**A look at"people in mainstream psychology from a subjectivity perspective**

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**Psychology studies people, and everyone has his or her own uniqueness in terms of psychological processes and behavioral manifestations. Respecting individual subjectivity is one of the manifestations of recognizing individual differences and is also the basis for understanding the concept of "people."**

　　Psychology is a science that studies human psychological phenomena and the laws of psychological activities. The research object of psychology is "people", and psychological activities originate from people as subjects. Subjectivity is a basic characteristic of people. It is the ability, role and status that people show in the process of practice. It is the autonomous initiative that people show in the relationship with objects as subjects, such as creativity, autonomy and selectivity. Subjectivity is a sign and embodiment of the subject status of individuals. This requires psychologists to respect the dignity and value of people in the research process, "put people at the center" and attach importance to people's subjectivity. However, looking at the history of the development of psychology, psychologists have not paid enough attention to people's subjectivity, and the shaping of the image of "people" is not complete. The phenomenon of isolating, one-sided and over-instrumentalizing "people" frequently occurs, which may be related to the "natural science" of psychology. Since its birth, psychology has faced the most questions about "science". In order to make psychology a "real science", psychology researchers have begun to move closer to natural science. The scientism at the methodological level has been accepted by mainstream psychology and has become the methodological principle of mainstream psychology. The direct consequence is that psychology is constructed as a natural science, which obliterates the discipline characteristics and essence of psychology itself, and makes the development of psychology under the shadow of natural science for a long time. It is worth noting that natural science focuses on the natural attributes of human beings, but does not pay attention to the fundamental characteristics of human beings such as subjectivity and sociality. At the same time, it uses quantitative and objective empirical methods to ensure the scientific nature of the research. Human subjectivity cannot be accurately quantified and does not conform to the principle of objectivity, so it can only be abandoned by mainstream psychology.

**Mainstream psychology’s interpretation of “human beings”**

　　Mainstream psychology advocates natural science and pursues empiricism and quantification. Subjectivity that cannot be objectively quantified is easily forgotten by researchers. Human subjectivity is lost little by little in the process of arbitrary interpretation and shaping. Behaviorism and cognitive psychology, which have been in the mainstream successively, are typical representatives of this research orientation.

　　First, behaviorism’s interpretation of “human”: animal, machine. The main shortcoming of behaviorism that is often criticized is its obvious biological tendency, which equates humans with animals, characterizes and explains human behavior by studying the reactions of mammals, and then generalizes the results of animal research to humans, ignoring the social history and subjective initiative of humans. At the same time, behaviorism describes humans as a passive machine structure, and simply attributes behavior to the connection between stimulus and response, which damages human subjectivity and shakes human subjectivity.

　　Behaviorism pursues absolute objectivity and weakens people's subjective consciousness, which is another manifestation of ignoring subjectivity. Watson once said in the article "Psychology in the Mind of Behaviorism": "Psychology is actually an experimental branch of natural science, and it is purely objective." He believes that if psychology wants to achieve the same status as natural science, all subjective concepts and categories must be discarded in the research process. This tendency to weaken consciousness is also reflected in his theoretical views, such as about emotions. Watson pointed out that emotions are only reactions to specific stimuli. Specifically, people experience physiological reactions after being stimulated by external stimuli, causing phenomena such as accelerated heartbeat, and then producing external emotional changes. This process completely denies any role from consciousness and internal feelings. Behaviorism regards people as animals and machines, ignores the consciousness and initiative of the subject in research, and lacks attention to subjectivity. On the one hand, it shakes the subjective status of people, and on the other hand, it is not conducive to the scientific nature of its own research.

　　Second, the interpretation of "people" by information processing cognitive psychology: computers. Information processing cognitive psychology is the mainstream of modern cognitive psychology. It starts from the perspective of information processing, regards people as an information processing system, uses computers to simulate the human brain, and explores people's cognition and internal psychological processes through human-computer analogy. Although information processing has brought a new research perspective to the field of psychology, while the human-computer analogy is being used, people's subjectivity is also being gradually eroded. First of all, people are individuals with life and self-awareness. In the cognitive process, they are often accompanied by purpose and plan, showing obvious self-initiative, while computers can only rely on single stereotyped instructions and sentences, and cannot be compared with the flexibility of people when facing special problems. Secondly, the human brain is a structure with great precision and complexity. Even the most advanced computers are essentially different from the human brain. Moreover, the human cognitive process itself is relatively complex. The human brain first receives information from the outside world, then processes it, transforms it into internal psychological activities and finally guides people's behavior. In this process, individual values, experiences and emotions also have a great influence on people's cognition, which computers cannot do.

　　Information processing cognitive psychology ignores human subjectivity, which is also reflected in research methods. Cognitive psychology inherits the objective methodology of behaviorism and also has the limitations of mechanism and objectivism. The unique thinking and emotions, mixed personal experience and flexible initiative of human beings have built a high wall of differences between human and computer cognitive modes, which is also a gap that computers cannot cross. When cognitive psychology introduced computers into the field of human cognition and compared the two, the pillar of human subjectivity had already begun to crumble.