

## 1. Details of Module and its structure

Module Detail	
Subject Name	Psychology
Course Name	Psychology 01 (Class XI, Semester - 1)
Module Name/Title	What is Psychology? – Part 2
Module Id	keyy_10102
Pre-requisites	Basic knowledge of Notepad, Pen, Laptop, WIFI
Objectives	After going through this lesson, the learners will be able to understand the following: <ul style="list-style-type: none"><li>• Evolution of psychology</li><li>• Some interesting land marks in psychology</li><li>• Development of psychology in India</li><li>• Psychology and other disciplines</li><li>• Psychology and everyday life</li></ul>
Keywords	Introspection, Structuralism, Behaviorism, Cognition, Constructivism, Functionalism, Gestalt, Psychoanalysis.

## 2. Development Team

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## SCHOOLS OF THOUGHT IN PSYCHOLOGY

The different **schools of psychology** represent the major theories within psychology.

- The first school of thought, **structuralism**, was advocated by the founder of the first psychology lab, [Wilhelm Wundt](#).

In the past, psychologists often identified themselves exclusively with one single school of thought. Today, most psychologists have an eclectic outlook on psychology.

The following are some of the major schools of thought that have influenced our knowledge and understanding of psychology:

### **Structuralism**

- Wundt was interested in the study of conscious experience and wanted to analyse the constituents or the building blocks of the mind.
- Psychologists during Wundt's time analysed the structure of the mind through introspection and therefore were called structuralists.
- Introspection was a procedure in which individuals or subjects in psychological experiments were asked to describe in detail, their own mental processes or experiences.
- However, introspection as a method did not satisfy many other psychologists. It was considered less scientific because the introspective reports could not be verified by outside observers.
- This led to the development of new perspectives in psychology.

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## SUMMARY

[Structuralism](#) is generally thought of as the first school of thought in psychology. This outlook focused on breaking down mental processes into the most basic components.

- ✓ Major thinkers associated with structuralism include Wilhelm Wundt and Edward Titchener. The focus of structuralism was on reducing mental processes down into their most basic elements.
- ✓ The structuralists used techniques such as [introspection](#) to analyze the inner processes of the human mind.

## [Functionalism](#)

→ An American psychologist, William James, who had set up a psychological laboratory in Cambridge, Massachusetts soon after the setting up of the Leipzig laboratory, developed what was called a functionalist approach to the study of the human mind.

→ William James believed that instead of focusing on the structure of the mind, psychology should instead study what the mind does and how behaviour functions in making people deal with their environment.

→ For example, functionalists focused on how behaviour enabled people to satisfy their needs.

→ According to William James, consciousness as an ongoing stream of mental process interacting with the environment formed the core of psychology.

→ A very influential educational thinker of the time, John Dewey, used functionalism to argue that human beings seek to function effectively by adapting to their environment.

## SUMMARY

✓ formed as a reaction to the theories of the structuralist school of thought and was heavily influenced by the work of [William James](#).

✓ Instead of focusing on the mental processes themselves, functionalist thinkers were instead interested in the role that these processes play.

- **Gestalt Psychology**

→ It focused on the organisation of perceptual experiences.

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→ Instead of looking at the components of the mind, the Gestalt psychologists argued that when we look at the world our perceptual experience is more than the sum of the components of the perception.

→ In other words, what we experience is more than the inputs received from our environment.

→ When, for example, light from a series of flashing bulbs falls on our retina, we actually experience movement of light. When we see a movie, we actually have a series of rapidly moving images of still pictures falling on our retina.

→ Thus, our perceptual experience is more than the elements. Experience is holistic; it is a Gestalt

## SUMMARY

### Gestalt psychology

✓ is a school of psychology based upon the idea that we experience things as unified wholes. This approach to psychology began in Germany and Austria during the late 19th century in response to the molecular approach of structuralism.

✓ Instead of breaking down thoughts and behavior to their smallest elements, the gestalt psychologists believed that you must look at the whole of experience.

✓ According to the gestalt thinkers, the whole is greater than the sum of its parts.

#### • **Behaviorism**

→ Around 1910, John Watson rejected the ideas of mind and consciousness as subject matters of psychology.

→ He was greatly influenced by the work of physiologists like Ivan Pavlov on classical conditioning.

→ For Watson, mind is not observable and introspection is subjective because it cannot be verified by another observer.

→ According to him, scientific psychology must focus on what is observable and verifiable.

→ He defined psychology as a study of behaviour or responses (to stimuli) which can be measured and studied objectively.

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→ Behaviourism of Watson was further developed by many influential psychologists who are known as behaviourists.

→ Most prominent among them was Skinner who applied behaviourism to a wide range of situations and popularised the approach.

## SUMMARY

[Behaviorism](#) became a dominant school of thought during the 1950s. It was based upon the work of thinkers such as:

- [John B. Watson](#)

- [Ivan Pavlov](#)

- [B. F. Skinner](#)

✓ Behaviorism suggests that all behavior can be explained by environmental causes rather than by internal forces.

✓ Behaviorism is focused on *observable behavior*. Theories of learning including [classical conditioning](#) and [operant conditioning](#) were the focus of a great deal of research.

✓ The behavioral school of psychology had a major influence on the course of psychology and many of the ideas and techniques that emerged from this school of thought are still widely used today.

✓ Behavioral training, token economies, aversion therapy and other techniques are frequently used in psychotherapy and behavior modification programs.

## • **Psychoanalysis**

→ Freud, the father of Psychoanalysis, viewed human behaviour as a dynamic manifestation of unconscious desires and conflicts.

→ He founded psychoanalysis as a system to understand and cure psychological disorders.

→ While Freudian psychoanalysis viewed human beings as motivated by unconscious desire for gratification of pleasure seeking (and often, sexual) desires

## SUMMARY

[Psychoanalysis](#) is a school of psychology founded by [Sigmund Freud](#). This school of thought emphasized the influence of the [unconscious mind](#) on behavior.

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- ✓ Freud believed that the human mind was composed of three elements:
  - ✓ [The id, the ego and the superego](#). The id is composed of primal urges, while the ego is the component of personality charged with dealing with reality. The superego is the part of personality that holds all of the ideals and values we internalize from our parents and culture.
  - ✓ Freud's school of thought was enormously influential, but also generated a great deal of controversy. This controversy existed not only in his time, but also in modern discussions of Freud's theories.

### **Humanistic Psychology**

→ A more positive view of human nature. Humanists, such as Carl Rogers and Abraham Maslow, emphasized the free will of human beings and their natural striving to grow and unfold their inner potential. They argued that behaviorism with its emphasis on behavior as determined by environmental conditions undermines human freedom and dignity and takes a mechanistic view of human nature

### **SUMMARY**

[Humanistic psychology](#) developed as a response to psychoanalysis and behaviorism.

- ✓ Humanistic psychology instead focused on individual free will, personal growth and the concept of [self-actualization](#).
- ✓ While early schools of thought were largely centered on abnormal human behavior, humanistic psychology differed considerably in its emphasis on helping people achieve and fulfill their potential.
- ✓ Major humanist thinkers include:
  - [Abraham Maslow](#)
  - [Carl Rogers](#).

### **Cognitive Psychology**

→ It involves thinking, understanding, perceiving, memorising, problem solving and a host of other mental processes by which our knowledge of the world develops, making us able to deal with the environment in specific ways.

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- Some cognitive psychologists view the human mind as an information processing system like the computer.
  - Mind, according to this view is like a computer and it receives, processes, transforms, stores and retrieves information.
  - Modern cognitive psychology views human beings as actively constructing their minds through their exploration into the physical and the social world. This view is sometimes called constructivism.
  - Piaget's view of child development which will be discussed later is considered a constructivist theory of development of the mind.
  - Another Russian psychologist Vygotsky went even further to suggest that the human mind develops through social and cultural processes in which the mind is viewed as culturally constructed through joint interaction between adults and children.
  - In other words, while for Piaget children actively construct their own minds, Vygotsky took a view that mind is a joint cultural construction and emerges as a result of interaction between children and adults

## **SUMMARY**

[Cognitive psychology](#) is the school of psychology that studies mental processes including how people think, perceive, remember and learn. Cognitive psychology began to emerge during the 1950s, partly as a response to behaviorism.

One of the most influential theories from this school of thought was the [stages of cognitive development](#) theory proposed by [Jean Piaget](#).

## **DEVELOPMENT OF PSYCHOLOGY IN INDIA**

- The Indian philosophical tradition is rich in its focus on mental processes and reflections on human consciousness, self, mind-body relations, and a variety of mental functions such as cognition, perception, illusion, attention and reasoning, etc.

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- The development of the discipline in India continues to be dominated by western psychology, although some attempts have been made to find points of departure both within the country and abroad.
  - These attempts have tried to establish the truth value of various assertions in Indian philosophical traditions through scientific studies. The modern era of Indian psychology began in the Department of Philosophy at Calcutta University where the first syllabus of experimental psychology was introduced and the first psychology laboratory was established in 1915.
  - Calcutta University started the first Department of Psychology in the year 1916 and another Department of Applied Psychology in 1938.
  - The beginning of modern experimental psychology at Calcutta University was greatly influenced by the Indian psychologist Dr. N.N. Sengupta who was trained in USA in the experimental tradition of Wundt.
  - Professor G. Bose was trained in Freudian psychoanalysis, another area which influenced the early development of psychology in India. Professor Bose established Indian Psychoanalytical Association in 1922.
  - Departments of Psychology in the Universities of Mysore and Patna were other early centres of teaching and research in psychology. From these modest beginnings, modern psychology has grown as a strong discipline in India with a large number of centres of teaching, research and applications.
  - There are two centers of excellence in psychology supported by the UGC at Utkal University, Bhubaneswar and at the University of Allahabad. About 70 universities offer courses in psychology.
  - Durganand Sinha in his book Psychology in a Third World Country: The Indian Experience published in 1986 traces the history of modern psychology as a social science in India in four phases.
  - According to him, the first phase till independence was a phase with emphasis on experimental, psychoanalytic and psychological testing research, which primarily reflected the development of the discipline in western countries.
  - The second phase till the 1960s was a phase of expansion of psychology in India into different branches of psychology. During this phase Indian psychologists showed a desire to have an Indian identity by seeking to link western psychology to the Indian context.



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- They did this by using western ideas to understand the Indian situation. However, psychology in India sought to become relevant for Indian society in the post 1960s phase of problem-oriented research.
- Psychologists became more focused on addressing the problems of the Indian society. Further, the limitations of excessive dependence on western psychology for our social context were also realised.
- Leading psychologists emphasized the significance of research, which is of relevance to our situation. The search for a new identity of psychology in India led to the phase of indigenization, which started during the late 1970s.
- Besides rejecting the western framework, Indian psychologists stressed the need for developing an understanding based on a framework, which was culturally and socially relevant. This trend was also reflected in some attempts to develop psychological approaches based on traditional Indian psychology, which came from our ancient texts and scriptures.
- Thus, this phase is characterized by development in indigenous psychology, which originated from the Indian cultural context and was relevant for society and Indian psychology based on the Indian traditional knowledge system.
- While these developments continue, psychology in India is making significant contributions to the field of psychology in the world.
- It has become more contextual emphasizing the need for developing psychological principles, which are rooted in our own social and cultural context.
- Alongside, we also find that new research studies involving interfaces with neurobiological and health sciences are being carried out. Psychology in India is now being applied in diverse professional areas.
- Not only have psychologists been working with children having special problems, they are employed in hospitals as clinical psychologists, in corporate organizations in the HRD and advertising departments, in sports directorates, in the development sector and in IT industry.

## **PSYCHOLOGY AND OTHER DISCIPLINES**

- **Philosophy:** Though psychology has emerged as a scientific discipline, it is influenced by philosophy. Wundt and other psychologists adopted an experimental approach to these questions and contemporary psychology emerged. Despite the emergence of psychology as a

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science, it greatly draws from philosophy, particularly with respect to methods of knowing, and various domains of human nature

- **Medicine:** A large number of hospitals employ psychologists to prevent people from engaging in health hazardous behaviours. The psychological aspect of health is as crucial as the physical aspect.
- **Economics, political science and Sociology:** Matter of psychology has contributed to all of them. Psychology has contributed to micro economics behaviour, issues related to exercise of power, political conflicts, voting patterns and behaviour of individuals in socio cultural contexts.
- **Computer Science:** The development of computer science and psychology has brought about significant advancement in the field of cognitive science. From the very beginning, the effort of computer science has been in mimicking the human mind. One can see it in terms of how a 'computer' is structured, its memory organised, sequential and simultaneous (read parallel) processing of information. Computer scientists and engineers are seeking to make computers not only more and more intelligent but also machines which can sense and feel
- **Law and Criminology:** Lawyers and criminologists require the knowledge of psychology to understand the motives behind crime, the degree of punishment that is just and the factors that affect judgment.
- **Mass Communication:** A story by mass media has more impact if it is based on the background of psychological knowledge. The print and the electronic media have entered in our lives in a very big way. They have a major influence on our thinking, attitudes and our emotions. If they have brought us closer together, they have also reduced cultural diversities. The impact of the media on the formation of attitudes of children and their behaviour is a domain where both these disciplines come together. Psychology also helps in developing strategies for better and effective communication. A journalist in reporting news must know the reader's interests in the story. Since most stories deal with human events, knowledge of their motives and emotions is very important.

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- **Music:** Studies have conducted about the role of music in emotions and therapies. Music and psychology have converged in many areas. Scientists have made use of music in raising work performance. Music and emotions is another area in which a number of studies have been carried out. Musicians in India have recently started experimenting with what they call 'Music Therapy'. In this they use different 'Ragas' for curing certain physical ailments. The efficacy of music therapy still remains to be proven.
  - **Architecture and engineering:** Psychological knowledge helps in designing mechanical devices and displays. At first glance the relationship between psychology and architecture and engineering would appear improbable. But such is actually not the case. Ask any architect, s/he must satisfy her/his clients by providing mental and physical space through her design and satisfy aesthetically. Engineers must also take into account human habits in their plans for safety, for example, on streets and highways. Psychological knowledge helps in a big way in designing of all mechanical devices and displays.

### **THE PROBLEM OF PSYCHOLOGIST TO MERGE WITH OTHER DISCIPLINES**

→ In Medical science, Doctors have realised that the maxim, healthy body requires a healthy mind. A large number of hospitals now employ psychologists. The role of psychologists in preventing people from engaging in health hazardous behaviours and in adhering to the prescribed doctors' regimen. While treating patients suffering from cancer, AIDS, and the physically challenged have also felt the need for psychological counselling.

→ In Engineering, it is necessary for an architecture to satisfy her/his clients by providing mental and physical space through her design and satisfy aesthetically. Engineers must also take into account human habits in their plans for safety, for example, on streets and highways. Psychological knowledge helps in a big way in designing of all mechanical devices and displays

### **PSYCHOLOGY AND EVERYDAY LIFE.**

→ Psychology is not only a subject that satisfies some of the curiosities of our mind about human nature, but it is also a subject that can offer solutions to a variety of problems. These may range from purely personal (for example, a daughter having to face an alcoholic father or a

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mother dealing with a problem child) to those that may be rooted within the family set up (for example, lack of communication and interaction among family members) or in a larger group or community setting (for example, terrorist groups or socially isolated communities) or may have national or international dimensions.

→ Problems related to education, health, environment, social justice, women development, intergroup relations, etc. are pervasive. While the solution of these problems may involve political, economic and social reforms, interventions at the individual levels are also needed in order to change.

→ Many of these problems are largely of psychological nature and they result from our unhealthy thinking, negative attitude towards people and self and undesirable patterns of behavior.

→ A psychological analysis of these problems helps both in having a deeper understanding of these problems and also in finding their effective solutions.

→ The potential of psychology in solving the problems of life is being realized more and more. Media has played a vital role in this respect. You may have seen on television counsellors and therapists suggesting solutions to a variety of problems related to children, adolescents, adults and the elderly people.

→ Many psychologists now play an active role in designing and executing intervention programmes in order to provide people with a better quality of life. Hence, it is no surprise that we find psychologists working in diverse settings such as schools, hospitals, industries, prisons, business organizations, military establishments, and in private practice as consultants helping people solve problems in their respective settings.

→ Besides helping in rendering social service to others, the knowledge of psychology is also personally relevant to you in your day to-day life. The principles and methods of psychology that you will learn in this course should be made use of in analyzing and understanding yourself in relation to others. It is not that we do not think about ourselves.

→ But very often, some of us think very highly of ourselves and any feedback that contradicts our opinion about ourselves is rejected because we engage in what is called a defensive behavior.

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→ Structuralism may use psychological principles in a positive manner to develop good habits of study for improving your learning and memory, and for solving your personal and interpersonal problems by using appropriate decision making strategies.

→ You will also find it of use to reduce or alleviate the stress of examination. Thus, the knowledge of psychology is quite useful in our everyday life, and is rewarding from personal as well as social points of view.

Some of the areas of everyday life where understanding of psychology can be put to practice are:

➤ Psychology helps to understand various personal problems like family, marriage and work sphere and also helps to deal with larger problems related to community, society, national or international.

➤ Psychology enables an individual to understand oneself in a balanced and positive way without being reactionary, in order to deal with everyday challenges and meet with personal expectations.

➤ It also suggest solutions to a variety of problems related to children, adolescents, adults and the elderly people.

➤ It also helps in analyzing vital social problems relating to social change and development, population, poverty, interpersonal or intergroup violence, and environmental degradation.

➤ Psychological principles helps to develop good habits of study for improving your learning and memory, and for solving your personal and interpersonal problems by using appropriate decision- making strategies.

## **SUMMARY**

Psychology plays an important role in everyday life by not only contributing as a discipline but also solving problems at different levels such as schools, colleges, organizations and hospitals.