

The Perspectives of Psychology



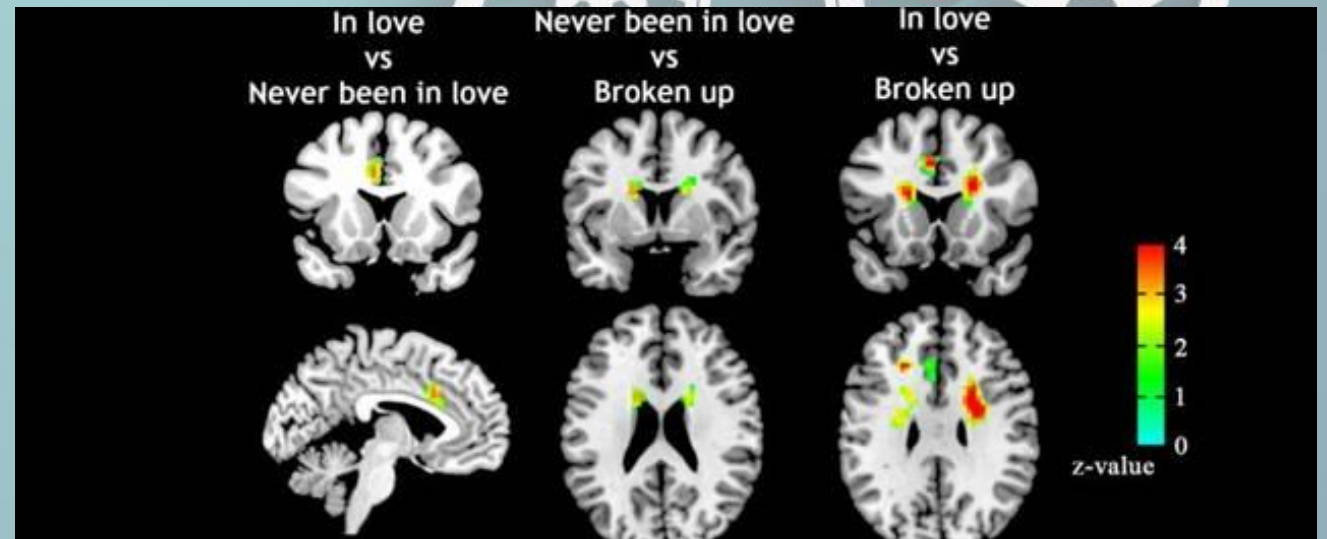
The Uses of Psychological Perspectives

- Different Psychological Perspectives examine different aspects of the human psyche to see how the mind functions and develops
 - Different Perspectives do not necessarily compete with one another
 - Different perspectives just take different approaches in understanding the mind



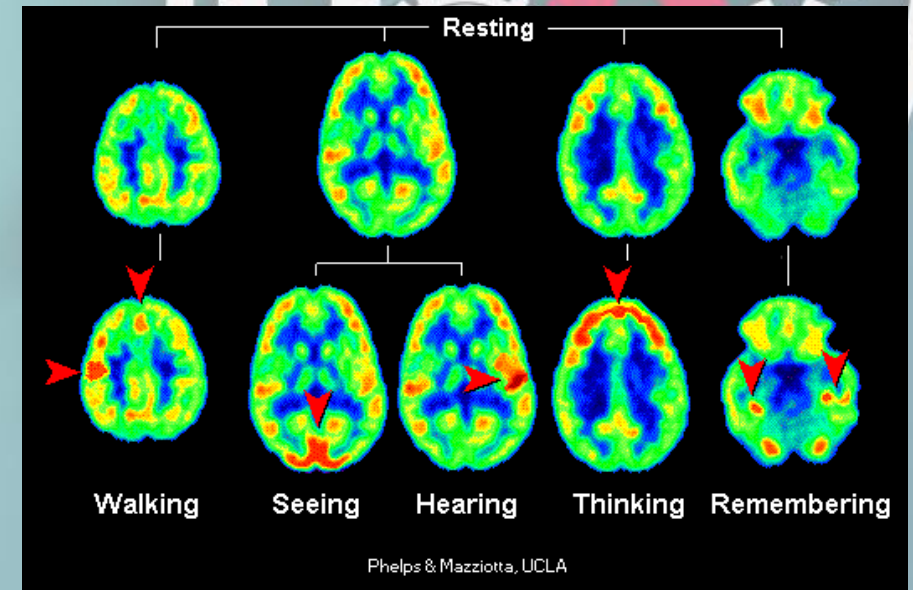
Biological Perspective

- Tries to explain human behavior through the examination of the physical processes of the human body
 - Nervous System
 - Brain functions
 - Especially chemical compositions
 - Immune systems
 - Genetics



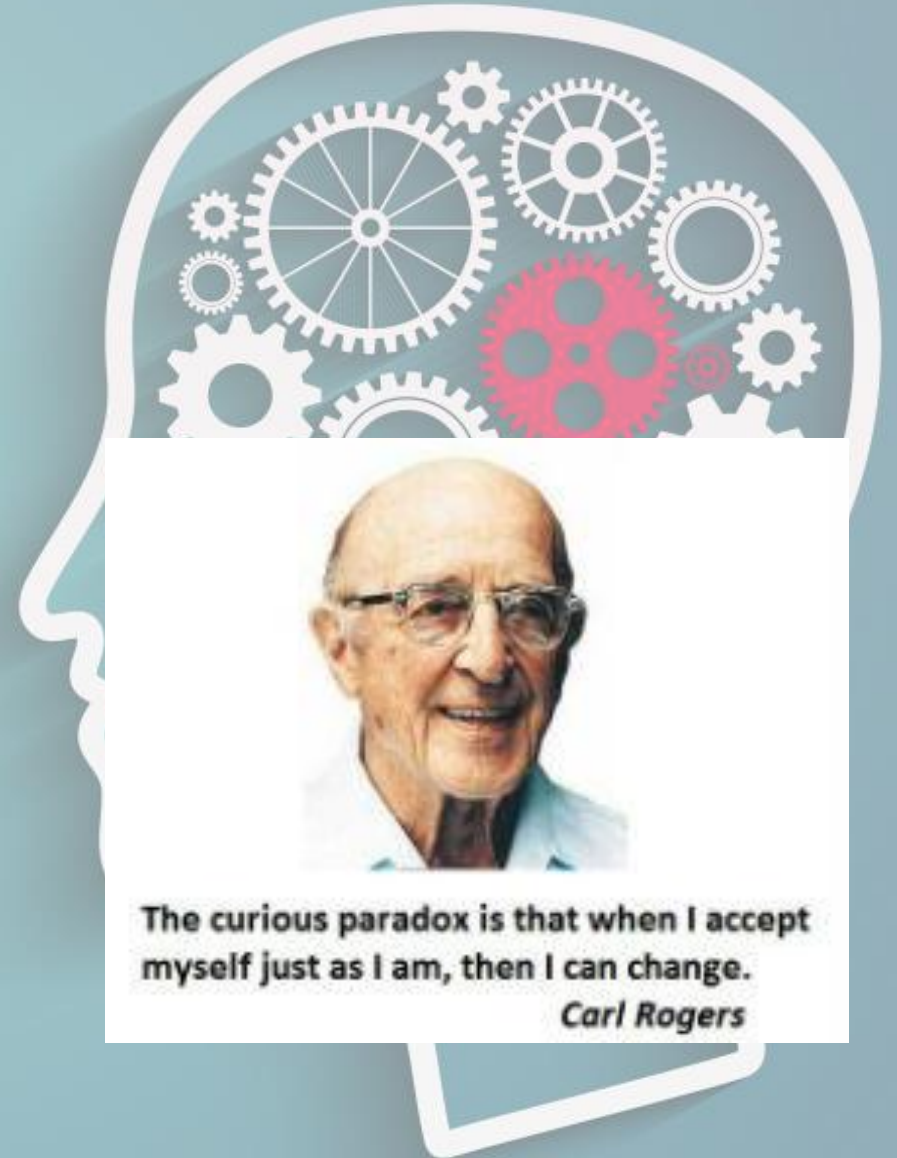
Biological Approach to the Individual

- Mental variations among humans occur because of difference in the “wiring” of the brain
 - Genetic variations passed down biologically through inherited traits
 - Chemical compositions
 - Nervous system variations



Humanistic Perspective

- Approach of psychology that examines the uniqueness of each individual
 - Examines human behavior through combination of observations and the self-perspectives of the individual
- Rejects the idea that humans behavior the way they do because of conditioning and lack of free will
 - Appreciates humans as individuals and not just part of a larger system
 - Humanistic approach looks at the choices humans make and why



Humanistic Approach to the individual

- Humanistic approach focuses on the potential of the individual
 - Each individual is inherently good and attempting to be better
- Stressed the importance for personal growth towards self-actualization
 - The achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world.



Cognitive Perspective

- Based around the general idea that our behaviors are generated by a series of stimuli and our conscious reactions and responses to them
 - Human Behavior is simply a reaction to external factors
 - Our behavior is controlled by our own thinking processes
- Cognitive psychologists particularly interested in how humans react to different problems



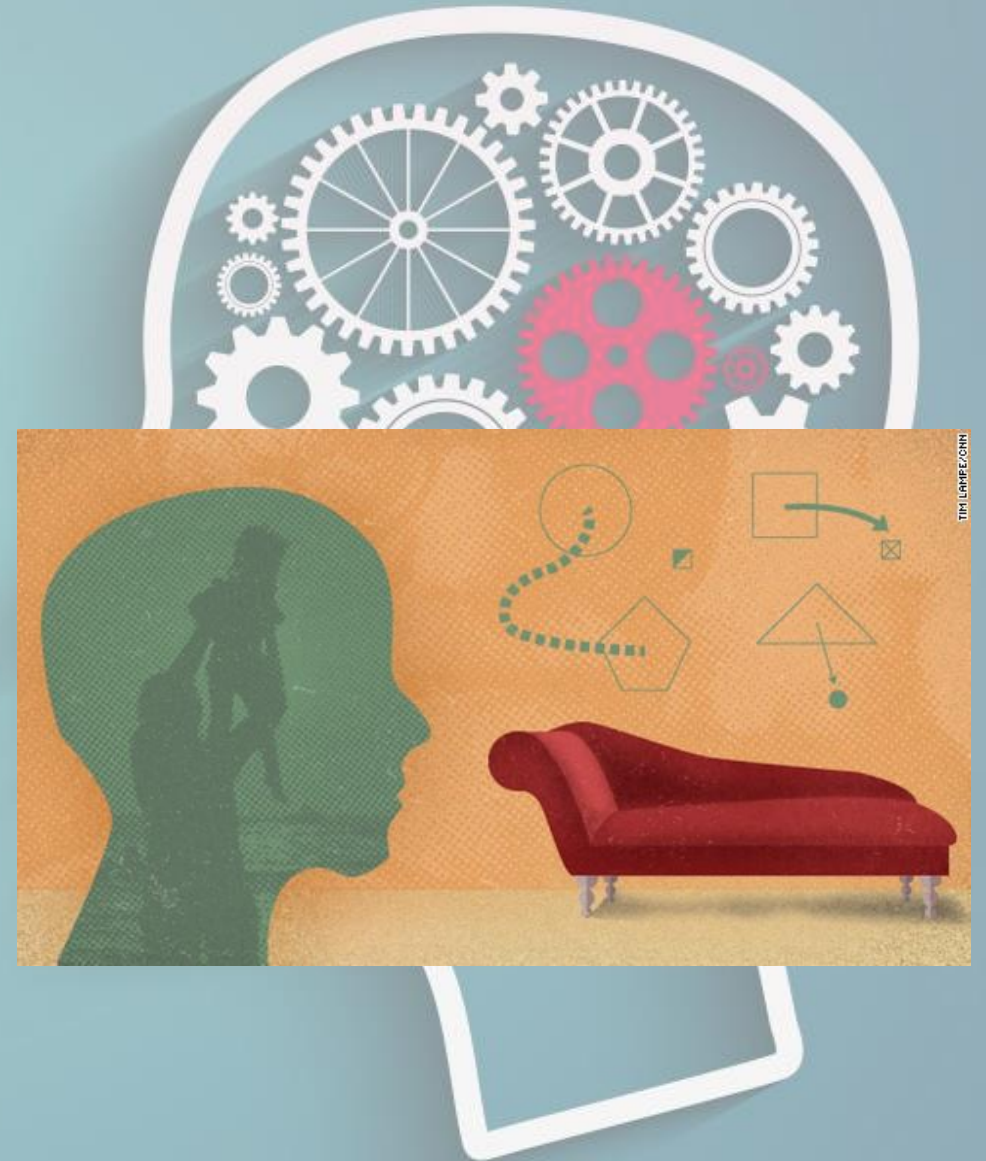
Cognitive Approach to the Individual

- Each individual is unique and capable of making their own choices based on their own thought process
 - The choices made by one individual may not necessarily be the same choices that another individual would make because we all react differently



Psychoanalytic Perspective

- Human's personalities come from deep within our unconscious mind
 - Much of our unconscious is formed in childhood
- We suppress many of our true feelings and they get locked in our unconscious mind
 - To better understand our development we must examine our experiences when we were young
 - Early experience is influential on current behavior



Psychoanalytical Approach to the individual

- To understand an individual it is important to question them about their childhood to better understand what feelings might be contained within the unconscious
 - Ex. Abandonment by a parent at a young age could lead to hesitance to make committed relationships as an adult



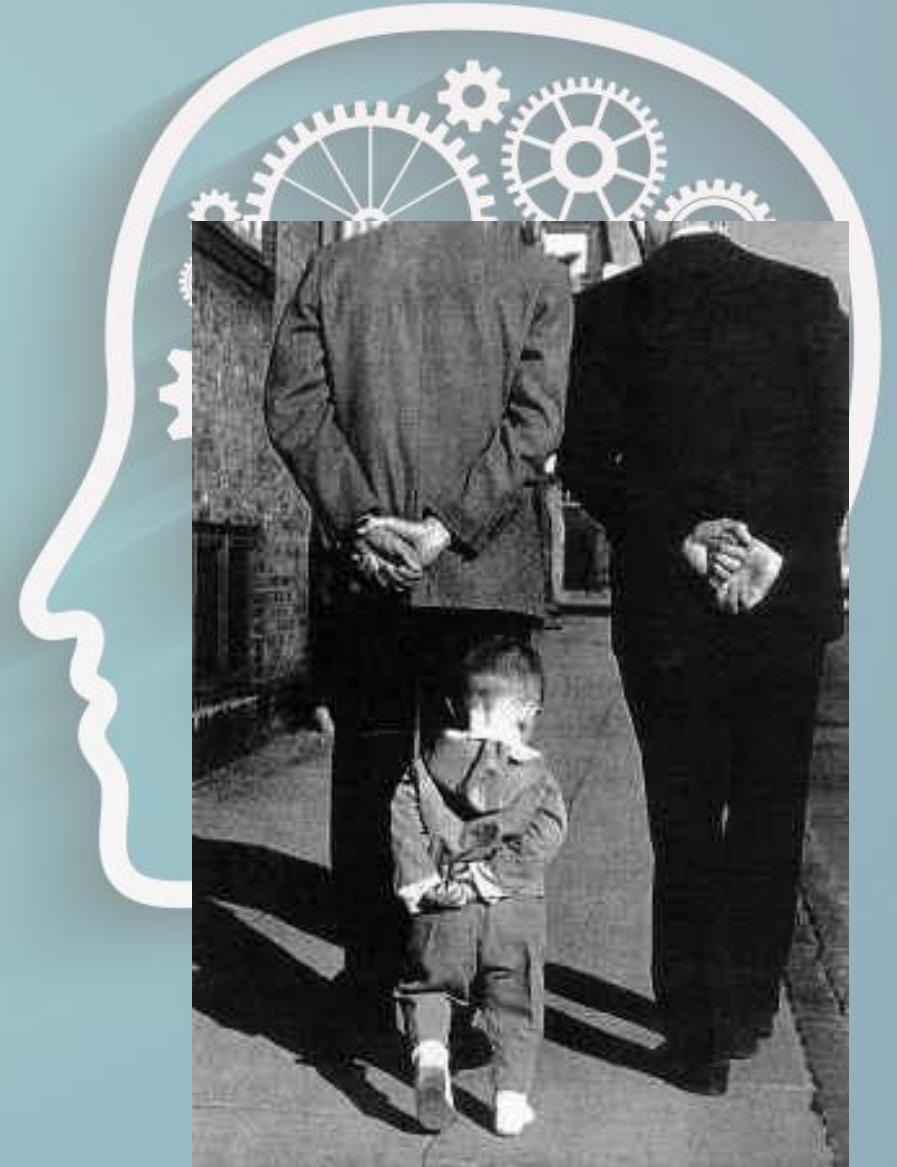
Learning Perspective

- The Learning perspective focus on the role of stimuli, rewards, and punishments in development
- Behaviors are learned through observing the actions of others
 - Ex. Aggressive behaviors are learned from living in an aggressive environment
- Stresses the importance of examining external factors and how they are influential



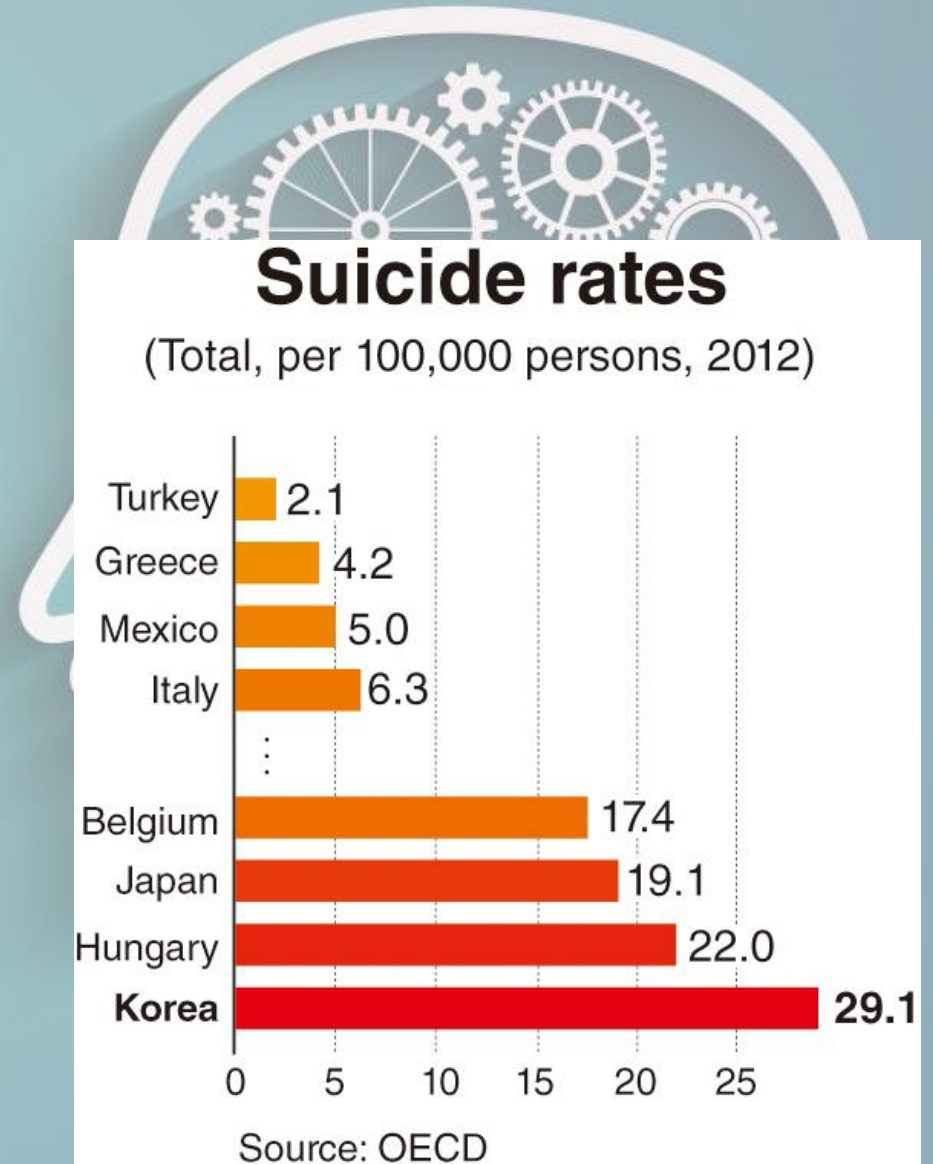
Learning Approach to the Individual

- An individual's behavior is the product of the environment they grew up in
- To examine an individual it is important to examine their home life, work life, school life, friends, family, community, etc...
- Individuals are learning the behaviors they see as "acceptable" or "normal" around them



Sociocultural Perspective

- The Sociocultural perspective stresses the importance of society on our development, behavior, and learning process
- Cultural factors such as language, art, social norms and social structures can play a significant role in the development of our cognitive abilities
 - Ex. South Korea has high suicide rates among school aged children because of high pressure on academic success



Sociocultural Perspective and the Individual

- To examine an individual you must look at them within the context of the society they live in
 - It is important to examine social norms and taboos to help explain behaviors
- The values of the society will be reflected in the values of the individual

