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

William James (1842-1910) was known as the pioneer of American functional psychology. He had a lot of ailments growing up, and he wanted to cure his depression. He tried laughing gas to try and feel better. He was fascinated at the way "bodily changes influenced consciousness." James and Wundt clashed often. According to Schulz, James noted that Wundt "isn't a genius, he is a professor" and Wundt was highly critical of James' book, *The Principles of Psychology*. James' believed that the goal of psychology was not the discovery of the elements of experience, but rather the study of living people as they adapt to their environment. Wundt argued this because he was a believer in experimental psychology and the process of trial-and-error. James believed that conscious experiences are what they are and not groups of elements that Wundt believed. James focused on the behavioral aspect while Wundt focused on the introspection of consciousness, that is observing one's own mental processes. Wundt was a structuralist and James was a functionalist.

According to Schulz, another difference between Wundt and James was that James believed that simple sensations did not exist in conscious experience but exist only as the result of some convoluted process of interference or abstraction. James believed that the purpose of consciousness was to make sense of reality through abstract concepts. He also believed that consciousness is a continuous flow and any attempt to divide it into temporally distinct phases can only distort it. His idea was that consciousness was like a stream and flowing constantly. It also meant that consciousness should have some biological utility or it wouldn't have survived otherwise. It is meant to enable us to adapt to our environment by allowing us to choose.