

Discussion:what is your perspective

Psychology



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Behavioral Perspective Of Psychology Introduction There are several different methods through which an individual's behaviors can be studied and analyzed. Psychologists have even determined several ways of studying human behavior. The main purpose of these methods is to define why a particular individual acts in a particular manner and/or what factors influence an individual to behave in a certain way. These perspectives include the humanistic, biopsychological, behavioral as well as various other perspectives. The perspective that is best to study human behavior as a psychologist is the behavioral perspective. The behavioral perspective of understanding human behavior is most interesting because this perspective studies psychology through the lenses of observable or overt behavior, this perspective relies on scientific research and this perspective accepts the impact of environment on human behavior.

Body

One of the reasons due to which the behavioral perspective of psychology is so interesting is that this perspective incorporates the research methods of natural sciences such as experiments as well as observations in order to study and analyze human mind. This perspective of psychology is not reliant on elements of mind that are quite mysterious in nature and hard to study. Instead this method allows a student to learn about human mind with the help of theories that can be verified and further researched. For example: the theory of behavioral learning that was outlined by BF Skinner was based on a systematic method of research in which the theorist has clearly identified how changes in observable behavior take place (Ashford 6). This theory is quite easy to implement as well as verify when as a student an individual is indulged in research.

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Behavioral perspective of psychology is even interesting because it focuses on behavior that can be seen or is exhibited by an individual. This is an interesting way of studying the psychology of an individual because it is quite easy to obtain as well as analyze data regarding observable behavior. Studying psychology with observable behavior allows a student to obtain quantifiable data that can be used to obtain quantifiable results. For example: a study can be conducted in order to identify whether an employee is motivated or not through their hard work. Hard work is an observable behavior and can be quantified through the productivity levels of the employee and thus this makes it easy to identify whether a person is motivated or not.

The behavioral perspective is even quite interesting because it takes into consideration the external environment and its impact on human behavior. Unlike other perspectives that believe that certain behaviors are outcome of the makeup of the human brain, the behavioral perspective clearly states that it is the external environment in which an individual is living those impacts the behavior of an individual. This enables an individual to make changes to the external environment in order to change a particular behavior of an individual. While it is quite difficult to change the makeup of an individual's brain and thus changing behavior becomes quite difficult.

Conclusion

The behavioral perspective is the most interesting way to study psychology and human behavior because this perspective is based on scientific research and observable behavior. Due to this it enables a student to conduct his/her own research to identify why particular behaviors occur.

Works Cited

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Ashford, José B, Craig W LeCroy, and Kathy L Lortie. Human Behavior In The Social Environment. Australia: Brooks/Cole, Cengage Learning, 2010. Print.