

Psychology Phase 2 Induction work

Your next task is intended to give you a head start in September by developing your understanding of the major approaches in psychology and by helping you to understand how psychology has developed as a science.

Phase 2 work: complete half the slides for Wednesday 14th July. Bring them to your Psychology Induction Lesson.

Phase 3 work: complete the other half of the slides for Thursday 2nd September. Bring them to the September Induction Day.

We've completed one of the slides to give you an idea of what the finished product should look like.

Use the digital textbook to help you. You can access it by following this link and using the username and password provided below.

AS Digital Textbook

<https://illuminate.digital/aqapsych2edy1/>

Student Username: SHARDEN7

Student Password: GREEN7

Go to 'Chapter 4: Approaches in psychology' by using the arrows at the bottom. The most useful page will be the first one (Origins of psychology – see a screen shot of it on the next slide), but it's worth looking at the whole chapter.

You'll notice that there's circles with letters in. These are called 'hotspots'. If you click of them, they allow you to access further information that will help you to complete the task.

You're welcome to use other sources. Here are some of the sources that have been popular with our psychology students in the past:

- Tutor2u
- Simply psychology
- Crash course psychology (YouTube)

Origins of Psychology

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The specification says...

Origins of Psychology: Wundt, introspection and the emergence of Psychology as a science.

The idea of psychology as a distinct branch of study is generally dated at around 1880 when the first experimental lab was established.

That said, the philosophical roots of psychology stretch back much earlier than this. On this spread, we shall describe the work of the first ever experimental psychologist, as well as chart the emergence of psychology as a scientific discipline.

Key terms

Introspection The first systematic experimental attempt to study the mind by breaking up conscious awareness into basic structures of thoughts, images and sensations.

Psychology The scientific study of the mind, behaviour and experience.

Science A means of acquiring knowledge through systematic and objective investigation. The aim is to discover general laws.

Wundt and introspection

Wundt's lab

In 1879 Wilhelm Wundt opened the first ever lab dedicated entirely to psychological enquiry in a little town called Leipzig in Germany. Wundt's work is significant because it marked the beginning of scientific **psychology**, separating it from its broader philosophical roots. Wundt's aim was to try to analyse the nature of human consciousness, and thus represented the first systematic attempt to study the mind under controlled conditions. His pioneering method became known as **introspection**.

Standardised procedures

One of Wundt's main objectives was to try and develop theories about mental processes, such as language and perception. He and his co-workers recorded their experiences of various stimuli they were presented with, such as different objects or sounds. They would divide their observations into three categories: thoughts, images and sensations. For instance, participants might be given a ticking metronome and they would report their thoughts, images and sensations.

Structuralism

Isolating the structure of consciousness in this way is called **structuralism**. The stimuli that Wundt and his co-workers experienced were always presented in the same order and the same instructions were issued to all participants.

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Evaluation

Scientific

One strength of Wundt's work is that some of his methods were systematic and well-controlled (i.e. scientific). All introspections were recorded in the controlled environment of the lab, ensuring that possible **extraneous variables** were not a factor. As described on the left, procedures and instructions were carefully **standardised** so that all participants received the same information and were tested in the same way. This suggests that Wundt's research can be considered a forerunner to later scientific approaches in psychology, such as the behaviourist approach.

Subjective data

One limitation is that other aspects of Wundt's research would be considered unscientific today. Wundt relied on participants self-reporting their mental processes. Such data is subjective (influenced by a personal perspective). Also participants may have hidden some of their thoughts. It is difficult to establish meaningful 'laws of behaviour' from such data. And general laws are useful to predict future behaviour, one of the aims of science. This suggests that some of Wundt's early efforts to study the mind were flawed and would not meet the criteria of scientific enquiry.

Evaluation eXtra

Wundt's contribution

Wundt produced the first academic journal for psychological research and wrote the first textbook! He is often referred to as the 'father' of modern psychology. It is even suggested that Wundt's pioneering research set the foundation for approaches that were to come, particularly the behaviourist approach and cognitive psychology.

Consider: Does this justify the fact that his methods may have been unscientific?

onwards



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What we're gonna do right now is go back... back in time.

17th century – 19th century

Psychology is a branch of the broader discipline of philosophy. If psychology has a definition during this time it is as **experimental philosophy**.

1879

Wilhelm Wundt opens the first experimental psychology lab in Germany, and psychology emerges as a distinct discipline in its own right.

1900s

Sigmund Freud emphasises the influence of the unconscious mind on behaviour (the **psychodynamic approach**). He also develops his person-centred therapy, **psychoanalysis**, and shows that physical problems can be explained in terms of conflicts within the mind.

1913

John B. Watson writes *Psychology as the Behaviourist* views it and, later with **B.F. Skinner**, establishes the **behaviourist approach**. The psychodynamic and behaviourist approaches dominate psychology for the first half of the 20th century.

1950s

Carl Rogers and **Abraham Maslow** develop the **humanistic approach**, the so-called 'third force' in psychology, rejecting the behaviourist and the psychodynamic view that human behaviour is determined by outside factors. Humanistic psychologists emphasise the importance of self-determination and free will.

1950s

The introduction of the digital computer gives psychologists a metaphor for the operations of the human mind. The **cognitive approach** reintroduces the study of mental processes to psychology but in a much more scientific way than Wundt's earlier investigations.

1950s

Albert Bandura proposes the **social learning theory**. This approach draws attention to the role of cognitive factors in learning, providing a bridge between the newly established cognitive approach and traditional behaviourism.

1980s onwards

The **biological approach** begins to establish itself as the dominant scientific perspective in psychology. This is due to advances in technology that have increased understanding of the brain and biological processes.

End of the 21st century

Towards the end of the last century, **cognitive neuroscience** emerges as a distinct discipline bringing together the cognitive and biological approaches. Cognitive neuroscience investigates how biological structures influence mental states.

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The emergence of Psychology as a science

What is **science**? Science involves building knowledge through systematic and objective (unbiased) measurement. The aim is to discover general laws. If psychology is a science (and most modern commentators would probably agree that it is), what has made psychology the science it is today?

1900s Behaviourists

By the beginning of the 20th century, the value of introspection was questioned by many, most notably the behaviourist John B. Watson. The problem was that introspection produced subjective data (rather than objective), so that it was very difficult to establish general laws. Watson, and later B.F. Skinner, proposed that a truly scientific psychology should only study phenomena that can be observed objectively and measured. For this reason, behaviourists focused on behaviours that they could see, and used carefully controlled experiments. The behaviourist approach would go on to dominate scientific psychology for the next 50 years.

1950s Cognitive approach

The digital revolution of the 1950s gave a new generation of psychologists a metaphor for studying the mind. Cognitive psychologists likened the mind to a computer (e.g. the **multi-store model**) and tested their predictions about memory and attention using experiments. The cognitive approach ensured that the study of the mind was, once again, a legitimate and highly scientific aspect of the discipline.

1980s Biological approach

In more recent times, the biological approach has taken scientific psychology to new levels. Researchers within this area have taken advantage of advances in technology to investigate physiological processes as they happen. An example of this is the use of sophisticated scanning techniques such as **fMRI** and **EEG** to study live activity in the brain. New methods (e.g. **genetic testing**) have also allowed us to better understand the relationship between genes and behaviour.

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Evaluation

Modern Psychology

One strength is that research in modern psychology can claim to be scientific. Psychology has the same aims as the natural sciences – to describe, understand, predict and control behaviour. The learning approaches, cognitive approach and biological approach all rely on the use of scientific methods, for example, lab studies to investigate theories in a controlled and unbiased way. This suggests that throughout the 20th century and beyond, psychology has established itself as a scientific discipline.

Subjective data

One limitation with psychology is that not all approaches use objective methods. The humanistic approach rejects the scientific approach, preferring to focus on individual experiences and subjective experience. The psychodynamic approach makes use of the case study method which does not use representative samples. Finally, the subject of study – human beings – are active participants in their own lives. Therefore a scientific approach to the study of human thought and experience may not always be desirable or possible.

Evaluation eXtra

Paradigm

The philosopher Thomas Kuhn said that any science must have a paradigm: a set of principles, assumptions and methods that all people who work within that subject agree on. He went on to say that psychology is not a science because it does not have a paradigm as there is so much internal disagreement at its core.

Consider: Do psychologists generally 'disagree' with each other? What do you conclude about psychology as a science?

Check it

1. Explain what Wundt meant by 'introspection'. [3 marks]
2. Briefly explain Wundt's role in the emergence of psychology as a science. [4 marks]
3. Discuss Wundt's contribution to psychology. [8 marks]
4. Outline and evaluate the emergence of psychology as a science. [8 marks]

This is a slide that has already been completed so that you know what you're aiming for. The annotations in red provide guidance.

History of Psychology

Name: Wilhelm Wundt For some of the approaches a particular psychologist(s) is named. This has already been completed on all of the slides for you.

Date: 1832-1920 (key date: 1879, when he opened his lab in Leipzig, Germany) The date is given in red/brown in the textbook.

Position on timeline: Start of psychology timeline. Wundt considered the first psychologist. Before Freud.

Group membership: Structuralism By this I mean the name of the approach.

Methods: Introspection; scientific (controlled experimental conditions) What methods does the approach use to study behaviour?

Key assumptions of the approach: There's a double page spread on each approach in the textbook. The first section on the left-hand page has the sub-title 'assumptions' – this is a good starting place.

- The human mind could be studied scientifically (under strictly controlled experimental conditions)
- Study mental processes (such as language and perception), breaking them into their basic elements (such as thoughts, images and sensations).
- The technique used by structuralists was called introspection. Worked by asking individuals to engage in a task and then reflect on and report precisely the mental processes they were performing. Used to establish general theories about mental processes.

Reason for loss of popularity: Each approach was popular at its advent - why did it lose popularity/what is/were its weaknesses/how is it criticised by other approaches? In some cases, the approach may continue to be popular, in which case explain why. The 'Origins of psychology' page will help you to complete this section. So will the right-hand page of the double-page spread on each approach in the textbook – the right-hand page focuses on the strengths and weaknesses of the approach.

- Unreliable method - Skinner claimed that the results of introspection are subjective and cannot be verified because only observable behaviour can be objectively measured. Also, Wundt's results could not be replicated.

Contribution to the emergence of psychology as a science: Not all approaches helped psychology become more scientific. If it did, how? If it didn't, how?

Move towards scientific methods (e.g. controlled lab environment, standardised procedures and instructions). Still has some relevance today e.g. introspection method used by Griffiths in a study of gambling behaviour (studied in Year 2 of the course).

History of Psychology

Guest name: Sigmund Freud

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Watson and Skinner

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Carl Rogers and Abraham Maslow

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Mr Cognitive Approach

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Albert Bandura

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Mr Biological Approach

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

History of Psychology

Guest name: Mr Cognitive Neuroscience (Note: found on the cognitive approach page of the textbook – bottom left-hand page)

Date:

Position on timeline:

Group membership:

Methods:

Key assumptions of the approach:

Reason for loss of popularity:

Contribution to the emergence of psychology as a science:

Is there are particular area of psychology you'd like to investigate further? Would you like to know more about psychology generally? There's loads of interesting tutorials on YouTube. We particularly like the 'Crash Course Psychology' tutorials hosted by Hank Green. You might like to take a look at some of these.

There's loads of great films that will be relevant to the psychology topics we study. You might like to watch a few. We particularly like:

- Good Will Hunting (Attachment disorder)
- One Flew Over the Cuckoo's Nest (Labelling and treating mental ill health)
- A Beautiful Mind (Schizophrenia)
- Memento (Memory – amnesia)
- 28 Days (Addiction)
- 12 Angry Men (Minority Influence)
- The Experimenter (Obedience to authority, research methods)
- The Bodyguard (Parasocial relationships)
- Zimbardo's Stanford Prison Experiment documentary (Obedience, conforming to social roles, research methods, ethics)

We can't wait to meet you in September!