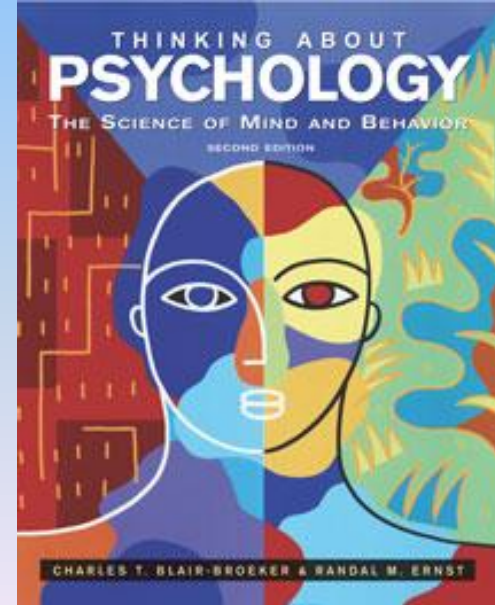


# Thinking About Psychology: The Science of Mind and Behavior 2e

Charles T. Blair-Broeker  
Randal M. Ernst



# Module 02

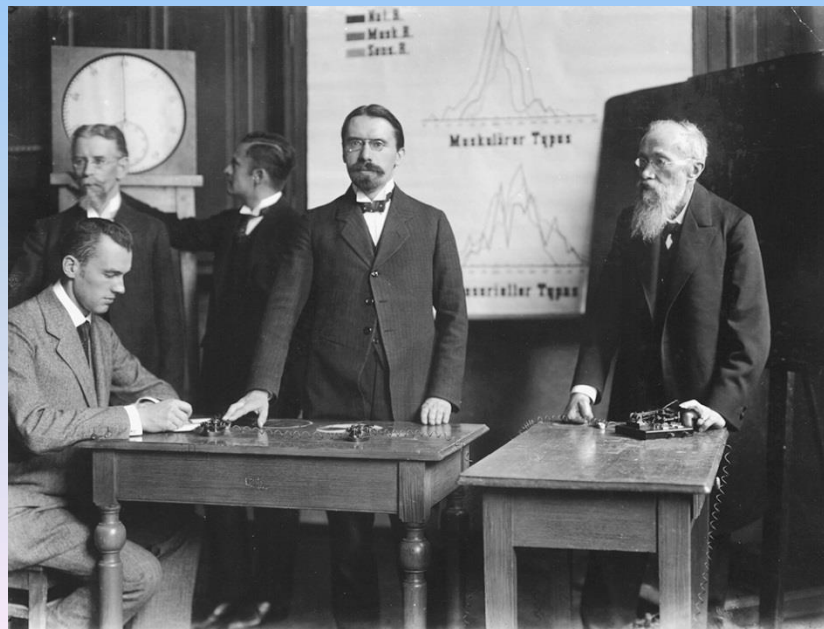
## History and Perspectives

Module 2: History and Perspectives

# Modern Psychology's Nineteenth-Century Roots

# Wilhelm Wundt (1832-1920)

- The “father of psychology”
- Founder of modern psychology
- Opened the first psychology lab in 1879



# E.B. Titchener (1867-1927)

- Analyzed the intensity, clarity and quality of the parts of consciousness
- Founder of structuralism



# Structuralism

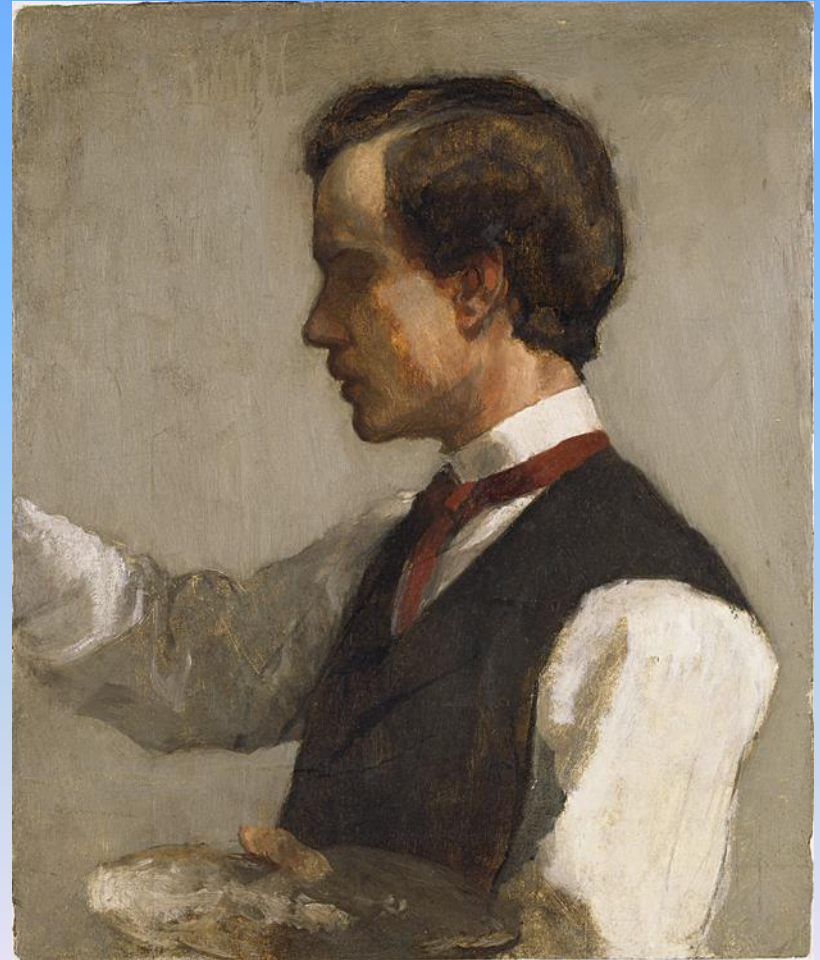
- Theory that the *structure* of conscious experience could be understood by analyzing the basic elements of thoughts and sensations.

# Gestalt Psychology

- Psychological perspective that emphasized our tendency to integrate pieces of information into meaningful wholes.
- The whole is different from the sum of its parts.

# William James (1842-1910)

- First American psychologist
- Author of the first psychology textbook
- Founder of Functionalism





# Functionalism

- Theory that emphasized the *functions* of consciousness or the ways consciousness helps people adapt to their environment

Module 2: History and Perspectives

# Psychology in the Twentieth Century

# Sigmund Freud (1856-1939)



- Founder of the psychoanalytic perspective
- Believed that abnormal behavior originated from unconscious drives and conflicts

# Psychoanalysis

- Theory of personality and therapeutic technique that attributes our thoughts and actions to unconscious motives and conflicts

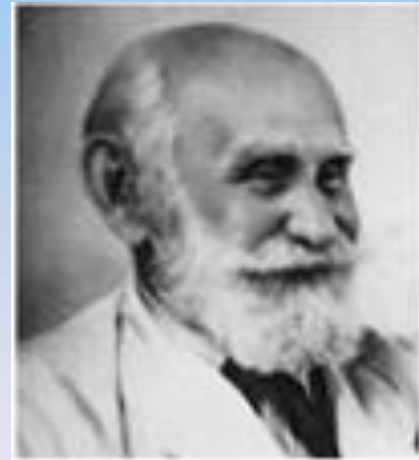
# Freud's Influence

- Influence on “pop culture”
  - Freudian slips
  - Anal-retentive
- Influence on psychology
  - Psychodynamic theory
  - Unconscious thoughts
  - Significance of childhood experiences



# Ivan Pavlov (1849-1936)

- Russian Physiologist
- Studied learning in animals (dogs)
- Emphasized the study of observable behaviors



# John B. Watson (1878-1958)

- Founder of behaviorism
- Studied only observable and objectively described acts
- Emphasized objective and scientific methodology



# Behaviorism

- The theory that psychology should only study observable behaviors, not mental processes.



# B.F. Skinner (1904-1990)

- American psychologist whose brand of behaviorism focused on the role of responses in learning.
- Focused on learning through rewards and observation
- Behaviorist



# Humanistic Psychology

- School of thought that focuses on the study of conscious experience, the individual's freedom to choose, and the capacity for personal growth
- Stressed the study of conscious experience and an individual's free will
- Healthy individuals strive to reach their potential.

# Carl Rogers/Abraham Maslow



Carl Rogers

- Prominent Humanists
- Rejected idea that behavior is controlled by rewards and punishments
- Stressed free will in decision making

# Jean Piaget

- Developmental and cognitive psychologist known for his studies of children's thought processes
- Interested in how thinking develops

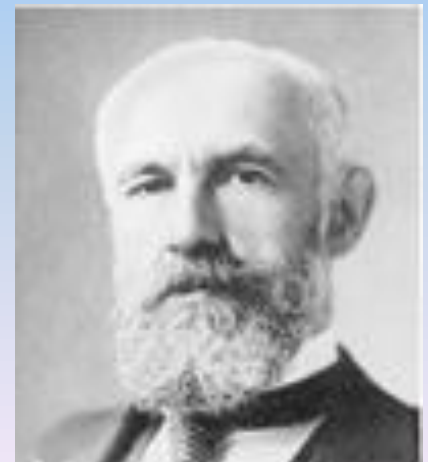


Module 2: History and Perspective

# Psychology's American Groundbreakers

# G. Stanley Hall

- First American with a doctorate in psychology
- Open the first psychology lab in U.S. at John Hopkins University
- First president of the APA



# Mary Whiton Calkins

- First woman to complete the requirements for a Ph.D. in psychology
- President of the APA in 1905



# Margaret Floy Washburn

- First woman to receive a Ph.D. in psychology in the U.S.





# Francis Cecil Sumner

- First African-American to receive a Ph.D. in psychology



# Kenneth Clark/Mamie Philips Clark

- Educational psychologists
- Studied institutionalized racism
- Studies were cited in “Brown v Board of Education”



# Inex Beverly Prosser

- First African-American woman to receive a Ph.D. in psychology



Module 2: History and Perspectives

# Six Contemporary Psychological Perspectives

# Psychological Perspectives

- A way of explaining behaviors
- Also called “schools of thought”
- Also called “psychological approaches”
- To view behavior from a particular perspective

# Cognitive Perspective

- School of thought that focuses on how people think – how we take in, process, store, and retrieve information
- Focus: On how people think and process information
- Behavior is explained by how a person *interprets* the situation

# Biological Perspective

- School of thought that focuses on the physical structures and substances underlying a particular behavior, thought, or emotion
- Focus: How our biological structures and substances underlie a given behavior, thought, or emotion
- Behavior is explained by brain chemistry, genetics, glands, etc.

# Social-Cultural Perspective

- School of thought that focuses on how thinking or behavior changes in different contexts or situations
- Focus: How thinking and behavior change depending on the setting or situation
- Behavior is explained by the influence of other people present



# Behavioral Perspective

- Focus: How we learn through rewards, punishments, and observation
- Behavior is explained by previous learning

# Psychodynamic Perspective

- Focus: How behavior is affected by unconscious drives and conflicts
- Behavior is explained through unconscious motivation and unresolved inner conflicts from one's childhood.
- Modern version of psychoanalytic perspective.

# Behavior Genetics

- School of thought that focuses on how much our genes and our environment influence our individual differences
- Focus: How behavior is affected by *genes and the environment*
- Combines biology and behaviorism
- Emphasis on the importance of both genetic and environmental factors on behavior

# Evolutionary Perspective

- Every behavior we engage in is driven by our desire to continue the species
- Any behavior that will help increase the possibility of finding a mate and reproducing and ensure that our genes will be passed down to the next generation

# Humanistic Perspective

- Focus: How healthy people strive to reach their full potential
- Behavior is explained as being motivated by satisfying needs (safety, hunger, thirst, etc.), with the goal of reaching one's full potential once basic needs are met.

**Table 2.1**

## Six Contemporary Perspectives on Psychology

### **Perspective**

#### **Cognitive**

How we process information

#### **Biological**

How our biological structures and substances underlie a given behavior, thought, or emotion

#### **Social–Cultural**

How thinking and behavior change depending on the setting or situation

#### **Behavioral**

How we learn through rewards, punishments, and observation

#### **Humanistic**

How healthy people strive to reach their full potential

#### **Psychodynamic**

How we are affected by unconscious drives and conflicts

### **Explanation of Helping Behavior**

Our individual interpretations of an event affect how we respond.

Brain chemistry controls the emotions and thoughts that eventually produce helping behavior.

If we come from a cultural background that values helping, we're more likely to help. We're also more likely to help if we are in a comfortable situation, such as with a good friend, than if we are in a large, unfamiliar crowd.

If we have witnessed or been rewarded for helping behavior, we are more likely to help.

If our needs for nourishment and safety have been met, we are more likely to feel we can reach out and help others.

Unresolved inner conflicts can affect whether or not we help others.

# Psychology in the Twenty-First Century

# Evolutionary Psychology

- Combines aspects of biological, psychological, and social perspectives
- Behavior is explained by how the behavior may have helped our ancestors survive long enough to reproduce successfully.



# Positive Psychology

- Movement that focuses on the study of optimal human functioning and the factors that allow individuals and communities to thrive
- Focus: To study and promote optimal human functioning
- Martin E.P. Seligman is a major advocate
- Should promote building positive qualities of people



# History of Psychology



Wilhelm Wundt  
(1832–1920)



William James  
(1842–1910)

**1879** Wilhelm Wundt opens the first psychology laboratory in Leipzig, Germany.

**1890** William James publishes the first psychology textbook, *Principles of Psychology*.

**1892** G. Stanley Hall founds the American Psychological Association (APA). E. B. Titchener introduces structuralism.

**1900** Sigmund Freud publishes his psychoanalytic views in *The Interpretation of Dreams*.

**1905** Mary Whiton Calkins becomes the first woman to be president of the APA. Alfred Binet develops the first intelligence test.

**1906** Ivan Pavlov publishes his results on learning by association.

**1908** Margaret Floy Washburn becomes the first woman to receive a doctoral degree (Ph.D.) in psychology.



E. B. Titchener  
(1867–1927)



G. Stanley Hall  
(1844–1924)



Sigmund Freud  
(1856–1939)



Mary Whiton  
Calkins  
(1863–1930)



Alfred Binet  
(1857–1911)



Ivan Pavlov  
(1849–1936)



# History of Psychology



Margaret Floy Washburn  
(1871–1930)



John B. Watson  
(1878–1958)

**1913** John B. Watson publishes "Psychology as the Behaviorist Views It."

**1920** Francis Cecil Sumner becomes the first African-American to earn a doctoral degree in psychology.

**1926** Jean Piaget publishes *The Language and Thought of the Child*.

**1933** Inez Beverly Prosser becomes the first African-American woman to earn a doctoral degree in psychology.

**1938** B. F. Skinner promotes behaviorism, publishing *The Behavior of Organisms*.

**1939** Kenneth Clark and Mamie Phipps Clark begin work that will be cited by the U.S. Supreme Court 1954 decision ending racial segregation in public schools.

**1945** Karen Horney challenges the male bias in Freud's psychoanalytic theory and proposes a social-cultural approach.



Francis Cecil Sumner  
(1895–1954)



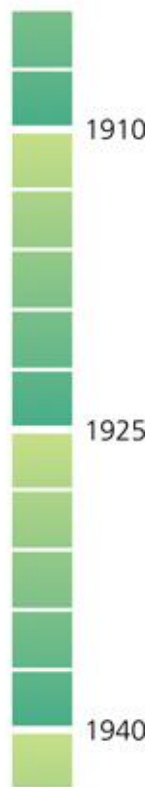
Jean Piaget  
(1896–1980)



Mamie Phipps Clark  
(1917–1983)



Karen Horney  
(1885–1952)



# History of Psychology



Erik Erikson  
(1902–1994)



Abraham Maslow  
(1908–1970)

**1950** Erik Erikson publishes *Childhood and Society*, outlining stages of psychosocial development.

**1954** Abraham Maslow presents the humanistic perspective. Gordon Allport publishes *The Nature of Prejudice*.

**1961** Albert Bandura stresses the importance of imitation in learning, proposing a social-learning theory.

**1964** Roger Sperry demonstrates the importance of the brain in behavior with split-brain research.

**1969** John Berry calls attention to the importance of cross-cultural research in psychology.

**1974** Eleanor Maccoby and Carol Jacklin publish *The Psychology of Sex Differences*. Sandra Bem and Janet Spence develop tests assessing and promoting female competence.

**1977** Judith Rodin shows the importance of perceived control.



Gordon Allport  
(1897–1967)



Albert Bandura  
(1925– )



Sandra Bem  
(1944– )



Judith Rodin  
(1944– )



The End