



NIŞANTAŞI
ÜNİVERSİTESİ



PSİKOLOJİ TERMINOLOJİSİ SÖZLÜĞÜ



Abnormal: Not normal. Describes a state, condition, or behavior that is unusual or different from what is considered normal. (Anormal)

Abuse: interactions in which one person behaves in a cruel, violent, demeaning, or invasive manner toward another person or an animal. The term most commonly implies physical mistreatment but also encompasses sexual and psychological (emotional) mistreatment. (İstismar, kötüye kullanma)

Adaptation: reduced responsiveness in a sensory receptor or sensory system caused by prolonged or repeated stimulation. The adaptation may be specific, for example, to the orientation of a particular stimulus. (Adaptasyon)

Addiction: state of psychological or physical dependence (or both) on the use of alcohol or other drugs. The term is often used as an equivalent term for substance dependence and sometimes applied to behavioral disorders, such as sexual, Internet, and gambling addictions. (Bağımlılık)

Adolescence: the period of human development that starts with puberty (10–12 years of age) and ends with physiological maturity (approximately 19 years of age), although the exact age span varies across individuals. During this period, major changes occur at varying rates in physical characteristics, sexual characteristics, and sexual interest, resulting in significant effects on body image, self-concept, and self-esteem (Ergenlik)

Affection: fondness, tenderness, and liking, especially when nonsexual. Feelings of emotional attachment between individuals, particularly human infants and caregivers, are called affectional bonds. They are particularly important to attachment theory, and their presence is evidenced by proximity-seeking behaviors and mutual distress if loss or involuntary separation occurs. (Duygulanım)

Aggression: behavior aimed at harming others physically or psychologically. It can be distinguished from anger in that anger is oriented at overcoming the target but not necessarily through harm or destruction. (Saldırganlık)

Amnesia: partial or complete loss of memory. (Amnezi)

Anorexia: absence or loss of appetite for food or, less commonly, for other desires (e.g., sex), especially when chronic. (İştah kaybı, yememezlik)

Anxiety: an emotion characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune. (Kaygı, anksiyete)

Autism: a neurodevelopmental disorder characterized by markedly impaired social interactions and verbal and nonverbal communication; narrow interests; and repetitive behavior. (Otizm)

Avoidance: the practice or an instance of keeping away from particular situations, environments, individuals, or things because of either (a) the anticipated negative consequence of such an encounter or (b) anxious or painful feelings associated with them. (Kaçınma)

Behavior: an organism's activities in response to external or internal stimuli, including objectively observable activities, introspectively observable activities (see covert behavior), and nonconscious processes. (Davranış)

Behaviourism: an approach to psychology, formulated in 1913 by John B. Watson, based on the study of objective, observable facts rather than subjective, qualitative processes, such as feelings, motives, and consciousness. (Davranışçılık)



Bias partiality: an inclination or predisposition for or against something (Yanlılık)

Bipolar disorder: any of a group of mood disorders in which symptoms of mania and depression alternate (Bipolar)

Body image: the mental picture one forms of one's body as a whole, including its physical characteristics (body percept) and one's attitudes toward these characteristics (body concept). (Beden imgesi)

Borderline: personality disorder: in DSM–IV–TR and DSM–5, a personality disorder characterized by a long-standing pattern of instability in mood, interpersonal relationships, and self-image that is severe enough to cause extreme distress or interfere with social and occupational functioning (Sınırdaki kişilik bozukluğu)

Broca's area: a region of the posterior portion of the inferior frontal convolution of a cerebral hemisphere that is associated with the production of speech (Broca alanı)

Burnout: physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others (Tükenmişlik)

Carregiver: a person who attends to the needs of and provides assistance to someone else who is not fully independent, such as an infant or an ill adult. (Bakım veren)

Case study: an in-depth investigation of a single individual, family, event, or other entity. (Vaka çalışması)

Catatonia: a state of muscular rigidity or other disturbance of motor behavior, such as catalepsy, extreme overactivity, or adoption of bizarre postures. (Donakalım)

Causality: in philosophy, the position that all events have causes, that is, that they are consequences of antecedent events (Nedensellik)

Central Nervous System: the entire complex of neurons, axons, and supporting tissue that constitute the brain and spinal cord. (Merkezi Sinir Sistemi)

Cerebrum: the largest part of the brain, forming most of the forebrain and lying in front of and above the cerebellum. (Serebrum)

Child rearing styles: a pattern of raising children that is specific to a particular society, subculture, family, or period in cultural history. (Çocuk yetiştirme tarzları)

Chronic: denoting conditions or symptoms that persist or progress over a long period of time and are resistant to cure (Kronik)

Classical conditioning: a type of learning in which an initially neutral stimulus—the conditioned stimulus (CS)—when paired with a stimulus that elicits a reflex response—the unconditioned stimulus (US)—results in a learned, or conditioned, response (CR) when the CS is presented (Klasik koşullanma)

Clinical psychology: the branch of psychology that specializes in the research, assessment, diagnosis, evaluation, prevention, and treatment of emotional and behavioral disorders (Klinik psikoloji yaklaşımı)

Clinical psychologist: an individual who is professionally trained in one or more branches or subfields of clinical psychology (Klinik psikolog)

Cognitive Psychology: the branch of psychology that explores the operation of mental processes related to perceiving, attending, thinking, language, and memory, mainly through inferences from behavior. (Bilişsel psikoloji)

Cognitive structure: a mental framework, pattern, or schema that maintains and organizes a body of information relating to a particular topic. (Bilişsel yapı)



Collective behavior: joint or similar actions performed by members of a collective, especially when these actions would be atypical of the same individuals outside of the collective. (Ortak davranış)

Community psychology: a branch of psychology that encourages the development of theory, research, and practice relevant to the reciprocal relationships between individuals and the social systems that constitute the community context. (Topluluk psikolojisi)

Conditioned stimulus: a neutral stimulus that is repeatedly associated (see pairing) with an unconditioned stimulus until it acquires the ability to elicit a response that it previously did not. (Koşullu uyaran)

Conflict: the occurrence of mutually antagonistic or opposing forces, including events, behaviors, desires, attitudes, and emotions. (Çatışma)

Conformity: the adjustment of one's opinions, judgments, or actions so that they become more consistent with (a) the opinions, judgments, or actions of other people or (b) the normative standards of a social group or situation. (Uymacılık)

Confusion: a mental disturbance characterized by bewilderment, inability to think clearly or act decisively, and disorientation for time, place, and person. (Konfüzyon)

Congenital: denoting a condition or disorder that is present at birth. (Doğuştan)

Correlational research: a type of study in which relationships between variables are simply observed without any control over the setting in which those relationships occur or any manipulation by the researcher. (Korelasyonel ilişki)

Counseling: professional assistance in coping with personal problems, including emotional, behavioral, vocational, marital, educational, rehabilitation, and life-stage (e.g., retirement) problems. (Danışmanlık)

Criminal act: (Suç Davranışı)

Crisis: a situation (e.g., a traumatic change) that produces significant cognitive or emotional stress in those involved in it. (Kriz)

Data: observations or measurements, usually quantified and obtained in the course of research. (Veri)

Deception: any distortion of or withholding of fact with the purpose of misleading others. For example, a researcher who has not disclosed the true purpose of an experiment to a participant has engaged in deception. (Kandırma)

Deduction: a conclusion derived from formal premises by a valid process of deductive reasoning. (Tümdengelim)

Defense mechanism: in classical psychoanalytic theory, an unconscious reaction pattern employed by the ego to protect itself from the anxiety that arises from psychic conflict. (Savunma mekanizmaları)

Delusion: an often highly personal idea or belief system, not endorsed by one's culture or subculture, that is maintained with conviction in spite of irrationality or evidence to the contrary. (Sanrı, hezeyan)

Dementia: a generalized, pervasive deterioration of memory and at least one other cognitive function, such as language and an executive function, due to a variety of causes. The loss of intellectual abilities is severe enough to interfere with an individual's daily functioning and social and occupational activity. (Demans)



Denial: a defense mechanism in which unpleasant thoughts, feelings, wishes, or events are ignored or excluded from conscious awareness. It may take such forms as refusal to acknowledge the reality of a terminal illness, a financial problem, an addiction, or a partner's infidelity. Denial is an unconscious process that functions to resolve emotional conflict or reduce anxiety. (İnkar)

Developmental Psychology: the branch of psychology that studies the changes—physical, mental, and behavioral—that occur from conception to old age and investigates the various biological, neurobiological, genetic, psychological, social, cultural, and environmental factors that affect development throughout the lifespan. (Gelişim Psikolojisi)

Diagnosis: the process of identifying and determining the nature of a disease or disorder by its signs and symptoms, through the use of assessment techniques (e.g., tests and examinations) and other available evidence. (Tanı, teşhis)

Dilemma: a situation necessitating a choice between two equally desirable or undesirable alternatives. Psychologists, economists, or sociologists may invent dilemmas and present them to individuals or groups to study decision making. (İkilem)

Disorder: a group of symptoms involving abnormal behaviors or physiological conditions, persistent or intense distress, or a disruption of physiological functioning (Bozukluk)

Discrimination: the ability to distinguish between stimuli or objects that differ quantitatively or qualitatively from one another. (Ayrımcılık)

Dopamine: a catecholamine neurotransmitter that has an important role in motor behavior and is implicated in numerous mental conditions and emotional states (see catecholamine hypothesis; dopamine hypothesis). It is found in dopaminergic neurons in the brain and elsewhere. (Dopamin)

Dose: a quantity of a medicine or drug taken or recommended to be taken at a particular time. (Doz)

Drug: any substance, other than food, that influences motor, sensory, cognitive, or other bodily processes. Drugs generally are administered for experimental, diagnostic, or treatment purposes but also tend to be used recreationally to achieve particular effects. (İlaç)

Dynamic therapy: a form of depth psychology, the primary focus of which is to reveal the unconscious content of a client's psyche in an effort to alleviate psychic tension. (Dinamik terapi)

Dysfunction: any impairment, disturbance, or deficiency in behavior or operation. (İşlev yapamama)

Dyslexia: a neurologically based learning disability manifested as severe difficulties in reading, spelling, and writing words and sometimes in arithmetic. Dyslexia is characterized by impairment in the ability to process sounds, that is, to make connections between written letters and their sounds; written work is often characterized by reversal errors (Disleksi)

Eating disorder: any disorder characterized primarily by a pathological disturbance of attitudes and behaviors related to food, including anorexia nervosa, bulimia nervosa, and binge-eating disorder. Other eating-related disorders include pica and rumination, which are usually diagnosed in infancy or early childhood. (Yeme bozukluğu)

Effect size: a simple way of quantifying the difference between two groups that has many advantages over the use of tests of statistical significance alone. (Etki büyüklüğü)



Ego: the self, particularly the conscious sense of self (Latin, "I"). In its popular and quasi-technical sense, ego refers to all the psychological phenomena and processes that are related to the self and that comprise the individual's attitudes, values, and concerns. (Benlik)

Emotion: a complex reaction pattern, involving experiential, behavioral, and physiological elements, by which an individual attempts to deal with a personally significant matter or event. The specific quality of the emotion (e.g., fear, shame) is determined by the specific significance of the event. For example, if the significance involves threat, fear is likely to be generated; if the significance involves disapproval from another, shame is likely to be generated. Emotion typically involves feeling but differs from feeling in having an overt or implicit engagement with the world. (Heyecan, duygu)

Evolutionary psychology: an approach to psychological inquiry that views human cognition and behavior in a broadly Darwinian context of adaptation to evolving physical and social environments and new intellectual challenges. It differs from sociobiology mainly in its emphasis on the effects of natural selection on information processing and the structure of the human mind. (Evrimsel Psikoloji)

Experimental Psychology: the scientific study of behavior, motives, or cognition in a laboratory or other controlled setting in order to predict, explain, or influence behavior or other psychological phenomena. Experimental psychology aims at establishing quantified relationships and explanatory theory through the analysis of responses under various controlled conditions and the synthesis of adequate theoretical accounts from the results of these observations (Deneyisel Psikoloji)

Existential therapy: a style of therapy that places emphasis on the human condition as a whole. Existential psychotherapy uses a positive approach that applauds human capacities and aspirations while simultaneously acknowledging human limitations. (Varoluşsal terapi)

Exposure: the state of having no protection from something harmful. (Maruz bırakma)

Factor analysis: a broad family of mathematical procedures for reducing a set of interrelations among manifest variables to a smaller set of unobserved latent variables or factors. For example, a number of tests of mechanical ability might be intercorrelated to enable factor analysis to reduce them to a few factors, such as fine motor coordination, speed, and attention. (Faktör analizi)

Fear: a basic, intense emotion aroused by the detection of imminent threat, involving an immediate alarm reaction that mobilizes the organism by triggering a set of physiological changes. These include rapid heartbeat, redirection of blood flow away from the periphery toward the gut, tensing of the muscles, and a general mobilization of the organism to take action. (Korku)

Feedback: information about a process or interaction provided to the governing system or agent and used to make adjustments that eliminate problems or otherwise optimize functioning. It may be stabilizing negative feedback or amplifying positive feedback. The term's origins in engineering and cybernetics lend it a distinct connotation of input-output models that is not as strictly applicable to the wide variety of usages found in psychology, such as biofeedback, information feedback, and social feedback. Compare feedforward. (Geribildirim)

Fixation: an obsessive preoccupation with a single idea, impulse, or aim, as in an *idée fixe*. (Saplanma)



Forensic Psychology: the application of psychological principles and techniques to situations involving the civil and criminal legal systems. Its functions include assessment and treatment services, provision of advocacy and expert testimony, policy analysis, and research on such topics as eyewitness accounts, offender behavior, interrogations, and investigative practices. Also called legal psychology (Adli Psikoloji)

Free association: a basic process in psychoanalysis and other forms of psychodynamic psychotherapy, in which the patient is encouraged to verbalize without censorship or selection whatever thoughts come to mind, no matter how embarrassing, illogical, or irrelevant. The object is to allow unconscious material, such as inhibited thoughts and emotions, traumatic experiences, or threatening impulses, to come to the surface where they can be interpreted. Free association is also posited to help the patient discharge some of the feelings that have given this material excessive control over him or her. (Serbest çağrışım)

Gender: the condition of being male, female, or neuter. In a human context, the distinction between gender and sex reflects the usage of these terms: Sex usually refers to the biological aspects of maleness or femaleness, whereas gender implies the psychological, behavioral, social, and cultural aspects of being male or female (Toplumsal cinsiyet)

Gestalt therapy: an existential/experiential form of psychotherapy that emphasizes personal responsibility, and that focuses upon the individual's experience in the present moment, the therapist–client relationship, the environmental and social contexts of a person's life, and the self-regulating adjustments people make as a result of their overall situation. (Gestalt terapisi)

Goal directed behaviour: (Amaca yönelik davranış)

Group behavior: actions performed by a group as a whole or by individuals when part of a group. In the latter case, it applies particularly to those actions that are influenced (either directly or indirectly) by the group and are atypical of actions performed by the same individuals when alone. (Grup davranışı)

Guilt: a self-conscious emotion characterized by a painful appraisal of having done (or thought) something that is wrong and often by a readiness to take action designed to undo or mitigate this wrong. It is distinct from shame, in which there is the additional strong fear of one's deeds being publicly exposed to judgment or ridicule. (Suçluluk)

Habit: a well-learned behavior or automatic sequence of behaviors that is relatively situation specific and over time has become motorically reflexive and independent of motivational or cognitive influence—that is, it is performed with little or no conscious intent. For example, the act of hair twirling may eventually occur without the individual's conscious awareness. (Alışkanlık)

Hallucination: a false sensory perception that has a compelling sense of reality despite the absence of an external stimulus. It may affect any of the senses, but auditory hallucinations and visual hallucinations are most common. Hallucinations are typically a symptom of a psychotic disorder, particularly schizophrenia, but also may result from substance use, neurological abnormalities, and other conditions. It is important to distinguish hallucinations from illusions, which are misinterpretations of real sensory stimuli. (Varsani)



Health Psychology: the subfield of psychology that focuses on (a) the examination of the relationships between behavioral, cognitive, psychophysiological, and social and environmental factors and the establishment, maintenance, and detriment of health; (b) the integration of psychological and biological research findings in the design of empirically based interventions for the prevention and treatment of illness; and (c) the evaluation of physical and psychological status before, during, and after medical and psychological treatment. (Sağlık Psikolojisi)

Hippocampus: a seahorse-shaped part of the forebrain, in the basal medial region of the temporal lobe, that is important for declarative memory and learning. Because of its resemblance to a ram's horn, 19th-century neuroanatomists named it Ammon's horn (cornu ammonis; CA) for the horn of the ram that represented the Egyptian deity Ammon. Parts of the hippocampus were then labeled CA1, CA2, CA3, and CA4; these designations are still used for the different regions of the hippocampus (Hipokampus)

Hyperactivity: a condition characterized by spontaneous gross motor activity or restlessness that is excessive for the age of the individual. Although a prominent feature of attention-deficit/hyperactivity disorder, it is not diagnostic of any particular disorder and must be correlated with other findings to identify the appropriate diagnosis. (Hiperaktivite)

Hysteria: the historical name for the condition now largely classified as conversion disorder but with symptoms dispersed across other formal diagnoses as well (e.g., histrionic personality disorder). Although technically outdated, it is often used as a lay term for any psychogenic disorder characterized by symptoms such as paralysis, blindness, loss of sensation, and hallucinations and often accompanied by suggestibility, emotional outbursts, and histrionic behavior. (Histerik)

Id: in psychoanalytic theory, the component of the personality that contains the instinctual, biological drives that supply the psyche with its basic energy or libido. Sigmund Freud conceived of the id as the most primitive component of the personality, located in the deepest level of the unconscious; it has no inner organization and operates in obedience to the pleasure principle. Thus, the infant's life is dominated by the desire for immediate gratification of instincts, such as hunger and sex, until the ego begins to develop and operate in accordance with reality. (İlkel benlik)

Identity confusion: uncertainty regarding one's identity, which often occurs during adolescence but may also occur at a later stage of life. (Kimlik karmaşası)

Implicit memory: memory for a previous event or experience that is produced indirectly, without an explicit request to recall the event and without awareness that memory is involved. For instance, after seeing the word store in one context, a person would complete the word fragment st_r_ as store rather than stare, even without remembering that store had been recently encountered. Implicit memory can exist when conscious or explicit memory fails, as occurs in amnesia and brain disease. (Örtük bellek)

Impulsive: describing or displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences of an action, particularly one that involves taking risks. (Dürtüsel)

Independent variable: the variable in an experiment that is specifically manipulated or is observed to occur before the dependent, or outcome, variable, in order to assess its effect or influence. Independent variables may or may not be causally related to the dependent variable. In statistical analyses—such as path analysis, regression analysis, and structural equation modeling—an independent variable is likely to be referred to as a causal variable, explanatory variable, or predictor variable. (Bağımsız değişken)



Induction: a general conclusion, principle, or explanation derived by reasoning from particular instances or observations. (Tümevarım)

Industrial and Organizational Psychology: the branch of psychology that studies human behavior in the work environment and applies general psychological principles to work-related issues and problems, notably in such areas as personnel selection, personnel training, employee evaluation, working conditions, accident prevention, job analysis, job satisfaction, leadership, team effectiveness, and work motivation. I/O psychologists conduct empirical research aimed at understanding individual and group behavior within organizations and use their findings to improve organizational effectiveness and the welfare of employees. (Endüstri ve Örgüt Psikolojisi)

Inferiority complex: a basic feeling of inadequacy and insecurity, deriving from actual or imagined physical or psychological deficiency, that may result in behavioral expression ranging from the withdrawal of immobilizing timidity to the overcompensation of excessive competition and aggression. (Aşağılık kompleksi)

Inhibition: the process of restraining one's impulses or behavior, either consciously or unconsciously, due to factors such as lack of confidence, fear of consequences, or moral qualms. (Ket vurma)

Innate behavior: behavior that appears to be developed and expressed with no specific training or experience and thus has a strong genetic basis. It is generally accepted that most behavior is neither purely innate nor purely due to learning or experience. (Doğuştan gelen davranış)

Instinct: an innate, species-specific biological force that impels an organism to do something, particularly to perform a certain act or respond in a certain manner to specific stimuli. (İçgüdü)

Intelligence: the ability to derive information, learn from experience, adapt to the environment, understand, and correctly utilize thought and reason. (Zeka)

Interpersonal Conflict: disagreement or discord between people with respect to goals, values, or attitudes. (Kişilerarası çatışma)

Introspection: a reflective looking inward : an examination of one's own thoughts and feelings (İçer bakım, iç gözlem)

Irritability: a state of excessive, easily provoked anger, annoyance, or impatience. (Sinirlilik, aşırı hassaslık)

Learning disability: a condition giving rise to learning difficulties, especially when not associated with physical disability. (Öğrenme güçlüğü)

Maladaptive behaviour: Maladaptive behaviors inhibit your ability to adjust healthily to particular situations. ... Often used to reduce anxiety, maladaptive behaviors result in dysfunctional and non-productive outcomes—in other words, they are more harmful than helpful. (Uyumuz davranış)

Mania: generally, a state of excitement, overactivity, and psychomotor agitation, often accompanied by overoptimism, grandiosity, or impaired judgment. (Mani, duygusal coşku)

Memory: the ability to retain information or a representation of past experience, based on the mental processes of learning or encoding, retention across some interval of time, and retrieval or reactivation of the memory. (Bellek)

Memory impairment: the loss of memory associated with a memory disorder. (Bellek bozukluğu)



Mental retardation: in DSM–IV–TR, a disorder characterized by intellectual function that is significantly, below average: specifically, that of an individual with a measured IQ of 70 or below on tests with a standard deviation of 15, whose adaptive behavior is impaired and in whom the condition is manifested during the developmental period, defined variously as below the ages of 18 or 22. (Zeka geriliği)

Mood: any short-lived emotional state, usually of low intensity (e.g., a cheerful mood, an irritable mood).
Duygudurum)

Motor development: the changes in motor skills that occur over an entire lifespan, which reflect the development and deterioration of muscular coordination and control and are also affected by personal characteristics, the environment, and interactions of these two factors. Motor gelişim)

Narcissism: excessive self-love or egocentrism. (Nasisizm, özseverlik)

Nervous system: the system of neurons, nerves, tracts, and associated tissues that, together with the endocrine system, coordinates activities of the organism in response to signals received from the internal and external environments. (Sinir sistemi)

Neuropsychology: the branch of science that studies the physiological processes of the nervous system and relates them to behavior and cognition, in terms both of their normal function and of the dysfunctional processes associated with brain damage (Nöropsikoloji)

Neuroticism: the state of being neurotic or a proneness to neurosis. (Nörotizm)

Nurture: the totality of environmental factors that influence the development and behavior of a person, particularly sociocultural and ecological factors such as family attributes, parental child-rearing practices, and economic status. (Bakım, kalıtımsal olmayan donanım)

Obedience: behavior in compliance with a direct command, often one issued by a person in a position of authority. Examples include a child who cleans his or her room when told to do so by a parent and a soldier who follows the orders of a superior officer. (İtaat etme)

Obsessive Compulsive Disorder: Obsessive-compulsive disorder (OCD) is a mental disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), and behaviors that drive them to do something over and over (compulsions). (Obsesif Kompulsiv Bozukluk)

Operant conditioning: the process in which behavioral change (i.e., learning) occurs as a function of the consequences of behavior. Examples are teaching a dog to do tricks and rewarding behavioral change in a misbehaving child (see behavior therapy). (Edimsel koşullanma)

Organizational behaviour : Actions and attitudes of individuals and groups toward one another and toward the organization as a whole, and its effect on the organization's functioning and performance. (Örgütsel davranış)

Parenting style: the raising of children and all the responsibilities and activities that are involved in it (Ebeveynlik tarzları)

Pathologic: the scientific study of functional and structural changes involved in physical and mental disorders and diseases. (Patolojik)

Perception: The ability to see, hear, or become aware of something through the senses. (Algı)

Personality disorder: A deeply ingrained pattern of behaviour of a specified kind that deviates markedly from the norms of generally accepted behaviour, typically apparent by the time of adolescence, and causing long-term difficulties in personal relationships or in functioning in society. (Kişilik bozukluğu)



Personality theory: The combination of characteristics or qualities that form an individual's distinctive character. (Kişilik kuramı)

Phobia: a persistent and irrational fear of a specific situation, object, or activity (e.g., heights, dogs, water, blood, driving, flying), which is consequently either strenuously avoided or endured with marked distress (Fobi)

Pleasure: the emotion or sensation induced by the enjoyment or anticipation of what is felt or viewed as good or desirable. (Haz, hoşluk)

Positive reinforcement: The process of encouraging or establishing a pattern of behaviour by offering reward when the behaviour is exhibited. (Pozitif pekiştirme:)

Posttraumatic Disorder: emotional or other disturbances whose symptoms appear after an individual has endured a traumatic experience. Common posttraumatic disorders include posttraumatic stress disorder, acute stress disorder, the dissociative disorders, and some types of phobias and anxiety disorders, as well as depressive disorder and situational psychosis. (Travma sonrası stres bozukluğu)

Psychoanalysis: an approach to the mind, personality, psychological disorders, and psychological treatment originally developed by Sigmund Freud at the beginning of the 20th century. The hallmark of psychoanalysis is the assumption that much mental activity is unconscious and that understanding people requires interpreting the unconscious meaning underlying their overt, or manifest, behavior. (Psikanaliz)

Psychodynamix theory: those forms of psychotherapy, falling within or deriving from the psychoanalytic tradition, that view individuals as reacting to unconscious forces (e.g., motivation, drive), that focus on processes of change and development, and that place a premium on self-understanding and making meaning of what is unconscious. Most psychodynamic therapies share certain features, such as emphasis on dealing with the unconscious in treatment and on analyzing transference. (Psikodinamik teori)

Psychotherapy: any psychological service provided by a trained professional that primarily uses forms of communication and interaction to assess, diagnose, and treat dysfunctional emotional reactions, ways of thinking, and behavior patterns. (Psikoterapi)

Rate: the speed at which something happens or changes, or the amount or number of times it happens or changes in a particular period. (Oran)

Recall: to bring the memory of a past event into your mind, and often to give a description of what you remember (Hatırlama)

Reduction: the act of making something, or of something becoming, smaller in size, amount, degree, importance, etc. (Azaltma)

Reinforcer: If something reinforces an idea or opinion, it provides more proof or support for it and makes it seem true. (Pekiştireç)

Relation: any kind of meaningful connection between two or more events or entities. The specific nature of this connection varies with the context and discipline. In science, for example, a relation is primarily a causal relation (İlişki)

Remission: a reduction or significant abatement in symptoms of a disease or disorder, or the period during which this occurs. Remission of symptoms does not necessarily indicate that a disease or disorder is cured. (Treatment)



Resilience: the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. (Sağlamlık)

Sample: A small part or quantity intended to show what the whole is like. (Örnekleme)

Satisfaction: the pleasant feeling you get when you receive something you wanted, or when you have done or are doing something you wanted to do (Doyum, doyma)

Scale: a system for ordering test responses in a progressive series, so as to measure a trait, ability, attitude, or the like. For example, an agreement scale used on an attitude survey might have seven response options ranging from strongly disagree (1) to strongly agree (7), with neither disagree nor agree (4) as the middle point. See Likert scale; rating scale. (Ölçek)

Schizophrenia: psychotic disorder characterized by disturbances in thinking (cognition), emotional responsiveness, and behavior, with an age of onset typically between the late teens and mid-30s. (Şizofreni)

Self: the totality of the individual, consisting of all characteristic attributes, conscious and unconscious, mental and physical. Apart from its basic reference to personal identity, being, and experience, the term's use in psychology is wide-ranging (Ben, benlik)

Self efficacy: Perceived self-efficacy refers to people's beliefs about their capabilities to exercise control over their own activities. (Özyeterlilik)

Separation anxiety: the normal apprehension experienced by a young child when away (or facing the prospect of being away) from the person or people to whom he or she is attached (particularly parents). Separation anxiety is most active between 6 and 10 months of age. Separation from loved ones in later years may elicit similar anxiety (Ayrılık kaygısı)

Sex role: The role or behaviour learned by a person as appropriate to their sex, determined by the prevailing cultural norms. (Cinsiyet rolü)

Stigma: the negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency. A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual (Stigma)

Unconscious: in psychoanalytic theory, the region of the psyche containing memories, emotional conflicts, wishes, and repressed impulses that are not directly accessible to awareness but that have dynamic effects on thought and behavior. Sigmund Freud sometimes used the term dynamic unconscious to distinguish this concept from that which is descriptively unconscious but "static" and with little psychological significance. (Bilinçdışı)

Violence: Behaviour involving physical force intended to hurt, damage, or kill someone or something. (Şiddet)

Wernicke's area: a region toward the back of the superior temporal gyrus of the left hemisphere of the cerebrum containing nerve tissue associated with the interpretation of sounds. Also called Wernicke's speech area. See also speech area. (Wernicke alanı)

Wellbeing: The state of being comfortable, healthy, or happy. (İyilik hali)



Will: Expressing desire, consent, or willingness. (İrade,istek)

Withdrawal: An act of taking money out of an account. (Yoksunluk)

Worry: mental distress or agitation resulting from concern usually for something impending or anticipated. (Endişe)





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