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## Essay

The Zeitgeist is known as an intellectual movement and a cultural climate. The Zeitgeist did have a major impact on American psychology and has brought much support to this field. During the first two decades of the 20th century zeitgeist had an influence on animal psychology. Pavlov focused on psychic reflexes, which were known as stimuli that occurred due to a reaction, in this case it was food. Pavlov focused on the laboratory animals' mental events, interpreting them into human terms. Pavlov also wrote about conditioned reflexes which gave more information on his experiments. Conditioned reflexes are "conditional or dependent on the formation of an association or connection between stimulus and response." In his experiments he held out a piece of bread and the dog salivated due to the sight of the food, which was a reflex. Pavlov continued to test animals' responses to stimuli to achieve similar results. His research occurred for a long period of time, and many people were involved. Pavlov was able to improve and build on Descartes approaches and bring more attention to American Psychology.

Also Twitmeyer had an influence on the zeitgeist in American psychology as well. Twitmeyer was a young American who focused on the knee-jerk reflex, and made a connection about the response to stimuli. When he presented his ideas, no one was interested in his research findings and he became discouraged. Pavlov's ideas have touched bases in behavior therapy and he shifted psychology more towards subject matter and method, through his work. Pavlov's work was able to shed light on psychology being able to have a basic element of behavior which grew towards complex human behavior. Pavlov was later known as an experimental psychologist due to his effective work and he promoted new changes in psychology.