

History of Psychology

Chapters 9, 10, and 11

- Why is the story of Hans the Wonder horse important?
 - The story of Hans is important because it illustrates the danger of relying on anecdotal evidence and the importance of careful scientific observation and experimentation. It also highlights the need for critical thinking and skepticism in evaluating claims of extraordinary abilities or phenomena. The story of Hans helped to usher in a new era of scientific rigor in the field of psychology and emphasized the importance of empirical evidence and objective observation.
- How did animal psychology influence the development of Behaviorism?
 - Animal psychology played a significant role in the development of behaviorism. Behaviorism emerged in the early 20th century as a reaction against the introspective methods of psychology that were popular at the time. Instead, behaviorists sought to study observable behavior and the environmental factors that shape it.
 - One of the key influences on behaviorism was the work of Ivan Pavlov, who studied the conditioned reflexes of dogs in the early 20th century. Pavlov's work demonstrated that behavior could be modified through conditioning, in which an organism learns to associate a neutral stimulus with a meaningful one.

- Another important influence on behaviorism was the work of Edward Thorndike, who studied learning in cats using a "puzzle box." Thorndike observed that cats would learn to escape the puzzle box through trial and error, and that their behavior was shaped by the consequences of their actions.
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- Why was the work of Ivan Pavlov (1849-1936) so important to the development of psychology?
 - The work of Ivan Pavlov was important to the development of psychology because it provided an empirical foundation for the study of behavior and learning. Pavlov was a Russian physiologist who is best known for his experiments with dogs, in which he discovered the principles of classical conditioning.
 - Pavlov's research demonstrated that learning occurs when a neutral stimulus is paired with a meaningful stimulus, and that this association can lead to a conditioned response. This discovery laid the groundwork for a new approach to psychology that focused on observable behavior and the role of environmental factors in shaping behavior.
- What did John Watson (1878-1958) believe should be the subject matter of behaviorism?
 - John Watson, a prominent American psychologist and one of the founders of behaviorism, believed that the subject matter of psychology should be

observable behavior, not subjective mental processes. Watson rejected the introspective methods of psychology that were popular at the time and instead advocated for a more scientific approach that focused on objective observation and experimentation.

- Watson believed that all behavior was learned, and that it was possible to identify the environmental factors that shaped behavior. He argued that behavior could be modified through conditioning, in which an organism learns to associate a neutral stimulus with a meaningful one.

- What were Watson's beliefs about thought processes?

Watson believed that all behavior was learned through the environment and that mental processes were merely by-products of that behavior. He famously stated, "Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select – doctor, lawyer, artist, merchant-chief and, yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors."

Watson believed that behavior could be modified through conditioning, in which an organism learns to associate a neutral stimulus with a meaningful one. He argued that the goal of psychology should be to identify the environmental factors that shape behavior and to use this knowledge to modify behavior in desirable ways.

- What were the elements of Tolman's purposive behaviorism?

The elements of Tolman's purposive behaviorism included:

1. Cognitive maps: Tolman believed that behavior was influenced by cognitive maps, which are mental representations of the environment that allow individuals to navigate their surroundings. Cognitive maps are formed through experience and are used to guide behavior.
2. Purposive behavior: Tolman believed that behavior is purposeful and goal-directed. He argued that individuals engage in behavior to achieve certain goals or outcomes, and that these goals guide behavior.
3. Latent learning: Tolman demonstrated through his research that learning can occur without reinforcement or reward. He argued that individuals can acquire knowledge and skills through observation and experience, even if the behavior is not immediately reinforced.
4. Expectancy: Tolman believed that individuals have expectations about the consequences of their behavior, and that these expectations influence behavior. He argued that individuals engage in behavior that they expect will lead to a certain outcome.

- How was Skinner's (1904-1990) behaviorism similar to Watson's behaviorism?

Here are some ways in which Skinner's behaviorism was similar to Watson's behaviorism:

1. Focus on observable behavior: Both Skinner and Watson believed that psychology should focus on observable behavior rather than subjective mental

processes. They both rejected introspection and emphasized the importance of objective observation and experimentation.

2. Importance of environmental factors: Skinner and Watson both believed that behavior is shaped by environmental factors such as rewards and punishments. They argued that behavior can be modified through conditioning, in which an organism learns to associate a neutral stimulus with a meaningful one.
3. Rejection of free will: Both Skinner and Watson rejected the idea of free will and argued that behavior is determined by environmental factors. They believed that individuals do not have the freedom to choose their behavior, but rather their behavior is shaped by the environmental context in which it occurs.

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- How did Skinner's behaviorism differ from Pavlovian conditioning?
 - Skinner's behaviorism differed from Pavlovian conditioning in its focus on operant conditioning, the role of the organism, the nature of the response, the types of reinforcement, and the emphasis on shaping behavior. While both forms of conditioning involve learning, they differ in the specific mechanisms through which behavior is modified.
- What did Bandura's (1925-) social cognitive theory focus on?
 - Albert Bandura's social cognitive theory focuses on the role of cognition, or thinking, in learning and behavior. According to Bandura, behavior is not simply a result of environmental stimuli, but is also influenced by cognitive factors such as beliefs, expectations, and self-perceptions.

- Bandura's theory emphasizes the importance of observational learning, or learning by observing the behavior of others. He believed that people can learn new behaviors and skills by watching others, and that they can also develop new attitudes and beliefs through observational learning.
- Bandura also emphasized the importance of self-efficacy, or the belief in one's own ability to perform a specific behavior or achieve a specific goal. He argued that self-efficacy is a key factor in motivation and that people are more likely to engage in behaviors they believe they can successfully perform.
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- What does it mean to have high self-efficacy and what does it mean to have low self-efficacy? How does that affect how we interact with others and live our lives?
- Having high self-efficacy can have a positive impact on a person's life. It can increase motivation, persistence, and resilience, as people with high self-efficacy are more likely to set and achieve challenging goals. They are also more likely to take on new challenges and to view obstacles as opportunities for growth.
- Conversely, having low self-efficacy can have a negative impact on a person's life. It can lead to feelings of helplessness, hopelessness, and low motivation, as people with low self-efficacy may not believe that they can successfully achieve their goals or perform tasks that are necessary for success. This can result in missed opportunities and a lack of fulfillment in life.
- In terms of how self-efficacy affects how we interact with others, people with high self-efficacy may be more confident and assertive in social situations, as they

believe in their ability to effectively communicate and interact with others. People with low self-efficacy, on the other hand, may be more passive or avoidant in social situations, as they may not believe in their ability to effectively interact with others.

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