

Introduction to human sciences

1. Definition of human sciences:

Human sciences, is a study that examines various aspects of human life, aiming to understand behaviour, societies, and cultures through observation and analysis.

2. Foundational theories of human sciences:

- Social Constructionism: highlights how people and societies create meaning and shape reality using language, symbols, and shared beliefs.
- Structural Functionalism: Views society as a complex system where different components work together to maintain stability and functionality.
- Symbolic Interactionism: concentrates on small-scale interactions and symbols, highlighting how individuals create meaning and interpret symbols in social situations
- Cognitive Theories: examine mental processes like perception, memory, and problem-solving to grasp how individuals think and make sense of the world.
- Behaviorism: study how the environment shapes human behavior by observing actions and external influences.
- Psychoanalytic Theory: developed by Freud, explores the unconscious mind and the interplay of psychological forces in shaping behavior.
- Conflict Theory: highlights social inequality and power struggles, perpetuate this inequality and result conflict.

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- Humanistic Psychology: Focuses on individual potential, emphasizing personal growth, self-actualization, and the subjective experience of individuals.
- Feminist Theory: analyzes and questions gender-based inequalities, exploring how gender influences social experiences.
- Evolutionary Psychology: applies natural selection principles to comprehend how human behaviors and traits might have evolved to improve survival.

3. Basic concepts of human sciences:

- **Culture**: shared beliefs, values, customs, and practices that characterize a social group, influencing behavior and shaping identities.
- **Society**: a group of individuals who share a common geographic region, culture, and social structure, interacting with one another within a defined framework.
- **Socialization**: the process by which individuals learn and adopt cultural norms, values, and behaviors within a society.
- **Identity**: how individuals see themselves compared to others, shaped by things like culture, gender, and ethnicity.
- **Social Institutions**: institutions like family, education, and religion that organize, guide, and regulate social life.
- **Power and Inequality**: studying how power and social structures lead to differences in opportunities, resources, and outcomes.
- **Agency**: the ability of individuals to act independently and make choices, taking into account the constraints and influences of social structures.

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- **Communication:** sharing information, ideas, and symbols through interactions for social cohesion and understanding.
- **Social Change:** exploring how societies change over time, studying factors that influence transformation and adaptation.
- **Perception and Cognition:** studying how people understand and remember information, including decision- making processes.
- **Social Networks:** studies how people's connections and relationships impact their behavior and the flow of information.
- **Emotion and Motivation:** understanding how emotions and motivates influences how people behave and relate to each other.

4. Research methods used in the field of human sciences:

1. Surveys:

Collecting data via organized surveys to comprehend the attitudes, behaviors, and characteristics of a population

2. Experiments:

Conducting controlled experiments to manipulate variables and observe their impact on human behavior, typically in a laboratory environment

3. Observational Studies:

Watching people closely to understand and describe their behavior in real life situations

4. Interviews:

Detailed discussions aimed at gathering qualitative data and obtaining insights into personal experiences, perspectives, and attitudes

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5. Case Studies:

Through examination of a specific individual, group, or situation, offering a detailed account, often applied to rare or unique phenomena

6. Content Analysis:

Organized examination of media, documents, or communication forms to recognize patterns, themes, and trends

7. Ethnography:

Spending time with a social group or culture to really understand how they do things, what they believe, and how they behave

8. Cross-sectional and Longitudinal Studies:

Cross-sectional studies look at a group of people at one time, while longitudinal studies follow changes in that group over a longer period

5. Fields where we find human sciences:

- **Psychology:** looks at how the mind works, behavior, and thoughts, exploring areas like clinical psychology, cognitive psychology, and social psychology
- **Sociology:** examines society, social institutions, and patterns of social relationships from various sides
- **Anthropology:** study human cultures, societies, and evolution using cultural anthropology, archaeology, and biological anthropology.

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- **Economics:** examine how goods and services are produced, distributed, and consumed, often taking into account the behavioral aspects of economic agents.
- **Political Science:** investigates political systems, governance, and power structures, examining political behavior and institutions.
- **Education:** it focuses on the field of education, from learning to teaching and the educational system addressing issues related to curriculum development and educational psychology.
- **Communication Sciences:** it examines how people communicate, including verbal and non-verbal communication, media studies, and interpersonal communication.
- **Criminology:** studies crime, criminal behavior, and the criminal justice system, exploring factors that contribute to criminality.
- **Social Work:** highlighting social issues and advertise well-being, involving interventions to support individuals and communities facing challenges.
- **Linguistics:** exploring language from different views such as in structure, meaning, and use, and analyzing how language perform in terms of human communication and thought.
- **Human Geography:** study how human move, cultural landscapes, and cities develop to understand the spatial aspects of human activities.
- **Philosophy of Mind:** examine how we think, understand, and connect the mind with the body, pondering basic questions about being human.