

Autumn Nash

Dr. Amy Flavin

PSY 321 Week 3 Essay

6 February 2023

I find Gustav Fechner to be the most interesting of the scholars in psychology. While Weber and Helmholtz have notable contributions to psychology, I think that Fechner's study of psychophysics is a dynamic study that we think and use so naturally today. The connection of mental and physical processes are huge in psychology today. And while it is more so focused or taught to be the processes that take place that then affect the way one acts out, or the senses being stimulated and the brain interpreting that, it can also go further. Now there are studies on physical symptoms to mental illness. There have been rashes, asthma attacks, sickness, and weight fluctuation due to different mental illnesses. Likewise, there are physical illnesses that lead to mental issues, as seen for many during the COVID-19 pandemic. From getting sick, there was memory loss, depression, anxiety, and so on. I think that Fechner's contribution really changed the ways many separated mental and physical processes, and made them see the correlation and teach psychology from that perspective of listening to your mind, and equally listening to your body.