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Ancient philosophy, particularly the works of Aristotle and Plato, laid the foundation for the study of human behavior and the mind. These scholars were among the first to propose that the mind and body were closely connected and that understanding the workings of the mind was essential to understanding human behavior. They also proposed that the mind had different functions, such as reason and emotion, which would later be studied by modern psychology.

During the 19th century, psychology began to emerge as a distinct field of study, with the rise of positivism and the influence of Darwin's theory of evolution. The focus on scientific methodologies and the growing interest in understanding human behavior led to the development of experimental psychology and the use of quantitative research methods. Additionally, the 19th century also saw the emergence of various psychological theories such as structuralism, functionalism and Gestalt psychology, which were important in shaping the field.

In the 20th century, psychology continued to evolve and diversify, with the emergence of new perspectives and approaches such as behaviorism, psychoanalysis, and cognitive psychology. The Zeitgeist of the time also had a significant influence on the field, with the dominant Cold War mentality leading to the rise of behaviorism as a dominant perspective in the field of psychology. Additionally, the 20th century also saw the emergence of various subfields of psychology such as social psychology, developmental psychology, and clinical psychology.

In conclusion, modern psychology is viewed as having roots in ancient scholarly philosophy as well as in both the nineteenth and twentieth centuries due to the diverse range of intellectual and cultural influences that have shaped the field over time. From ancient philosophers to modern-day scientists and practitioners, psychology has evolved and diversified to become the multifaceted field it is today.