

Wilhelm Wundt (1832-1920)

What made him the founder of psychology?

- Wilhelm Wundt is considered the founder of modern psychology because he established the first psychology laboratory at the University of Leipzig in Germany in 1879. Prior to Wundt's work, psychology was not considered a distinct scientific discipline and was often studied as a branch of philosophy. Wundt's laboratory was dedicated to the scientific study of the mind and behavior, and he sought to establish psychology as a distinct field of study with its own methodology and experimental techniques. He is credited with developing the method of introspection, which involved asking subjects to describe their own conscious experiences in response to different stimuli, and he emphasized the importance of using empirical methods to study mental processes. Wundt's work had a significant influence on the development of psychology as a scientific discipline and his ideas and methods continue to be influential in modern psychology.

What goal did he announce in his book Principles of Physiological Psychology?

- In his book Principles of Physiological Psychology, Wilhelm Wundt announced the goal of establishing psychology as a science. He believed that psychology should be studied as a natural science, like physics or chemistry, and that the scientific method could be applied to the study of mental processes. Wundt sought to establish psychology as a distinct field of study with its own methodology, experimental techniques, and theoretical framework. He believed that psychology could be used to study the workings of the human mind and

behavior in a systematic and scientific way, and that this knowledge could be used to improve the human condition.

Gedankenmesser

- Gedankenmesser is a German term that translates to "thought meter" or "thought measurer." It was a concept developed by Wilhelm Wundt, who believed that mental processes could be measured and studied objectively using introspection. The idea was that by using standardized procedures and trained observers, researchers could gather precise data on the content and structure of conscious experience. However, the concept of Gedankenmesser has been widely criticized for its subjectivity and lack of scientific rigor.

What two important things happened during the Leipzig years?

- During his years at Leipzig, Wundt established the first psychology laboratory and published his seminal work "Principles of Physiological Psychology." The establishment of the laboratory and publication of the book were important events in the history of psychology, as they marked the emergence of psychology as a distinct scientific discipline.

What two parts did psychology get divided into?

- Psychology was divided into two parts during Wundt's time: experimental psychology and social psychology. Experimental psychology focused on the study of mental processes through laboratory experiments, while social psychology was concerned with the study of human behavior in social contexts.

What did Wundt believe that psychology should be the study of?

- Wundt believed that psychology should be the study of conscious experience, including perception, sensation, and attention. He also believed that psychology should be studied as a natural science, using empirical methods and experimental techniques to study mental processes. Wundt's emphasis on the scientific study of the mind and behavior helped establish psychology as a distinct field of study and continues to influence the field today.

Voluntarism

- Voluntarism is a theoretical perspective in psychology associated with the work of Wilhelm Wundt. According to voluntarism, the mind is an active agent that plays an important role in shaping human behavior. This view emphasizes the role of willpower, motivation, and voluntary attention in guiding human action.

Mediate and immediate experience

- Mediate and immediate experience: According to Wundt, there are two types of experience - mediate and immediate. Mediate experience refers to knowledge gained through language, symbols, or other forms of mediation, while immediate experience refers to direct sensory experience of the world around us. Wundt believed that psychology should focus on the study of immediate experience, as it was more fundamental to our understanding of the mind.

Introspection according to Wundt

- Wundt's method of introspection involved asking subjects to report their conscious experiences in response to various stimuli. He believed that introspection was the best method for studying immediate experience and was an essential part of the scientific study of the mind.

Wundt's three goals of psychology

1. To describe
2. To explain
3. To predict mental phenomena

Two elements of psychology

1. Sensations
2. Feelings

Doctrine of apperception – the law of psychic resultants

- According to Wundt, apperception is the active process by which individuals organize and integrate new sensory information with their existing mental structures. This process involves selective attention, with individuals focusing their attention on certain aspects of the sensory information while ignoring others. The result is the creation of a unified, coherent perception of the world around us.
- The law of psychic resultants refers to the idea that the integration of new information into existing mental structures results in a modified or transformed mental state. Wundt believed that the outcome of this process was not predetermined, but rather depended on the individual's existing mental structures and the nature of the new information being integrated. The result could be a reinforcement of existing mental structures, the modification of those structures, or the creation of entirely new mental structures.

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Wundt's legacy

Wilhelm Wundt is considered one of the most important figures in the history of psychology, and his work had a significant impact on the development of the discipline.

Some of Wundt's major contributions to psychology include:

1. Establishment of the first psychology laboratory: In 1879, Wundt founded the first psychology laboratory at the University of Leipzig, which is often considered the birthplace of modern psychology. The laboratory was designed to study the workings of the human mind through experimental methods.
2. Development of introspection: Wundt developed the method of introspection, which involved the systematic observation and reporting of one's own subjective experiences. This method was central to his work on conscious experience and the structure of the mind.
3. Emphasis on voluntarism: Wundt emphasized the active, voluntary processes that underlie human behavior, and developed the theoretical perspective of voluntarism. This perspective emphasized the importance of studying the will, motivation, and attention in understanding human behavior.
4. Development of structuralism: Wundt also played a key role in the development of structuralism, which focused on the analysis of the basic components of conscious experience. This approach laid the groundwork for later work in cognitive psychology.
5. Influence on psychology as a discipline: Wundt's work helped establish psychology as a separate discipline from philosophy and physiology. He also trained many of the early psychologists who went on to make significant contributions to the field.

Overall, Wundt's legacy is characterized by his emphasis on experimental methods and the systematic study of the mind, as well as his focus on the active, voluntary processes that underlie human behavior. His work helped shape the development of psychology as a discipline and laid the groundwork for many of the theoretical perspectives and experimental methods used in modern psychology.

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Hermann Ebbinghaus (1850-1909)

The first to investigate memory and forgetting experimentally.

What did Ebbinghaus learn about nonsense syllables?

- Through his experiments, Ebbinghaus discovered the forgetting curve, which is a graph that shows the rate at which new information is forgotten over time. He found that forgetting occurs rapidly at first, but then levels off with time. Ebbinghaus also discovered that the amount of information remembered depends on the number of repetitions and the time interval between them. He called this the spacing effect, which suggests that spaced repetitions of information are more effective than massed repetitions.

Forgetting curve

- The forgetting curve is a graph that depicts how quickly information is forgotten over time. It was first discovered by German psychologist Hermann Ebbinghaus in the late 19th century.
- Ebbinghaus found that when people learn new information, they tend to forget a large proportion of it relatively quickly, with the rate of forgetting being most rapid

immediately after learning. As time goes on, the rate of forgetting decreases, and the amount of information that is retained stabilizes.

- The forgetting curve typically takes the shape of a steep, downward slope in the initial stages after learning, followed by a more gradual decline until the point of stabilization. The exact shape of the curve can vary depending on a number of factors, such as the nature of the information being learned, the individual's learning and memory abilities, and the method of assessment.

Sentence completion exercise (still used in psychology today)

- A sentence completion exercise is a psychological assessment technique that is still used today. It involves presenting a person with a set of sentence stems or prompts and asking them to complete each sentence in their own words.
- The sentences can be related to a specific topic, such as relationships, self-concept, or emotions. Examples of sentence stems might include: "When I feel angry, I...", "I am most proud of myself when...", or "I wish I could be more like...".
- The responses to the sentence completion exercise can provide insights into a person's beliefs, attitudes, and personality traits. It can also be a useful tool for exploring and understanding complex emotions and experiences that may be difficult to express directly.
- Sentence completion exercises can be administered in various formats, including as a written questionnaire, a verbal interview, or even as part of a group

discussion. The technique is commonly used in therapeutic settings, as well as in research studies to explore psychological phenomena.

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Franz Brentano (1838-1917)

Contrast with Wundt

- Franz Brentano and Wilhelm Wundt were two influential figures in the development of psychology as an independent discipline. While they shared some common interests and approaches, there were also significant differences between their perspectives.
- One of the main differences between Brentano and Wundt was their focus on the study of mental phenomena. Wundt's approach to psychology was based on the idea that conscious experience could be analyzed into its component parts through introspection. He believed that mental processes were essentially biological in nature and that they could be studied using scientific methods.

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What did Brentano argue should be the proper subject matter of psychology?

- Brentano argued that the proper subject matter of psychology should be the study of mental acts themselves, rather than their constituent parts. He believed that mental acts, such as perception, imagination, and judgment, were inherently meaningful and directed towards objects or content in the world.

In what two ways did Brentano believe you could study mental acts?

- Brentano emphasized that mental acts should be studied in terms of their intentional properties, or the ways in which they are directed towards specific

objects or content. He believed that mental acts were not reducible to physical or biological processes, but instead were characterized by their unique psychological properties.

- Brentano also distinguished between two different ways in which mental acts could be studied. The first was through introspection, or the direct observation and analysis of one's own mental experiences. The second was through the analysis of language and communication, since language use involves the expression and interpretation of mental acts.

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Carl Stumpf (1848-1936)

Stumpf was a major rival of Wundt's – what did he argue should be the primary date of psychology?

- Stumpf argued that the primary subject matter of psychology should be the study of human consciousness and subjective experience. He believed that consciousness was a unique and irreducible phenomenon that could not be reduced to simple sensory inputs or physiological processes.

What is phenomenology according to Stumpf?

- According to Stumpf, phenomenology involves a careful analysis of the structures of consciousness and how they relate to our experience of the world. He believed that this approach to psychology could help to shed light on a wide range of human experiences, including perception, emotion, and memory.

Oswald Külpe (1862-1915)

How did Külpe define psychology?

- Oswald Külpe (1862-1915) was a German psychologist who was known for his contributions to the study of introspection and thought processes.
- Külpe defined psychology as the study of mental processes and their relation to behavior. He believed that psychology should focus on the study of higher mental processes, such as problem-solving, decision-making, and creative thinking.

What was Külpe's systematic experimental introspection?

- Külpe's systematic experimental introspection was a method of studying mental processes that involved asking participants to perform specific cognitive tasks and then report their thought processes and experiences. This method involved the use of verbal reports, where participants were asked to describe their thoughts and feelings as they engaged in a particular task. This approach allowed Külpe to study mental processes that were not easily observable, such as reasoning and problem-solving.

What did Külpe mean by imageless thought?

- Külpe introduced the concept of "imageless thought," which referred to mental processes that occur without any accompanying mental images or sensory experiences. This idea challenged the prevailing belief that all mental processes were accompanied by sensory experiences, and it opened up new avenues of research into the nature of thought processes. Külpe argued that imageless thoughts were an essential component of creative thinking and problem-solving,

and that they could not be adequately studied using traditional introspective methods.

History of Psychology - Chapter 5 Review

Edward Bradford Titchener (1867-1927) and Structuralism

Although he claimed to represent Wundt's ideas and theories in America, he did not actually do this - how exactly did he change Wundt's theories?

- While Titchener was heavily influenced by Wundt's ideas and theories, he did make some significant changes to them. One of the key differences between Titchener's structuralism and Wundt's ideas was the focus on introspection. Titchener believed that introspection was the primary method for studying the structure of the mind, whereas Wundt saw it as just one tool among many for investigating mental processes.
- Titchener also emphasized the importance of using highly trained observers in introspection, which was a departure from Wundt's belief that anyone could participate in the process. Titchener believed that only individuals who had been trained in the use of introspection could provide accurate and reliable information about their mental experiences.

What did Titchener view the central task of psychology to be?

- Titchener viewed the central task of psychology to be the identification and analysis of the basic elements of consciousness, which he called "sensations." He believed that by breaking down complex experiences into their constituent

parts, psychologists could gain a better understanding of the structure of the mind.

1901-1905: During these years he wrote ___"Experimental Psychology: A Manual of Laboratory Practice," _____ , why is this noteworthy?

Titchener's view of women

- Titchener's view of women was controversial, as he believed that women were not suited for higher education and that they were intellectually inferior to men. He argued that women's brains were smaller and less complex than men's, and that they were better suited for domestic roles. Titchener's views on gender were not uncommon in his time, but they were strongly criticized by many of his contemporaries, including female psychologists who were working to establish themselves in the field. Today, Titchener's views are widely seen as outdated and sexist.

What did he believe the subject matter of psychology should be?

- Titchener believed that the subject matter of psychology should be the study of the elements of consciousness, such as sensations, feelings, and mental images. He believed that these elements could be studied through a process of introspection, in which trained observers described their subjective experiences in response to controlled stimuli.

What was meant by stimulus error?

- Titchener's concept of stimulus error referred to the tendency of observers to report not only their sensory experiences but also their interpretations and

judgments about those experiences. He argued that this led to subjective and unreliable data, and that introspection should focus exclusively on the immediate sensory experience, without any interpretation or judgment.

For Titchener what was meant by introspection?

- For Titchener, introspection was a process of self-observation in which trained observers carefully described their subjective experiences in response to controlled stimuli. He believed that introspection was the most direct way to study the elements of consciousness, and that through careful observation and analysis, psychologists could discover the fundamental laws and principles underlying mental processes. However, his methods of introspection were criticized by other psychologists for being too subjective and unreliable.

Titchener's three essential problems of psychology

1. The problem of sensation: how do we experience physical stimuli, such as light and sound?
2. The problem of attention: how do we selectively focus our awareness on certain stimuli?
3. The problem of association: how do we form complex ideas and concepts from simpler mental elements?

Titchener's three elementary states of consciousness

1. Sensations
2. Images
3. Affections

Titchener presented a list of what he believed to be 44,500 elements of sensation – all of which he believed could be categorized according to four characteristics basic to all sensations.

1. Quality

2. Intensity

3. Duration

4. Clearness/Clarity

Criticisms of Structuralism

Structuralism faced several criticisms, including:

1. Reductionism: Critics argued that structuralism reduced complex mental processes to simple elements and ignored the overall experience of the individual.
2. Lack of objectivity: Structuralism relied heavily on introspection, which is subjective and can vary from person to person. This made it difficult to establish a clear and objective methodology for studying mental processes.
3. Narrow focus: Structuralism focused exclusively on the conscious experience and ignored other important aspects of psychology, such as behavior and the unconscious.

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Contributions of Structuralism

Structuralism made several contributions to the field of psychology, including:

1. The emphasis on systematic observation and introspection as methods for studying consciousness.
2. The development of standardized procedures for studying mental processes, such as Titchener's method of introspection.
3. The idea that mental processes can be broken down into their component parts and studied independently.
4. The development of a precise vocabulary for describing mental experiences.
5. The use of experimental methods to study mental processes, which paved the way for the emergence of behaviorism and other schools of psychology.