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## Essay

Question: How did James's view of consciousness differ from Wundt's view? And what did James believe was the purpose of consciousness?

William James had a different view on consciousness, and he had a major impact on how psychology was able to spread during that time period. James was an American psychologist and was acknowledged by major philosopher and psychologist John Dewey, as one of the greatest of all time. He had a huge impact on functional psychology because he was able to clearly explain the functionalist atmosphere. James viewed consciousness as a continuous flow, with no disruptions. The mind is continuous as well, and it is very selective on what it chooses to pay attention to. James' view was that consciousness allows us to adapt to our environments by allowing us to choose what we want on our own. It is up to the individual to decide and then the experiences are going to be affected, according to James. We have conscious choices and habits which can be involuntary and nonconscious.

James' view of consciousness was different from Wundt's view. Wundt viewed consciousness as an inner experience. Consciousness can be broken down into basic elements, by someone examining their own experiences, which is known as introspection or internal perception. Wundt also believed that trained observers are able to describe the thoughts and emotions of others through introspection. While James believed that the purpose of consciousness is to make sense of reality through concepts of abstract ideas. He views it as a stream that is continuous.