

# The Evolution of Psychology and Research

SUPA PSY 205 Lecture

# INTRODUCTION

- ▶ Welcome and Introduction
- ▶ Questions from Yesterday's class
- ▶ ACTIVITY:
  - ▶ Baseball - use of PED's

# Goals for Today

- ▶ Identify Wundt and Hall's contributions to psychology
- ▶ Compare and contrast structuralism and functionalism
- ▶ Review Freud's main theories and how they inspired (and still inspire) controversy
- ▶ Explore the behaviorist movement, including Watson and Skinner
- ▶ Identify the emergence of the humanistic perspective

# DISCUSSION

- ▶ What is the meaning of “psychology”?
  - ▶ Study of the mind
  - ▶ Emerged from physiology and philosophy fields

# Psychology: Young But Not Born Yesterday

## Psychology as a young science

- ▶ *The study of the mind* didn't emerge as a science until the mid-18<sup>th</sup> century
- ▶ Early scholars focused their research on physiology and the mind

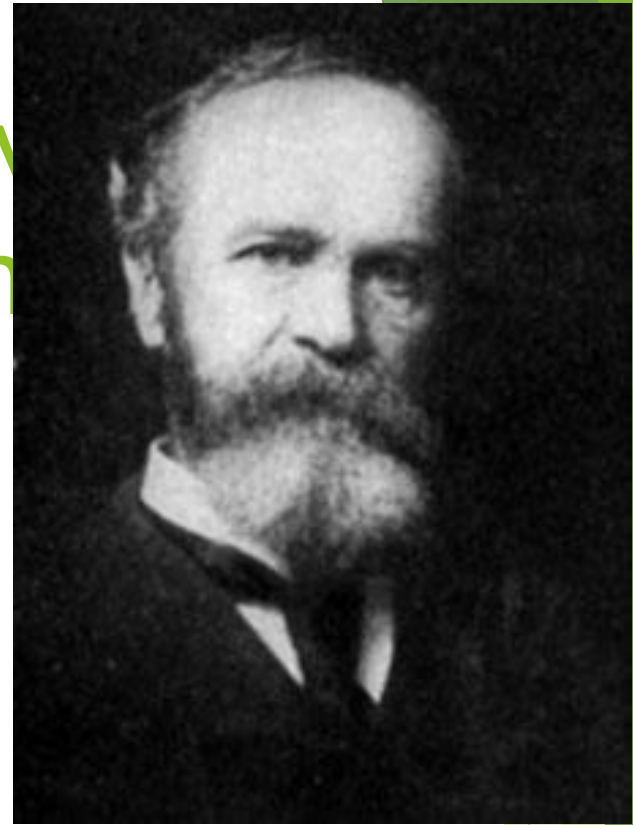
## Two Early Notables

- ▶ Wilhelm Wundt
  - ▶ German professor; established the first independent psychology lab and first scholarly journal
- ▶ G. Stanley Hall
  - ▶ Established the first American psychology lab (John's Hopkins)
  - ▶ Created the first American scholarly journal and was the driving force behind the creation of the American Psychological Association (APA)



Edward Titchner

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William James

# Compare and Contrast

## ▶ Structuralism

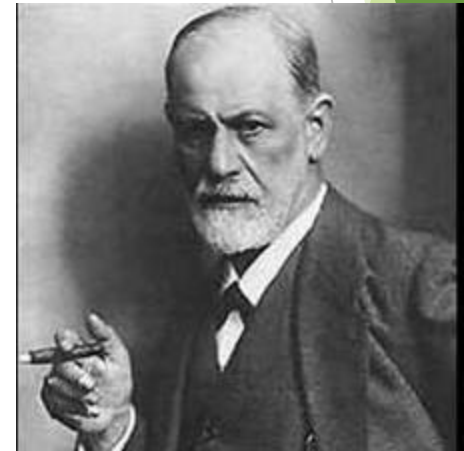
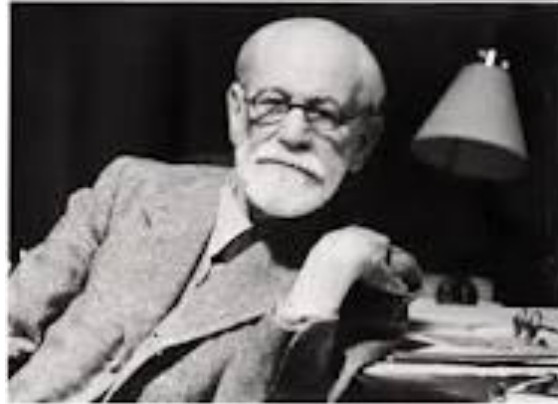
- ▶ Analyze the consciousness into basic elements
- ▶ Focused upon sensation and perception
- ▶ Introspection: Observe your own conscious experiences
- ▶ [http://www.youtube.com/watch?v=SW6nm69Z\\_I](http://www.youtube.com/watch?v=SW6nm69Z_I)  
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## ▶ Functionalism

- ▶ Looked to the **function** or **purpose** of consciousness, rather than its structure.
- ▶ Influenced by Darwin's ideas of natural selection
- ▶ Argued that the conscious has a continuous flow to it.
- ▶ Led to studies in the areas of mental testing, patterns of development, and more applied research.

# From the lab to practice: Sigmund Freud

- ▶ Freud is the founding father of *psychoanalysis*
- ▶ Core principles
- ▶ Psychoanalytic theory was slow gain acceptance and was initially regarded as a fad





# Discussion: your opinion

- ▶ “Give me a dozen healthy infants, well-formed, and my own special world to bring them up in and I’ll guarantee to take any one at random and train him to become any type of specialist I might select—doctor, lawyer, artist, merchant-in-chief, and yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations and race of his ancestors.”

▶ -John B. Watson (1924)

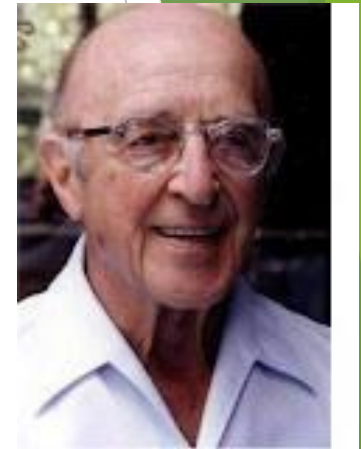
# Putting the Human Back into Psychology

## Humanism

- ▶ Developed from the strict focus on behavior of Watson and Skinner
- ▶ Emphasizes individual differences, especially each person's freedom and potential for personal growth

## Prominent Names

- ▶ Carl Rogers
- ▶ Abraham Maslow



# THEMES FROM THE TEXT

- ▶ Psychology is empirical
- ▶ Psychology is theoretically diverse
- ▶ Psychology evolves in a sociohistorical context
- ▶ Behavior is determined by multiple causes
- ▶ Our behavior is shaped by cultural heritage
- ▶ Heredity and environment jointly influence behavior
- ▶ People's experience of the world is highly subjective

# Name that quote

- ▶ “He that has eyes to see and ears to hear may convince himself that no mortal can keep a secret. If the lips are silent, he chatters with his fingertips; betrayal oozes out of him at every pore. And thus the task of making conscious the most hidden recesses of the mind is one which it is quite possible to accomplish.”
- ▶ “The book which I present to the public is an attempt to mark out a new domain of science...The new discipline rests upon anatomical and physiological foundations...The experimental treatment of psychological problems must be pronounced from every point of view to be in its first beginnings.”
- ▶ “Consciousness, then, does not appear to itself chopped up in bits. Such words as ‘chain’ or ‘train’ do not describe it fitly...It is nothing jointed; it flows. A ‘river’ or ‘stream’ are the metaphors by which it is most naturally described.”

# Name that quote

- ▶ “In the traditional view, a person is free...He can therefore be held responsible for what he does and justly punished if he offends. That view, together with its associated practices, must be reexamined when a scientific analysis reveals unsuspecting controlling relations between behavior and environment.”
- ▶ “I do not have a Pollyana view of human nature...Yet one of the most refreshing and invigorating parts of my experience is to work with (my clients) and to discover the strongly positive directional tendencies which exist in them, as in all of us, at the deepest levels.”
- ▶ “Our conclusion is that we have no real evidence of the inheritance of traits. I would feel perfectly confident in the ultimately favorable outcome of careful upbringing of a healthy, well-formed baby born of a long line of crooks, murderers and thieves, and prostitutes.”

# ACTIVITY RE-VISITED

- ▶ **ACTIVITY:**
  - ▶ Ryan Lochte decision to lie about what happened to he and his fellow swimmers at the Rio Olympics.
- ▶ Hypotheses generated
- ▶ Now explain the behavior from the perspectives of:
  - ▶ Skinner or Watson
  - ▶ Freud
  - ▶ Rogers
- ▶ How would you test the hypotheses?