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## Test of Chapters 9, 10 & 11

### **1. Why is the story of Hans the wonder horse important?**

The story of Hans the Wonder Horse is important because, while it appeared that animals could do complex mathematical calculations, identify coins and colors, spell, play cards, and had exhibited an outstanding memory, it was later determined that the animal was simply responding to gestures. It took a graduate student of Professor Carl Stumpf, who performed several controlled experiments to make the discovery. He soon ascertained that the horse had been conditioned. The conditioning started when his owner and teacher treated the horse with a sugar cube or carrots whenever he provided the correct response. And even though he began to dispense the reward intermittently towards the end of the animal's two year training, the horse would still provide the anticipated response. The investigation revealed that animals, and humans, could be conditioned to behave in certain ways.

### **2. How did animal psychology influence the development of Behaviorism?**

Animal psychology influenced the development of Behaviorism by the drive of John Watson, Alfred Binet and others to make the connection between evolutionary theory and that animals possess mental capabilities similar to humans only to a lesser degree. For example, they could display behavior and purpose and also distinguish and discern amongst various articles and substances.

### **3. Why was the work of Ivan Pavlov (1849-19360) so important to the development of psychology?**

The reason that Ivan Pavlov's work was so important to the development of psychology was that he successfully confirmed that there were indeed advanced cognitive processes in his test subjects. His animal conditioning methods were applicable in other areas such as behavior therapy research. Many scientists credited Pavlov with designing conditioning experiments which they found extremely vital in their own investigations. He also contributed to the increasingly objective way in which methods and topics for studies were executed. Pavlov's techniques furnished psychologists with the key components of behavior, a tangible unit in which intricate human actions might be broken down into, and also experimented on in a laboratory setting.

### **4. What did John Watson (1878-1958) believe should be the subject matter of Behaviorism?**

John B. Watson, the American psychologist, believed that the subject matter of behaviorism ought to be the elements of behavior, specifically the body's muscle movements and the secretions of its glands. He wanted to see a science of behavior with only acts and responses described in objective ways.

**5. What were Watson's beliefs about thought processes?**

Watson viewed thought processes as what he called, "implicit motor behavior," (227). In other words, thoughts are just another sensorimotor behavior. It initially involves speech movements or reactions, but over time becomes subvocal. The muscular habits of speech evolves into something both invisible and inaudible as most were discouraged in their youth from thinking out loud. Eventually all learned to speak silently within themselves. However, most children transitioned from utilizing their voice box and tongue and instead demonstrated thoughts with gestures such as smiling and scowling.

**6. What were the elements of Tolman's purposive behaviorism?**

Edward Chace Tolman (1886-1959) coined the term "purposive behaviorism" which he defined as objective behavior void of introspection. His main interest was in determining a subject's goal, not their self-report of how they might feel about a specific encounter. Tolman insisted that all actions, whether animal or human, are about finding a means to an end or attempts to achieve some kind of goal. By way of explanation, he stated that learning was proof of behavior with a purpose in mind. A researcher can therefore objectively measure any changes in a subject's response as indicative of their purpose. In this manner, Tolman deemed his data to be objective.

**7. How was Skinner's behaviorism similar to Watson's behaviorism?**

Skinner's view of behaviorism was similar to Watson's in that they both supported an empirical system in which to conduct psychological research. They also believed that the emphasis should be on studying the responses of their test subjects in order to describe only their observable behavior. Specifically, Both psychologists were of the same mind that scientific inquiry meant determining the subject's responses to the controlled stimulus or condition which the experimenter determined ahead of time. Skinner echoed Watson when he stated that humans are controlled by environmental forces and not from anything innate or congenital.

**8. How did Skinner's behaviorism differ from Pavlovian conditioning?**

Skinner's behaviorism differed from Pavlovian conditioning in a few ways. First, Pavlov conducted experiments by an observable stimulus being partnered with a respondent behavior under conditions of reinforcement. While Skinner's style of conditioning, known as operant conditioning, occurs without any external stimulus. Therefore the subject's response is spontaneous. A second difference between the two approaches is that Skinner's operant behavior experiments take place in the subject's environment

while in Pavlov's experiments they do not. As a result, Skinner's rats were free to act on their own to obtain food which represents a more accurate circumstance in which learning takes place; while Pavlov's dogs were only free to salivate. From this stemmed Skinner's law of acquisition, which states that "the strength of an operant behavior increases when it is followed by the presentation of a reinforcing stimulus," (247).

**9. What did Bandura's social cognitive theory focus on?**

Albert Bandura's (1925-2021) social cognitive theory focused on observing human behavior in interactions. He stressed the importance of rewards, or reinforcements, in cultivating and also altering actions. Bandura's approach was to study behavior as it was actually being formed and sometimes adjusted in social settings. He stressed that since people rarely dwelt in isolation it was inappropriate to conduct research the way Skinner did and then apply them to the real world. Bandura also highlighted the importance of cognition in these studies as the individual is very aware of their responses in any given situation and what the reinforcers are. The subject foresees that they will receive the expected reinforcement for acting in the same manner as they did previously.

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

According to Bandura, to have self-efficacy means that an individual possesses a strong sense of self-worth. They feel capable of tackling any challenge which comes their way. In other words, they also perceive themselves to be competent and productive. Conversely, folks who are low in self-efficacy believe that all hope is lost. They feel powerless to change their life circumstances. They possess few, if any, coping mechanisms in which to confront the difficulties they face and so quickly throw in the towel if any attempt on their part does not yield immediate results. They are convinced that there is no way to alter the trajectory of their life.

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

If a person is said to possess self-efficacy then they tend to aim high in their career and even in their personal life. As a result, they are more likely to succeed in the workplace and also in school. Another added benefit is that they enjoy a sense of mental and physical wellness. They are confident in social settings and make friends easily. However, those who are low in self-efficacy are prone to experience higher levels of stress, take longer to recover from injuries or illnesses and suffer more physical and emotional pain. They find little satisfaction in work, and are less eager to strive for achievement in their organizations. In social situations they feel awkward and unsure of themselves and tend to be more prone to develop addictions as a way to cope with their feelings of insecurity.