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History of Psychology

Essay 3

I found both Weber and Fechner to be the most interesting. My reasoning is because they both had the same mindset and ideas about sensory response, in relation to weight, pressure and temperature. Weber's theory as an example, would claim that if you have a cup of water that has a minimal amount of sugar in it, adding a dash more of sugar will make a big difference in taste. The body (sugar) if you work or for this instance add to it there will be a difference in the mind (water) and it will be create a taste that is received as either positive or negative depending on the situation. This is my interpretation of Weber theory that the body is dependent on the mind to function properly in order to react and move accordingly. However, the mind will not allow the body to do more than what it is capable of. Therefore the two are synonymously linked and therein dependent of one another. Fechner then devised an equation that expressed a revised or new theory "the just-noticeable difference" which had been advanced earlier by Ernst Heinrich Weber. Fechner seeing how to utilize the information gathered by Weber and formulated his own model that 'body and mind' though not reducible one to the other, are different sides of one reality. His originality lies in trying to discover an exact mathematical relation between them. Their findings helped play a vital role in understanding the human mind and overall behavior. By better understanding the conscious and what makes people tick, mental health professionals have been able to explore and find new approaches to treating psychological distress and mental illness.