



**Curso PSY-01**

**INTRODUCTION TO SOCIAL PSYCHOLOGY  
INTRODUCCIÓN A LA PSICOLOGÍA SOCIAL**

(45 lecture hours)

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**Brief Course Presentation:**

Social Psychology is a scientific discipline that seeks to study, from a rigorous scientific perspective, the most common type of behavior among human beings: behavior in interaction with other human beings. We are essentially social beings. Everything we are, think, and feel is based on this fundamental psychosocial matrix that accompanies us throughout our lives. Therefore, the scientific and rigorous analysis of the social context of interaction and the relationships that human beings establish is essential to understanding our behavior, enhancing our abilities, and improving our adaptation to our human environment. The scientific approach to these important topics, as in the rest of Psychology, has only been possible since the late 19th century, and thus a profound and critical analysis of the scientific, social, and historical development of the sciences, and particularly the human sciences, is also necessary.

**Objectives:**

**General Objective:**

To introduce students to one of the central pillars of behavioral studies (Psychology): Social Psychology. This will take into account the profound consequences this has at the scientific, academic, cultural, and professional levels (and even, more intimately, at the personal and ethical levels).



**Specific Objectives:**

- 1) To grasp and assimilate a general approach to Social Psychology.
- 2) To understand and acknowledge the importance and universality of psychosocial interaction.
- 3) To become familiar with basic psychosocial principles and processes.
- 4) To consider in detail the fundamental phenomena of social cognition.
- 5) To analyze and understand the processes of psychosocial influence.
- 6) To acquire general knowledge of techniques related to the above objectives.

**Skill Outcomes:**

Students will develop Knowledge and understanding of:

- a) To understand the main psychosocial theories.
- b) To understand the models, methods, and concepts specific to the psychosocial approach.
- c) To understand the basic psychosocial processes.
- d) To understand the basic aspects of psychosocial interaction.
- e) To understand the essential elements of social cognition (perception, attributions, attitudes).
- f) To understand the basic processes and aspects of social influence.



Students will have the opportunity to develop the following skills during the course:

- a) To know how to apply learned knowledge to social life.
- b) To know how to translate a psychosocial theory into a research design psychosocial application.
- c) To know how to use essential psychosocial instruments and techniques.
- d) To know how to interpret the results of a psychosocial intervention and evaluation.
- e) To foster a constructive critical attitude toward theories, methodologies, and procedures, and toward social relations and their relevance in general.
- f) To foster interest in the psychosocial aspects of scientific knowledge in general within Psychology, thanks to the contributions and perspective of Social Psychology.
- g) To review, across the board, the ethical implications arising from the scientific study of psychosocial interaction (including, and beginning with, the norms of interaction and conduct within our subject).

### **Syllabus:**

#### **UNIT 1: WHAT DOES SOCIAL PSYCHOLOGY STUDY, AND WHY IS IT SO COMMON AND IMPORTANT?**

- Human beings as social animals: biological, psychological, and social bases of our relationships with others.
- Generality and importance of human interaction behavior (the luxury of relationships).
- If it is so common, widespread, and important, why have we only recently begun to address it scientifically? Science, Methodology, and Theories.



## UNIT 2: BASIC PSYCHOSOCIAL PROCESSES: SOCIAL FACILITATION, SOCIALIZATION, AND EMOTIONS.

- Social Facilitation: being alone or with others (how this affects my behavior and what I am doing)
- Socialization: we learn almost everything in our relationships with others (rules, language, thought processes, and what is good or bad)
- Emotions: we are both rationality and emotions (if others teach us to manage both, we can prevent visceral reactions and negative emotions from “fake news” from overwhelming us)

## UNIT 3: SOCIAL COGNITION (I): SOCIAL PERCEPTION AND CAUSAL ATTRIBUTION.

- The world of human relationships is extremely complex, problematic, and systemic: we are taught to simplify it to continue relating to others.
- Social Perception: first impressions, the initial judgment of others (quick, limited information, focusing on the most salient negative aspects, adaptive). Being good and appearing good.
- Causal Attribution: the use of common sense to explain, especially, the behavior of others. The power of the situation.