

Compare and  
contrast two  
approaches to  
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Psychology is a subject that involves supervising mental procedures and behaviour scientifically. Psychologists try to dig into the basic maps of a individual and animate beings intellectual activity. This normally involves analyzing relationships, emotions, personality and many more countries of a individual or animate beings twenty-four hours to twenty-four hours life. Psychology tends to maneuver towards happening grounds for a individual or animate beings actions in an effort to decide them.

There are many different bombers - Fieldss of psychological science. nevertheless it is possible to pull similarities and differences to all facets of these Fieldss. The chief Fieldss trade with the different attacks used by assorted psychologists throughout history. Whilst there are no 100 % right theories in Psychology to assist to understand a individual.

we do need to compare and contrast the advantages and disadvantages of each theory in order to work out which is more good for the topic. In this case, it is possible for me to discourse Behaviourism and Psychodynamic attacks. One of the chief psychologists in recent history is John B. Watson ( 1878 - 1958 ) . Watson was responsible for making Behaviourism by developing on theories discovered by earlier psychologist Pavlov ( 1849 - 1936 ) .

This phenomenon had a profound consequence on how psychological science developed. The General premises of the Behaviourist attack show that it relies on the survey of nonsubjective and discernible behaviors and does non take into consideration any internal ideas or feelings. Basically, behaviorism is the survey of the relationship between a individuals

environment and their behavior whilst disregarding the internal ideas and feelings of the person ( Carlson & A ; Buskist. 1997 ) .

The Psychodynamic attack is a blunt contrast. This attack was developed by Freud ( 1856 - 1939 ) in the 1890s in Vienna and looks at the internal struggles within a topics unconscious head to make theories on the topics personality development. It besides allows intervention for psychological upsets based on these theories. In consequence.

Behaviourism and Pychodynamic attacks are polar antonyms of each other in the techniques that they use to pull their decisions. However. they do hold one chief similarity in the fact that they both draw on past experiences of the topic to specify how they are as an grownup. but they do this in really different ways. Behaviourism relies on the Stimulus-Response rule which consists of utilizing an object to make a reaction. A good illustration of this is Pavlovs Classical Conditioning theory that we learn through association.

Pavlov influenced Watson with his experiment utilizing Canis familiariss. Pavlov learnt that when a Canis familiaris sees nutrient as a Stimulation it has the natural response to salivate to fix its organic structure for nutrient. Pavlov decided to spread out on this cognition by developing a Canis familiaris to see a bell as a Stimulus. In comparing.

Freud managed to pull his decisions by detecting that all behavior is motivated by two basic interior thrusts: The natural impulse to reproduce which is known as The Eros. and the natural impulse to destruct which is known as the Thanatos. Freud besides delved deeper into the head unlike Watson. to detect that our subconscious is split into 3 parts.

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The first is the "ID" besides known as our natural thrust which seeks changeless satisfaction. the 2nd is the "EGO" besides known as our personal set of values developed as kids. and eventually the "SUPEREGO" besides known as set of erudite values taken from society and our parents. Freud besides discovered that our grownup personalities are defined by five psychosexual experiences that we experience as kids. These phases are known as unwritten. anal.

phallic. latency and genital. Freud believed that if a kid is exposed to over satisfaction in any of these phases. they will turn to hold jobs in maturity which can take to mental unwellness.

In contrast. Behaviourism as a subject looks into environmental factors environing a individual and neglects any actions which may be deemed as hereditary and besides uses Conditioning as its major rule. Another chief psychologist who succeeded in developing Behaviourism was Skinner ( 1904 - 1990 ) . Skinner created the theory of Operant Conditioning as he believed that all behaviors can be controlled by waggess or support.

This is really different from Pavlovs theory of Classical Conditioning as Skinner is seeking to command voluntary behavior. This is done by giving the topic a positive or negative reaction to an action with the theory that a negative response will deter the topic to reiterate the action. A good illustration of this is house developing a Canis familiaris. as the Canis familiariss natural reaction is to alleviate itself. nevertheless it must be taught to wait until it is outside. The more the Canis familiaris waits until he is outside.

the more congratulations he receives therefore it is less likely to wish to incite a negative reaction by alleviating himself inside the house. A immense difference between the two theories is the manner they carry out their research. Behaviourism uses animate beings to derive an penetration into human behavior. whereas Psychodynamic uses human topics to research into the interior mind.

One of Freuds most celebrated experiments was ' Little Hans' . This was about a five twelvemonth old male child who was afraid of Equus caballus. and was covetous of the birth of his sister. It was thought that Hans' anxiousness culminated from his inner desire to be his female parents mate. Freud used Hans in order to assist develop another of his theories - the ' Oedipus Complex' which is a little male childs interior green-eyed monster of his male parent and fright of penalty by emasculation by him. It must be stressed that the convulsion Freud discovered is really much in the subconscious.

There is besides the Electra composite which is a little misss interior belief that she has already been castrated and experiences ' penis envy' . This was a really complicated decision to deduce from equinophobia. and has had a figure of unfavorable judgments such as the find that merely before the experiment took topographic point. Hans witnessed an accident with a Equus caballus which resulted in a adult male losing his life ( Eysenck 1985 ) .

Behaviorists would reason that this would hold been the roost of Hans jobs and his inner convulsion could be relieved by utilizing techniques to reintegrate the male child with Equus caballus. Behaviourism is now used

normally to supply techniques to alter unwanted behavior such as phobic disorder. or to assist get the better of dependences. Its scientific attack is really methodical and it is able to explicate and rectify unwanted behaviors by go forthing a permanent feeling upon the topic. This is particularly felt in todays society with physicians and psychologists covering with kids with minor attending upsets.

A alone survey was carried out in America in 1987 to seek and rectify the delinquent behavior of overactive male childs and this survey showed that over a 10 twelvemonth period the kids who were in the controlled group had fewer Acts of the Apostless of delinquency than the uncontrolled group ( Satterfield. Schell 1987 & A ; 1997 ) . Whilst it is just to state Behaviourism has been a dominant influence within Psychology in the West. there are some disadvantages to utilizing this sort of therapy.

Because Behaviourism was. and still is a really dominant theory within Psychology. it ab initio made people feel that there was no subconscious or witting actions within a individual and that “ psychology. holding foremost bargained away its psyche and so gone out of its head.

seems now...to have lost all consciousness” ( Burt 1962 p. 229 ) . Similarly. Psychodynamic attacks have their just portion of disadvantages and reviews. Freud was famously criticised by Adler ( 1870 - 1937 ) as it was felt that Freuds ‘ Oedipus Complex’ theory was undistinguished. as he believed that kids were driven by a demand for congratulations and credence and non by the impulse for sexual satisfaction.

Besides. Psychodynamic attacks do not take into consideration an individual's current state of affairs or their societal factors - it relies entirely on past events. But despite this, we have seen the rise of psychotherapy - particularly within the National Health Service. Psychotherapy is the thought from Freud that if there are no physical findings for a job.

it can assist an individual if they talk about their ideas and feelings and experiences to make some sense of things. This is besides normally known as guidance. To reason this treatment, it is just to state that neither theory can be deemed as the right manner to assist a topic, as both have major countries of disadvantage every bit good as elements that are useful and effective within today's society. Psychologists will never be able to come up with a universal tested and tested method to handle people due to the fact that every individual is an individual with their own demands.

so these theories will go on to be expanded and critiqued for many years to come. Bibliography Books 1. Burt. C. ( 1962 ) .

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