

# Kurt Lewin and group dynamics

Psychology



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Kurt Lewin and group dynamics Kurt Lewin and group dynamics Who was Kurt Lewin and what were some of his key contributions to the study of group dynamics?

Kurt Lewin, who lived between 1890 and 1947 was a famous figure in social psychology, and his extensive work focused on studies of styles in leadership and their implications; the advancement of force field theory, work on decision-making; action research; the refreeze change management theory, and most significantly, the group dynamics approach to training, particularly concerning T-Groups.

Kurt Lewin had an insightful impact on generation of thinkers and researchers majoring in group dynamics. According to Johnson, D. H., & Johnson, F. P. (2013), Lewin was behind the key ideas of task interdependence and interdependence of fate that are very crucial in studying group processes. In interdependence of fate, Lewin formulated the argument that Groups are developed in a psychological sense, as opposed to the reason that their members are necessarily individuals with similar goals, though they may be. To him, a group is in existence when its members realize their fate is based on the group as a whole. On the other hand, Lewin's contribution to group dynamics is strongest when considering the arguments on task interdependence. Here, it is evident that a more significant fact is where interdependence exists in the goals of the entire group members. In general, his major contribution is that, if the group's task is created in a manner where members depend on each other for success, then a powerful dynamic is nurtured.

I agree with Lewin's ideas, based on the experience I had during my high school life. Wherever we were assigned classwork in groups, our team

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always ended up being so successful due to the unity and coordination we had to achieve a common goal. It is evident that we nurtured dynamics and this gave us power to be at the top.

#### References

Johnson, D. H., & Johnson, F. P. (2013). *Joining together: Group theory and group skills*, (11th ed.) Boston: Pearson Education, Inc.