
 - Konflik rakan-sebaya
 - Konflik emosi-tingkah laku

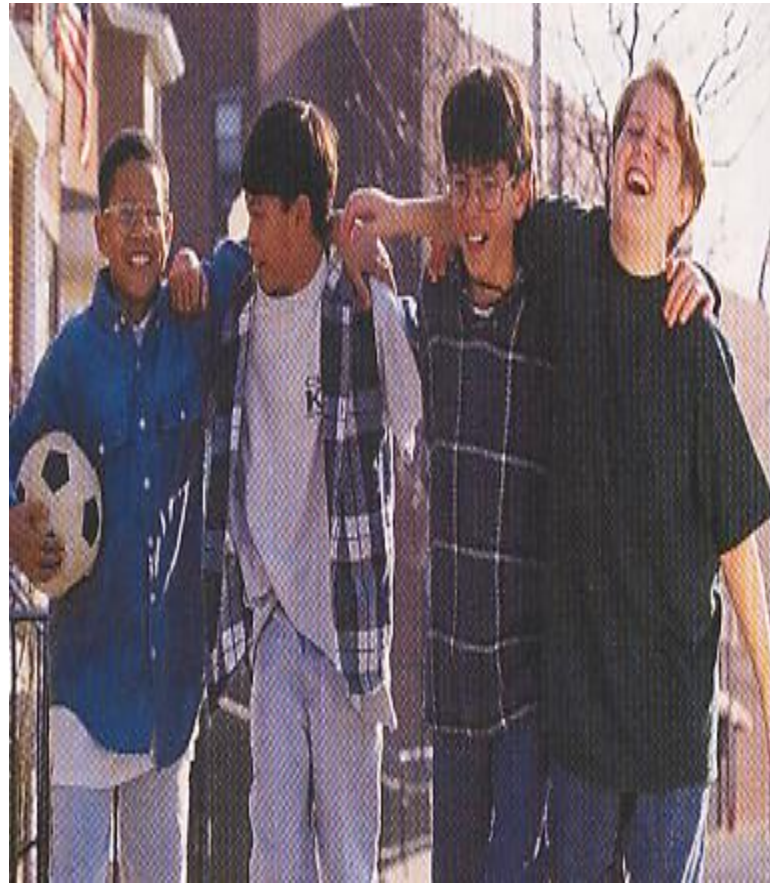
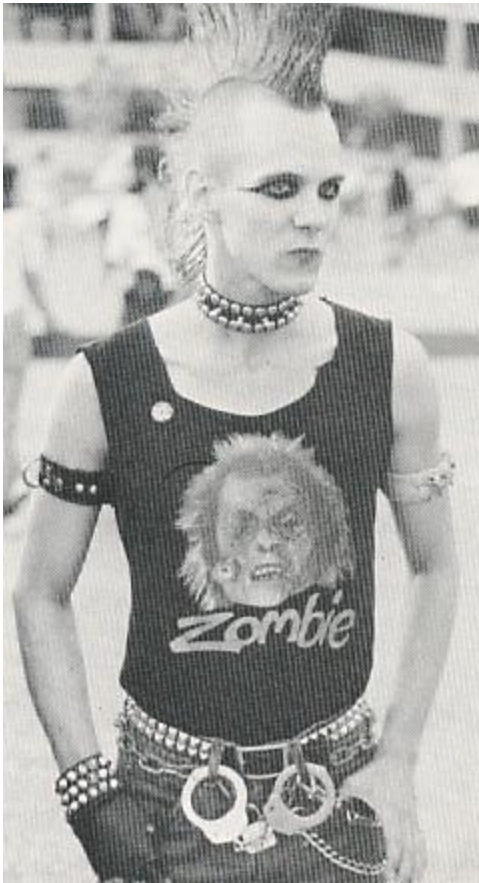
Perkembangan seksual (akil baligh - puberty



Activation of sexual desire occurs during adolescence.



Identiti & Rakan sebaya







Perkembangan Dewasa

1. Zaman Dewasa Muda
2. Zaman Dewasa Awal
3. Zaman Dewasa Tengah
4. Zaman Dewasa Akhir
5. Zaman Dewasa Akhir Akhir

Zaman Dewasa

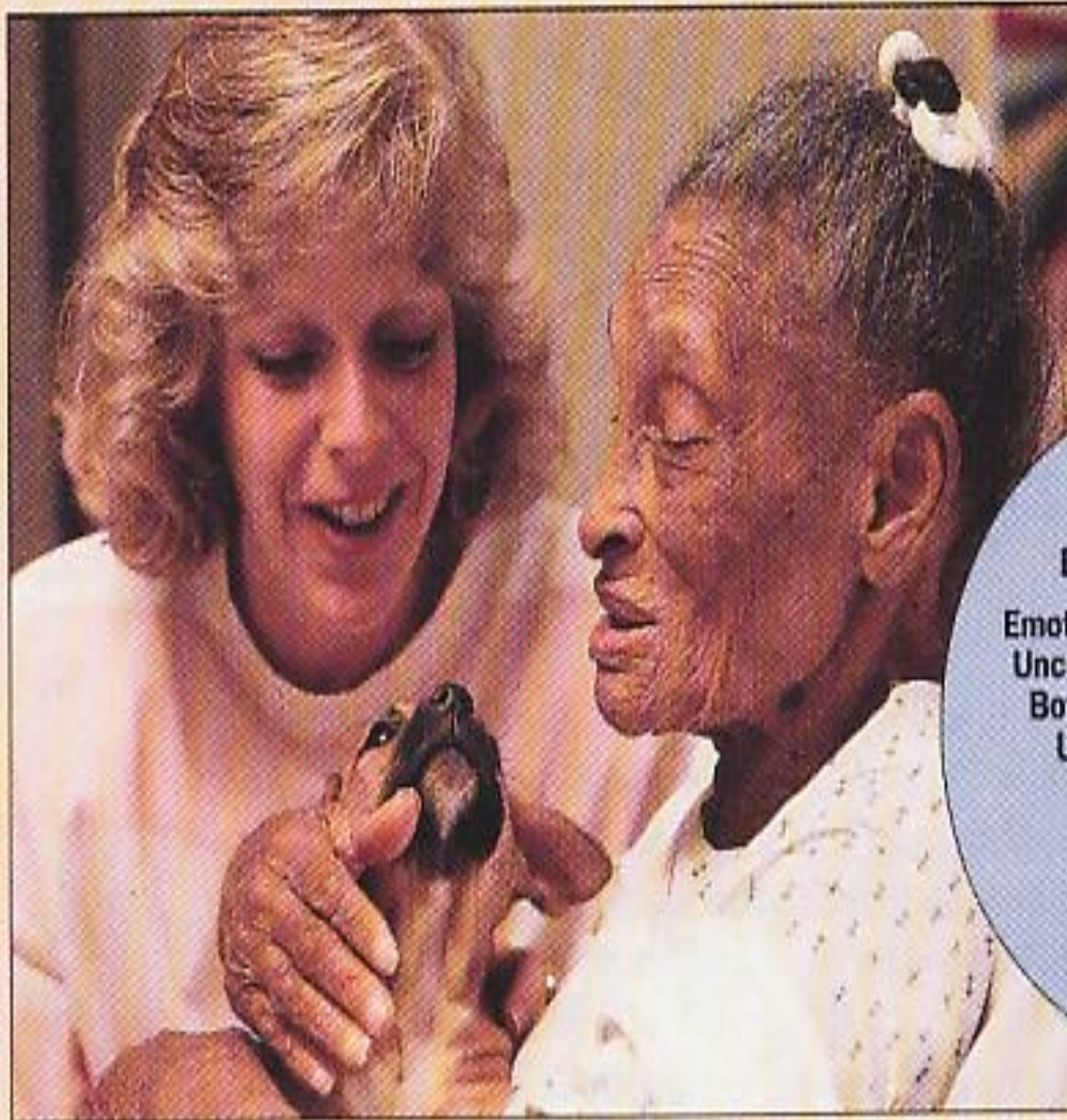
Major Changes in Important Domains of Adult Functioning

AGE	PHYSICAL CHANGE	COGNITIVE CHANGE	WORK ROLES	PERSONALITY DEVELOPMENT	MAJOR TASKS
Young Adulthood 18-25	Peak functioning in most physical skills; optimum time for childbearing	Cognitive skills high on most measures 	Choose career, which may involve several job changes; low work satisfaction is common	Conformist; task of intimacy	Separate from family; form partnership; begin family; find job; create individual life pattern
Early Adulthood 25-40	Still good physical functioning in most areas; health habits during this time establish later risks	Peak period of cognitive skill on most measures	Rising work satisfaction; major emphasis on career or work success; most career progress steps made	Task of generativity 	Rear family; establish personal work pattern and strive for success
Middle Adulthood 40-65	Beginning signs of physical decline in some areas—strength, elasticity of tissues, height, cardiovascular function	Some signs of loss of cognitive skill on timed, unexercised skills	Plateau on career steps, but higher work satisfaction	Increase in self-confidence, openness; lower use of immature defenses	Launch family; redefine life goals; redefine self outside of family and work roles; care for aging parents
Late Adulthood 65-75	Significant physical decline on most measures	Small declines for virtually all adults on some skills	Retirement 	Perhaps integrated level; perhaps more inferiority; or perhaps self-actualized; task of ego integrity	Cope with retirement; cope with declining health; redefine life goals and sense of self
Late, Late Adulthood 75+	Marked physical decline on virtually any measure, including speed, strength, work capacity, elasticity, system functioning	Often significant loss in many areas, including memory	Work roles now unimportant	Perhaps integrated or self-actualized, at least for some people	Come to terms with death 

Penuaan(Aging)

- Tahap Penuaan
 - Tahap tua awal
 - Tahap tua tengah
 - Tahap tua sebenar
- Penuaan sosial
- Penuaan biologikal
- Penuaan kognitif
- Penuaan afektif

Possible Biobehavioral Changes Seen in Elderly Patients



COGNITIVE

- Shortened attention span
- Slowed thought processes
- Unusual thought content
- Reduced mental acuity
- Thinking disturbances
- Poor concentration
- Disorientation
- Hallucinations
- Forgetfulness
- Confusion

EMOTIONAL

- Emotional instability
- Uncooperativeness
- Bothersomeness
- Unsociability
- Irritability
- Loneliness
- Depression
- Hostility
- Agitation
- Anxiety

SOMATIC

- Joint pain or stiffness
- Diminished locomotion
- Urinary incontinence
- Sensory deficits
- Muscle cramps
- Constipation
- Chest pain
- Dizziness
- Anorexia
- Insomnia

Source: From Usdin and Hofling, 1978.

Zaman Dewasa Akhir



Former president Ronald Reagan was diagnosed with Alzheimer's at the age of 83.

MENGHADAPI KEMATIAN

Elizabeth Kubler Ross (1926-2004): Swiss American Psychiatrist)

- Kajian ke atas hari-hari akhir menjelang kematian.
- Peringkat
 1. Peringkat Penafian (Denial)
 2. Peringkat Marah (Anger)
 3. Peringkat Tawar-Menawar (Bargaining)
 4. Peringkat Kemurungan (Depression)
 5. Peringkat Penerimaan (Acceptance)

RUMUSAN

- Dapatkah anda mendefinisikan perkembangan?
- Dapatkah anda menjelaskan kaedah mengkaji perkembangan?
- Dapatkah anda menjelaskan proses perkembangan?
- Dapatkah anda menjelaskan setiap teori peringkat perkembangan?
- Dapatkah anda menjelaskan tahap-tahap perkembangan manusia daripada bayi sehingga dewasa?