

HU3202 Assignment 1

Adwait Naravane 19MS151

February 4, 2022

Define Psychology.

Discuss the various schools of psychology

Psychology is defined as the science of behaviour and cognitive processes.

Here the term *behaviour* means any measurable action or reaction by a living organism. The action can either be overt or covert. Also, the term *Cognitive processes* would mean our thoughts, memories, mental images and also our reasoning and problem solving skills.

Different schools in Psychology include **Structuralism**, **Functionalism**, **Behaviourism** and various critics of these classical schools.

Structuralism

Structuralism is a school of Psychology which proposes that psychology should focus on analyzing the contents of consciousness in order to determine its basic elements and the relationships between them. This school argues, that the structure of the mind can be analysed through *introspection*-in which an individual is subjected to external stimuli like sounds or optical illusions in controlled conditions. The conscious experiences are measured and used to discern the basic structure of the human mind.

Functionalism

Functionalism argues that instead of focusing on the structure of the mind, Psychology should focus on its functions. This school was influenced by Darwinian evolution and argued that as Consciousness is very much a human characteristic, there must be some evolutionary reason for its existence. It focuses on how consciousness helps human beings cope with the challenging and changing world around them. This field later evolved into *evolutionary psychology*.

Behaviourism

Behaviourism argues that psychology should focus not on consciousness or experience but on behaviours and actions which can be observed and measured. The proponents of this school argue that because internal mental states cannot be studied scientifically, they should not be part of psychology. Rather, the field should focus only on overt responses to various stimuli.

Psychoanalysis

Sigmund Freud led the foundation of Psychoanalysis, a school of thought which argues that human behaviour is a dynamic manifestation of unconscious desires of self gratification and conflicts.

Humanistic Psychology

Humanistic Psychology rejects both Behaviourism and Freudian Psychoanalysis. It proposes that humans have free will and therefore do not simply repeat behaviors that yield positive outcomes. Humans are motivated by goals and a desire for personal growth. The school also rejects the notion that much of our behavior stems from innate aggressive and sexual urges.

Constructivism

The cognitive perspective towards Psychology tries to focus on how humans know about the world around them. It investigates all aspects of cognition—memory, thinking, reasoning, language, decision making, and so on. It views human beings as actively constructing their minds through their exploration into the physical and the social world.