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

Wilhelm Wundt and William James had different views when it came to the subject of consciousness. Wundt thoroughly believed the conscious experience and its basic elements were the most important aspects of psychology. He believed that the primary goal of psychology was to understand and analyze consciousness.

James didn't exactly agree with Wundt and took his beliefs about consciousness into a completely different direction. He believed that if consciousness were broken down into elements, then it would be distorted. He also stated that there are no "simple sensations" believing elements that were complex sensations that were broken down to discriminate attention, meaning that the "simple" sensations that were being reported, were actually very complex, but the observer was only paying attention to one particular thing. James' idea was called the stream of consciousness, where consciousness is continuously flowing, but when you try to break it down into smaller parts, it gets distorted, you're not truly seeing consciousness for what it is. Consciousness is always changing, it's not completely stagnant. When we encounter a certain stimulus, it's not gonna be the exact same thing every single time. The mind and consciousness are continuous, there aren't any flat stops when it comes to them. They don't truly turn off when we are asleep, dreams can attest to that, and we do notice gaps in time, but it does not mean that consciousness really stops.

James believed that consciousness has a biological purpose of consciousness, as there were some reasons, he believed, or else it wouldn't have survived over human evolution. He believed that the function was to give us humans the ability to choose. He made a distinction between a conscious choice and habits, which he believed are involuntary and unconscious.