**Modern Psychological Perspectives Comparison**

**Biological:**

* View of Human Nature: We are complex systems that respond to hereditary and environmental influences
* What determines behaviour: Neural structures, biochemistry, and inborn responses to external cues
* Question for Study: How do heredity, the nervous system, and the endocrine system produce behaviour and mental processes?

**Developmental:**

* View of Human Nature: We undergo predictable patterns of change throughout our lives
* What determines behaviour: Interaction between heredity and environment
* Question for Study: What are the patterns that characterize developmental change? What are the genetic and environmental influences underlying these patterns?

**Cognitive:**

* View of Human Nature: People are information-processing systems
* What determines behaviour: Mental interpretation of our experience
* Question for Study: How do mental processes, including sensation, perception, learning, memory, and language influence behaviour?

**Psychodynamic:**

* View of Human Nature: We are driven by dark forces of the unconscious
* What determines behaviour: Unconscious needs, conflicts, repressed memories, and childhood experiences
* Question for Study: How does the energy generated in the unconscious mind motivate our actions and account for mental disorders?

**Humanistic:**

* View of Human Nature: Emphasizes human growth and potential
* What determines behaviour: The influence of self-concept, perceptions, and interpersonal relationships, and our need for personal growth
* Question for Study: How can humanistic theory be applied to enhance mental health through counselling and therapy?

**Behavioural:**

* View of Human Nature: Behaviour is primarily shaped by learning
* What determines behaviour: Stimulus cues and our history of rewards and punishments
* Question for Study: What are the ‘laws’ that associate our responses with stimulus conditions? How can they be applied to improve the human condition?

**Sociocultural:**

* View of Human Nature: People are social animals, so human behaviour must be interpreted in social context
* What determines behaviour: Cultures, social norms and expectations, and social learning
* Question for Study: Under what conditions is the social and cultural situation predictive of behaviour? How are social influences different across cultures?

**Evolutionary:**

* View of Human Nature: Behaviour is developed and adapted over time
* What determines behaviour: Natural selection
* Question for Study: How do behaviour and individual differences develop and change?