

Luis Michael

Prof. Maret

History of Psych

03-19-2022

Pavlov's Discovery of Classical Conditioning

#1.

According to Pavlov, the US or unconditioned Stimulus is an association of what is called a neutral stimulus or conditioned stimulus with the US which originally produces an already determined behavior. In other words, if once present an unconditioned stimulus and a conditioned stimulus or neutral stimulus it will become a conditioned response. Unconditioned Stimuli are stimuli that naturally will produce an unconditioned response, however, being that it is paired with a neutral stimulus the outcome of the behavior produced will be a conditioned response. This being said, it is understood then that there are three different stages or levels of this process of conditioning. On the one hand, the first stage will be that unconditioned stimulus which will produce an unconditioned or unlearned response. For instance, as humans, we all have unlearned habits such as learning how to eat and craving food. That happens naturally without any kind of teaching because we are biologically created to be fed. However, this stage is the platform for the second one. The second stage, therefore, is the neutral and conditioned stimulus which is associated with an unconditioned stimulus, creating a conditioned response. Lastly, the third stage will then become the stage where specific stimulus and unconditioned stimulus will be associated with a condition response. Here, the individual would have learned to repeat a certain behavior or reinforce it if it is pleasurable to him. That is how we all learn to avoid painful behavior and reinforce the ones that bring pleasure.

#2.

In Pavlov's discovery of classical conditioning, he presented the scene in which he would place a plate of food in front of a dog and as soon as the dog saw the food he would then have started to produce saliva. Then, continuing the inquiry, Pavlov would associate the giving of food to the dog with a sound he would make. After a while of doing the same thing, Pavlov learned that the dog had been conditioned to produce saliva every time he heard the same sound being played. Pavlov practiced the same procedure only to conclude that the dog would produce saliva even when no food was being placed in front of him because he had been conditioned to relate the sound with the food. That helped Pavlov understand the classical conditioning theory which is the way, according to his study, animals and us humans learn most of the things we know about our lives. Furthermore, an example of classical conditioning in human behavior is seen daily amongst societies. For instance, even though newborns do nothing to understand their essential needs for food, they, however, learn through conditioning to cry out in order to be fed. If newborns were never fed when they cried they would stop crying after a long time of being ignored. Whereas, when a baby cries and their parents feed them or take care of their needs they keep on repeating the same behavior that gave them results. It is like the reinforcement mechanism in us. We tend to repeat whatever action brings us the pleasure we need and want. So, in other words, conditioning will work almost interchangeably with reinforcement and that's how most of our behaviors are part of habits we have systematically organized and created. Even though conditioning is everywhere, cities so industrialized like New York expose us to conditioning and can be perceived more clearly than other states in the U.S. Advertisers such as the ones to promote Coca-Cola are clear attempts to condition us to buy more of their products. The posters we see every day we get on the trains concerning politics, the request to have people receive the Covid-19 vaccines, and many more commercials we see every day is intended for us in favor of their personal agendas. Lastly,

most of our values, beliefs, and religious practices are somehow traditionally attached to us through a conditioning system in which we follow what we have seen from our parents, teachers, and other leaders without even having to test the origin of those concepts.

Classical Conditioning: Pavlov and his Legacy

#1,

Just the same way classical conditioning is used to infuse fear or phobias in individuals about a certain stimulus through conditioning of behavior and particular responses it can be done to help someone overcome their fear of that object. The process of unlearning behavior is an efficient technique to help someone who has fear of an object because of a particular experience that person has lived. For instance, my friend is 31 years old. Growing up she was exposed to unpleasant experiences with rats that made her have a phobia of rats. I believe that phobia can be modified through a process of her having to unlearn the association she made between the experience she lived and all rats in general. For that, she would have to realize or understand the trauma she went through and that her phobia is probably too much based on the reality of what a rat can really do.

#2.

Behaviorism, according to the video is limited in that it only focuses on the external and observable behaviors of humans and it brings about overgeneralizations that do not always apply to all humans overall. For instance, behaviorism ignores the fact that some of our behaviors are shaped by our environment, our motivations, our thoughts, cosmovision, and in many cases particular cognitive processes or conditions that we can't just even ignore. For this reason, it is understood that as humans we all learn in different and unique ways due to the complexity of our human cognition.

#3.

Little Albert's experiment was controversial because of the many critics it got. The critics considered the experiment to be unethical since it was tried on a baby and it was harshly ignored the

consequences, trauma, and effects that this experiment would have caused on the infant.