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History Of Psychology
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Test chapters 9, 10, and 11

- The story of Hans the Wonder Horse was a significant discovery in animal psychology. This is because Hans the Wonder Horse was able to perform human-like actions such as simple mathematics, add and subtract, use fractions and decimals, read, identify coins, play games, and so on. What this proved was that Charles Darwin was correct in his suggestion that humans and animals exhibited similar behaviors and had a very similar mental process. The horse's owner Wilhelm Von Osten believed that with proper educational training, the animal would be able to perform more human-like actions.

- Animal psychology had a very significant effect on behaviorism further boosting and altering different theories and concepts. John B. Watson offered a statement about the relationship between his new behaviorism with animal psychology. He specifically states "Behaviorism is a direct outgrowth of studies in animal behavior during the first decade of the twentieth century". One can then note, Watson's theories were followed by animal psychology. This developed from evolutionary theories thus leading to attempts to show the existence of certain behaviors and mental processes in other species and the relations between animal and human minds. The work of individuals such as Jacob Leob. He developed theories such as Tropism and Associative memory which boosted his mechanistic and objective approach towards animal psychology. More research done from graduate student Willard Small helped intrude the role of consciousness in animal psychology through his experiment of the rat maze. A journal named the *Journal of Animal Behavior* was eventually developed after more research done by animal psychologists. Also, lectures and work done by Ivan Pavlov helped booster a more objective approach towards animal psychology, an approach that supported Watson's theories of behaviorism.

- The work of Ivan Pavlov was significant since it helped shape and develop the concepts of Behaviorism and animal psychology. This was specifically done through his work and experimentation on conditioning. His three main contributions to psychology and the world of science were the function of nerves of the heart, digestive glands, and finally conditioned reflexes (his most important contribution to psychology). Conditioned reflexes are defined as reflexes that are dependent on the formation of a connection between stimulus and response. This theory was formed from his experiment with dogs where his dogs started to salivate and secrete digestive fluids at the sight of food. In understanding the concept of psychic reflexes, one can see that the salivation is not reflexive but is learned (according to Pavlov) which is what one may refer to as the conditional reflex. This is because the dog makes a connection between the piece of food and consuming it. Pavlov also was able to do research and experiments on reinforcement, which is something that increases the likelihood of a response such as making an association between light and food for an animal.

- John B. Watson argued the subject matter of behaviorism should not consist of the acceptance of animal psychology where vouched for the use of animals in psychological research. He recommended that the study of animal psychology was also

appropriate and extremely supplemental in the study of human psychology. He also believed that human behavior was akin to machinery so people's behavior as consumers of goods, services, and so on can be observed and controlled. Thus, he allowed for laboratory studies of consumer behaviors. He also conducted studies on children and childrearing practices. Here, Watson proposed a more forgiving approach towards raising a child.

- Watson's beliefs about thought processes were that thoughts and thinking were reduced to motor behavior. His beliefs about thought process was that thought and thinking were a type of sensorimotor behavior. His justification included that the behavior of thinking involved speech reactions and movements. Watson reduced thinking to a subvocal speech that we utilize the same muscles for in order to perform overt speech. As a result to such research and theories, Watson developed experimental attempts where he was able to record an individual's tongue and larynx movement while the individual thought.

- Tolman's concept of purposive behavior consisted of two parts which was purpose and behavior. The concept discusses the attribution of purpose to an organism's behavior which implies that there is consciousness. He believed all actions were driven by a specific purpose. Tolman states that behavior is full of purpose and in the case of the rat in the maze, the rat makes corrections in order to achieve a goal thus stating that there is purpose. In his behaviorism, he discussed intervening variables which are unobserved factors within an organism that determines its behavior. An example of this can be hunger since it cannot be seen but certain behaviors arise and be observed as a result of Hunger.

- B.F. Skinner's behaviorism had similarities but also was a renewal of Watson's behaviorism. Skinner's behaviorism, like Watson's, focused on responses where he described instead of explained behavior. A majority of Skinner's research focused on observable behavior where he advocated for the stimulus and response relationship. Skinner's behaviorism similarly was focused not on what is happening internally within a human being. This is where this focus on the "empty organism" arises from. Skinner's focus similarly, was on external stimuli and how that affected the behaviors of human beings rather than internal entities.

- B.F. Skinner's operant conditioning differed in a number of ways in comparison to Pavlov's respondent behavior. Operant behavior, in contrast, happens without an observed external stimulus and it occurs spontaneously. There is still external stimuli but it is not specifically visible or observed within the experiment. Operant behavior in contrast to respondent behavior, occurs within the environment of the organism whereas respondent behavior doesn't. For example, the dogs in Pavlov's experiment have to respond to the food but the food has to be presented to them where the dog can't act on its own. The rat skinner box experiment in contrast, performed operant, learned behavior when it learned how to push the bar to receive its food.

- Bandura's social cognitive theory was a less extreme version of behaviorism which focused on human behavior within human interaction. Here, Bandura focused on how rewards and reinforcement functioned within human behavior. Bandura's behaviorism in the social cognitive theory focused on how human behavior modifies over time within social situations. Bandura believed that behavioral responses are not activated by external stimuli like a machine or robot. He believed that reactions to stimuli are initiated internally by the person. In a situation where external reinforcer changes

behavior, the behavior is changed because the person is conscious of the reinforced response in which he or she expects getting the same reinforcer for similar in the next occurrence.

- High self-efficacy means that one has a strong belief in oneself on whether or not he or she is able to perform tasks efficiently. For example, a basketball player with self-efficacy believes that he or she can score high games on a consistent basis and is confident in his or her ability to help win the game. Low self-efficacy is the opposite where an individual has a weak belief or weak confidence in one's ability to perform specific tasks. For example, a basketball player with low-efficacy has low confidence in his or her ability to score consistently and perform well on a consistent basis during a game. This affects how we interact with one another in the way we perform tasks for a job, deal with emotional and mental issues, how we perform in different challenges in life, how we treat one another, and so on. Low self-efficacy can have a negative effect on one's outlook on life which can negatively effect or hinder one's performance. Low self-efficacy causes one to think that he or she cannot perform a specific task well on a consistent basis which may cause one to not perform well as a result. High self-efficacy may prove to do the opposite in a domino effect-like fashion where it may booster one's confidence and ability to perform well.