

Jason Ronda

Why is the story of Hans the Wonder horse important?

The story of Hans the horse is important because it shows that we should always look for alternative reasons for getting an answer. Hans's owner believed that the horse was incredibly intelligent. In reality, the horse learned how to read cues to get the behavior he wanted. The owner did not even consider at the time that his hypothesis could be wrong.

How did animal psychology influence the development of Behaviorism?

Animal psychology heavily influenced the development of behaviorism. One important aspect is that animal psychology was influenced by evolutionary psychology and led to attempts to find proof of there being a mind in lower animals and a pattern between animal minds and human ones.

Why was the work of Ivan Pavlov (1849-1936) so important to the development of psychology?

Pavlov's work was on conditioned reflexes. While he discovered this by accident, it was an important discovery. He noticed this when doing experiments with dogs where they were salivating before they even had food, either by the scent of the food or by the sound of the footsteps of the guy who usually gives them food, Conditioned reflexes are reflexes that come from an association between a stimulus and a response.

What did John Watson (1878-1958) believe should be the subject matter of behaviorism?

Watson believed that the subject matter for behaviorism should be elements of behavior which are glandular secretions and muscular movements. He believed this because a person's behavior is objective, meaning that it can be observed by other people and can be properly studied without certain terminology, unlike introspection which is subjective, meaning only the subject is aware of it.

What were Watson's beliefs about thought processes?

Watson believed that thinking was akin to talking silently. Being a behaviorist, Watson thought of thinking as a sensorimotor behavior, having the same motor uses as speech just without speaking or the use of our tongue and larynx. We also expressed thought with body language. Watson did not believe in the introspective approach and other behaviorists thought thinking was introspective

What were the elements of Tolman's purposive behaviorism?

Tolman's theory of purposive behaviorism was that there was a certain goal within behavior. The thing about this was that Tolman, like other behaviorists, did not believe in introspection, which made it sound odd that his theory included "purpose" which implies consciousness. He claimed that all actions were goal oriented; learning had a means to an end, doing things had a reason. Learning strengthened the learned relationship between the environmental cues and the organism's expectations.

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

Skinner's behaviorism was similar to Watson's behaviorism in that there was an emphasis on observable behavior. Skinner's work was not based on theories, but based on an empirical system without a theoretical framework to do. Like Watson, he dismissed ideas of the mind and the introspective method popularized in the psychoanalytic method. The mind and introspection

was not observable so he disregarded it. His work was more of describing behavior rather than explaining it. Humans weren't controlled by the mind, they were controlled by external forces in the environment, which he dubbed the empty organism approach.

How did Skinner's behaviorism differ from Pavlovian conditioning?

Skinner's behaviorism were ideas of operant conditioning and shaping behavior. Operant conditioning is reliant on a punishment and rewards system, given rewards to increase the likelihood of a desired behavior while also giving punishments to reduce the likelihood of a non-desired behavior. Pavlovian behaviorism was based on classical conditioning which involves the association of responses and certain stimuli.

What did Bandura's (1925-) social cognitive theory focus on?

Bandura's social cognitive theory focuses on learning behavior from observing their environment and how they can influence their environment. Unlike other behaviorist theories, there is an emphasis on cognitive processes in these theories. One particular method is vicarious reinforcement, where we are being reinforced by observing reinforcement on someone else. Another aspect of Bandura's research had to do with models and modeling behavior, specifically who we model our behavior off of and who we are most likely to model our behavior off of.

What does it mean to have high self-efficacy and what does it mean to have low self-efficacy?

Self efficacy refers to our sense of self esteem and competence in dealing with life's problems. High self efficacy means that the person believes that they are capable of dealing with whatever life throws their way and they expect to overcome these types of problems.

Low self efficacy means that they feel helpless, hopeless. They don't think they can solve their problems. They are very likely to give up on things when they look tough, they don't believe they can make a difference, nor do they think that they have control of their lives.

How does that affect how we interact with others and live our lives?

People with high self efficacy get better grades, think about more career opportunities, they feel healthier, they're less bothered by stress, and they are less likely to abuse substances and get addicted.

In contrast, people with low self efficacy are less healthy, more bothered by stress, less tolerant of pain, less likely to be able to recover quickly. Socially, they are less confident in initiating contact, less likely to develop friendships, and are less motivated towards work. People with low self efficacy probably need therapy.