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Batch = OB-52

Q. NO. 2.

Narrate in detail the school of thought and perspectives in psychology.

Psychology:

Definitions:

Psychology can be defined as:

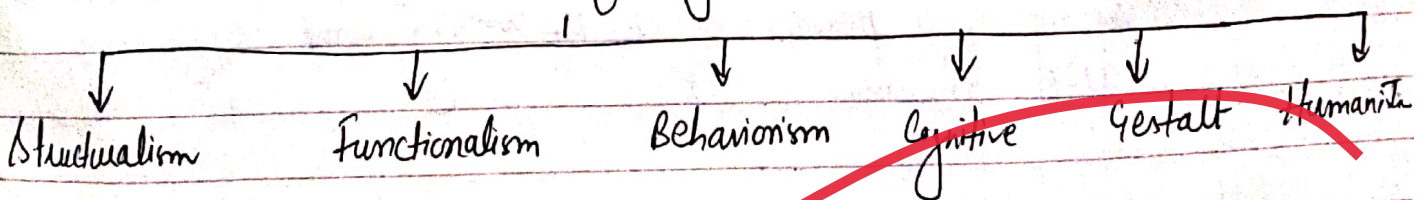
"Psychology is the positive science of the behavior"  
(John B. Watson)

"Psychology is the science that studies behaviour and mental processes"  
(Hilgard, Atkinson & Atkinson, 1975)

"Psychology is the science which aims to give us better understanding of the behavior of the organism as a whole"  
(William McDougall)

Schools of thoughts and perspectives in psychology:

School of thoughts & Perspectives



1. Structuralism:

Background:

The pioneers of structuralism were Wilhelm Wundt and Titchener. It was the first school of thought of psychology.



Concept:

Structuralism talks about the division of different mental elements. This school of thought laid the foundation of concept of structure of mind.

Example:

One of the element of mind is speaking, structuralism would tell us about this element separately.

2. Functionalism:

Background:

William James and John Dewey were the pioneers of functionalism. They elaborated structuralism in a more broader and practical terms.

Concept:

This school of thoughts tells us that mind do have structures but it works according to the functioning of different elements. It focuses more on functionality of parts of mind.

Example:

Ageing of a person affects the working and efficiency of mental processes.

3. Behaviorism:

Background:

John B. Watson and B.F. Skinner laid the foundation of behavioral perspective of psychology. They talked about the visible behavior rather than deep internal mental processes.



Concept:

Behaviorism holds the view that people learn things through the direct observation and their behaviors can be reinforced or extincted due to the outcomes or the consequences.

Example:

Social learning Theory is the most fundamental theory of Behavioral psychology. All phobias or behaviors are learned through observations or conditioning.

4. Humanistic psychology.

Background:

Abraham Maslow was the founder of the humanistic school of thoughts. Later, Carl Roger became the voice of this school of thoughts. They eliminated the concept of pathology and illness.

Concept:

It talks about the non-judgmental attitude towards everyone. It focuses on self-growth and self-actualization of every individual. They brought the positive side of the person's personality by talking about its their potential.

5. Psychodynamics:

Background:

Sigmund Freud was the father of psychodynamics/psychanalytic perspective in psychology. Later, Anna Freud, Carl Jung and Erik Erikson became the pioneers. They all brought new concept in psychological field: unconsciousness.



Concept:

Psychoanalysis deals with the unconscious experiences person anticipates throughout his life. It includes all the childhood memories which shape one's personality.

Example:

dreams and slip of the tongue phenomenon

6 Gestalt psychology:

Kurt Koffka and Max Wertheimer gave the perspective of "whole". They focused more on the wholistic and integrated approach of personality.

Concept:

Gestalt means:

"Whole is greater than the sum of its parts". It deals with the complete and integrated form of a personality. It also tells that a person must work on unfinished parts of the personality to get it complete and healthy.

Example:

Figure ground relationships, Law of closure

7 Cognitive Approach:

Jean Piaget was the pioneer of the Cognitive School of thought. It talks about the overall cognitive experiences person exhibit throughout his/her life.

Concept:

Cognitive approach deals with the mental process i.e.,



Cognitions, thoughts, learning, judgement, memory, intelligence and perception etc.

Example:

Jean piaget's "Stages of cognitive development" explains how baby grows cognitively under the influence of environment.

8. Biological perspective.

Biological perspective talks about the physiological perspective of mental processes. It links Brain's Structure and Chemicals with the functioning and efficiency of mind.

Example:

Dopamine disturbance may cause psychosis.

9. Neuro-Science perspective.

This branch deals with the neuronal structure and its application for humans. It links human behaviors to the neuron's activity and its impact on one's life.

Example:

Multiple Sclerosis is a neuropathology directly affects behavior.

10. Artificial Intelligence:

AI is the efficiency of Computers which resemble the functioning of human mind. This unique field tries to copy human intelligence to make the field more compatible for human usage.

Example: Robotics.



Q. NO. 3.

Elaborate in detail the theories of learning and types of memory.

## Theories of learning.

Learning:

Definitions:

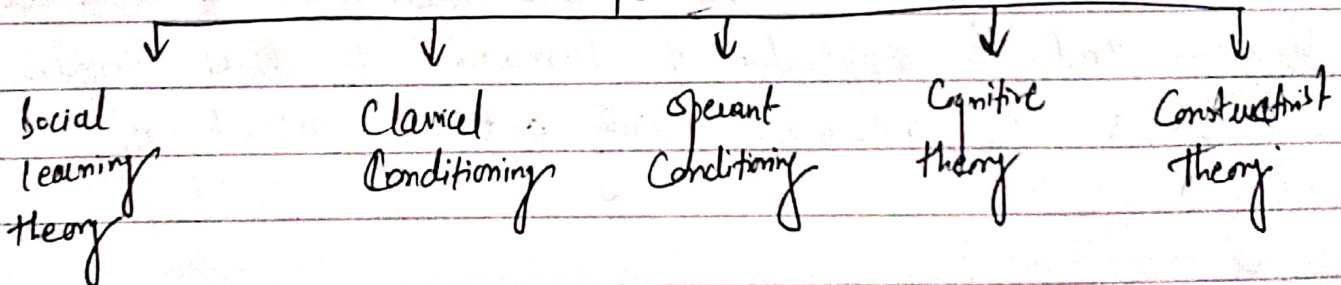
"learning can be described as the relatively permanent change in the behavior of an individual based on his/her experiences or discoveries".

(Wakefield, 1996)

"learning is the increased meaning and improved memorization".

(Cognitive approach).

## Theories of learning.



### 1. Social Learning Theory.

Introduction:

During the 20<sup>th</sup> century, behaviorism was the most emerging field under the domain of psychology. Bandura agreed at that time that direct observation could not shape behavior all the time. Hence, he proposed different concepts of observational learning in his "social learning theory".

Concept:

Bandura gave the concept that individual



learns through the direct or indirect observations and behave accordingly.

In his Bobo-doll experiment, he showed how kids behaved extremely after watching a violent movie on Television. He gave an idea that observations may lead to the modelling.

Bandura identified three models of observational learning.

1. A live model:

the direct observation of an acting out or being involved in some behaviors.

2. A symbolic behavior model.

It involves real or fictional characters displaying certain behaviors in books or films.

3. Verbal Instructional model.

It involves descriptions and explanations of the behavior.

2. Behaviorism Theories:

Behaviorism introduced two theories, but two of them talk about conditioning i.e. Classical Conditioning and operant Conditioning.

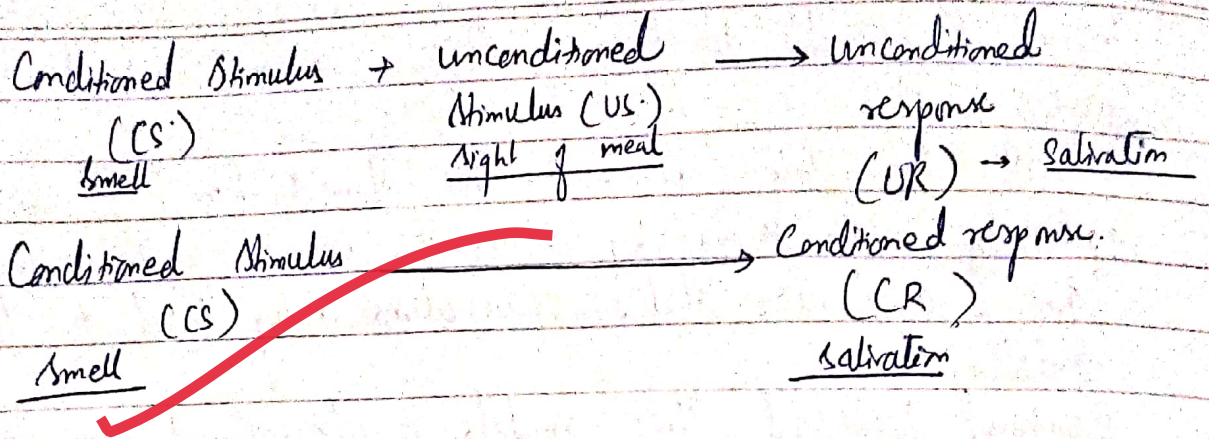
(i) Classical Conditioning.

Introduction: Ivan Pavlov experimented about the physiological responses of animals. During those experiments, he found out that dogs have developed the habit of salivating even without the presentation of actual stimulus.

Concept:

Individual's unconditional response to certain stimulus becomes his/her habit due to contiguity.





Examples:

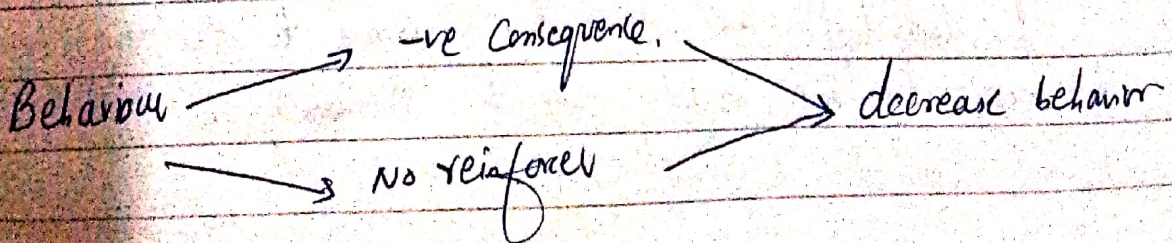
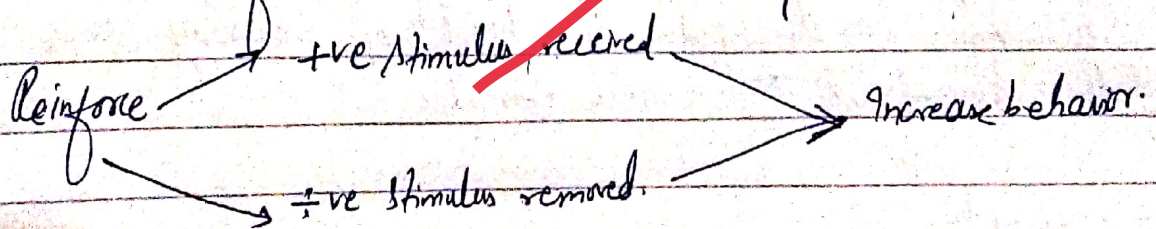
Phobias and fears are all conditioned responses with some conditioned stimulus related to the fear i.e. acrophobia → fear of heights.

ii Operant Conditioning:  
Introduction:

B.F Skinner introduced the idea of operant condition after his experiment with pigeons, where pigeons learned to open the lock of the cage after several trials when presented with food. He presented the idea that if trial and errors are marked with reinforcements individual eventually learn the ultimate behavior.

Concepts:

It is also known as trial and error learning. Reinforcement makes individual learn certain behaviors after trial and error attempts.





Example:

a child may be told they will lose recess privileges if they talk out of turn in class.

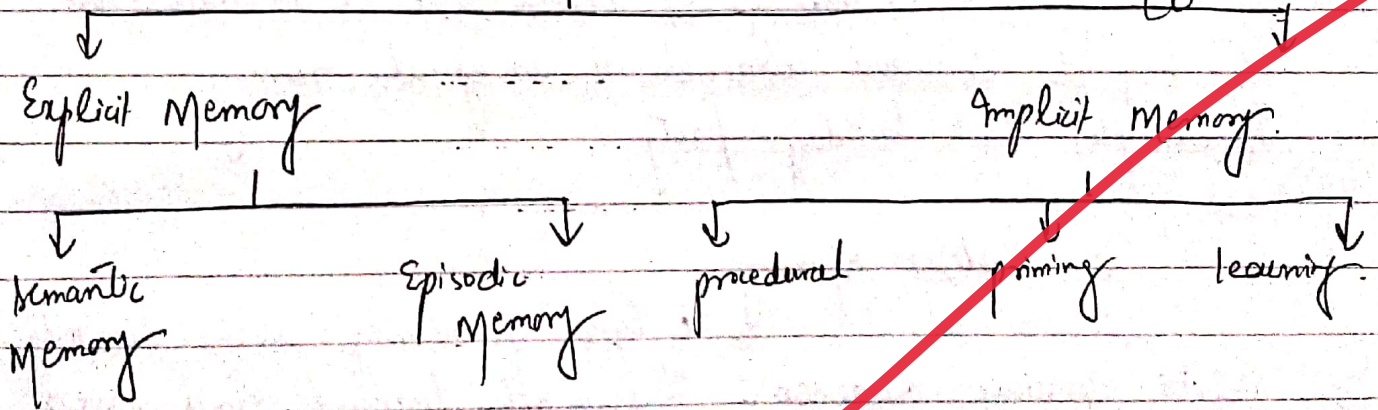
### 3. Piaget's Theory of Cognitive Development

Jean Piaget was the pioneer of learning theory of the cognitive development.

According to Piaget, children shape their own concept of environment and adapt to develop their own sense of the reality. It has four stages.

1. The sensorimotor stage
2. The pre operational stage
3. The concrete operational stage
4. The formal operational stage

Types of Memory. (As types)  $\Rightarrow$  Atkinson & Shiffrin Model.



Memory:

Definitions =

"Memory can be defined as the faculty of encoding, storing, and retrieving information." (Squire, 2009)

"Memory is the process of taking in information from the world around us, processing it, storing it and recalling it." (Wellcome Trust Centre)



## Types of Memory:

### 1. Explicit Memory:

The type of memory which explains the process of memory in which things can be consciously remembered. For example, High School Graduation party.

Explicit Memory further has two types

- (i) Semantic Memory
- (ii) Episodic Memory

#### (i) Semantic Memory:

The knowledge, facts and figures can be remembered consciously come under the domain of semantic memory.

For example, who is the current president of USA?

#### (ii) Episodic Memory:

The memory of certain event or incidents that can bring into conscious awareness is an episodic memory. For example, last birthday party.

### 2. Implicit Memory:

The type of memory which does not require conscious awareness. It is all learned and saved in unconsciousness. It has further three types.

- (i) procedural memory
- (ii) priming
- (iii) learning

#### (i) Procedural Memory:

learning of a skill which doesn't require more learning eventually becomes a habit. For example,



## skill of riding a bike

(ii) Priming:

Enhancing of identification of words or objects are usually saved in our memory and it does not require conscious effort to recall the name.  
For example, name of an animal.

(iii) Learning:

Learning which occurs due to the association of two events occurring at the same time is learning through classical conditioning.  
For example: height phobia

Q. No. 4.

Define Intelligence and its major types. What are significant theories of Intelligence?

Intelligence:

Definitions:

"The mental abilities necessary for adaptation to, as well as shaping and selection of, any environments context"  
(Robert Sternberg, 1997)

"Intelligence is a general mental ability producing biological evolution"  
(Galton)

Types of Intelligence.

Howard Gardner thinks there are eight

types of Intelligence

1. Verbal skills
2. Mathematical skills



3. Spatial Skills
4. Bodily Kinesthetic Skills
5. Musical Skills
6. Interpersonal Skills
7. Intrapersonal Skills
8. Naturalistic Skills

### 1. Verbal Skills.

The ability to think in words and express it in a language. These people efficient in verbal skills are journalists and writers who understand and express language in an extraordinary manner.

### 2. Mathematical Skills:

The knowledge of numerical calculation and solving mathematical problems require mathematical skills. Those who are having good mathematical skills can work better in the fields of engineering and accountancy.

### 3. Spatial Skills.

The skill to think three-dimensionally of the space. The individuals have the capacity to observe the visual world accurately. Additionally, they can even re-create it in an exceptional manner. Architects usually are best in Spatial Skills.

### 4. Bodily - Kinesthetic Skills.

The ability to perceive the movements, manipulate the objects and physically adept. Examples are dancers, actors and athletes. They can use their body in a highly skilled ways.



## 5. Musical skills.

The memory and adaptation to the pitch, tone and the rhythm. They are sensitive to individual tones and the combinations as well. Musicians and composers are the examples.

## 6. Interpersonal skills.

The ability to communicate others in an effective manner by understanding the other person. They are good in monitoring moods, temperaments and then react accordingly. For example, religious leaders and psychologists.

## 7. Intrapersonal skills:

The ability to understand one's own emotions, personality, moods and interests and then act accordingly. For example, psychologists, theologians and activists.

## 8. Naturalistic skills:

The ability to understand the patterns in nature and hand-made systems. For examples farmers and ecologists.

## Theories of Intelligence

### 1. Spearman's General Intelligence (g)

#### Introduction:

An English psychologist, Charles Spearman established the two-factor theory of intelligence back in 1904. Spearman used a technique known as factor analysis.

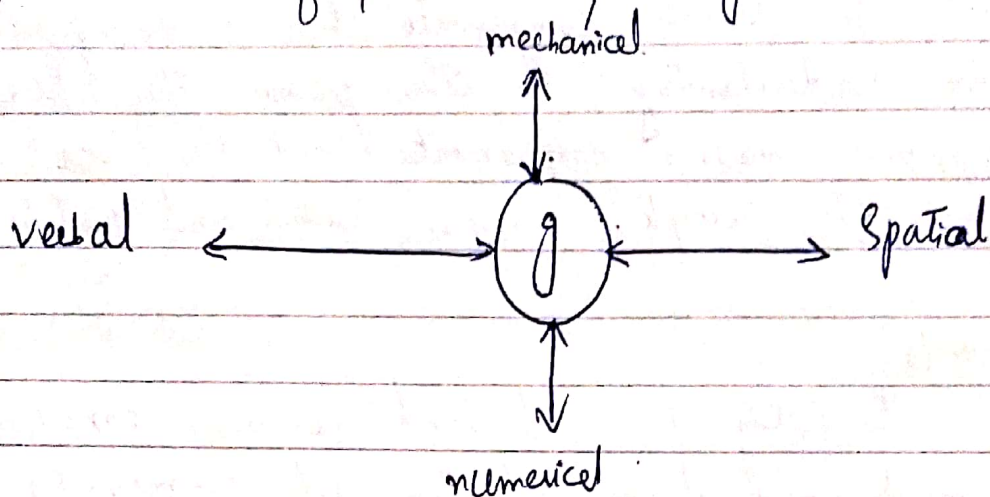
#### Background:

He gave the idea of General Intelligence also known as g-factor which refers to the general mental ability. He considered multiple specific skills including verbal, spatial, numerical and mechanical.



Concept:

Spearman noticed - that those who did well in one area of intelligence tests can also do well in other areas as well. In other words, there was a strong relationship between math and music, and Spearman attributed this factor, - the  $g$  factor of general intelligence ( $g$ ).



Spearman's two-factor Theory of Intelligence

2. Thurstone's primary Mental Abilities:  
Introduction.

Thurstone (1938) challenged the concept of a  $g$ -factor proposed by the Spearman. After analyzing data from 56 different tests of mental abilities, he identified a number of primary mental abilities.

Seven primary mental abilities in Thurstone's model.

Mental Ability

Explanation

1. word Fluency The ability to use words quickly in performing
2. verbal Comprehension Ability to understand the concepts
3. Numerical Ability Ability to solve the numerical problems



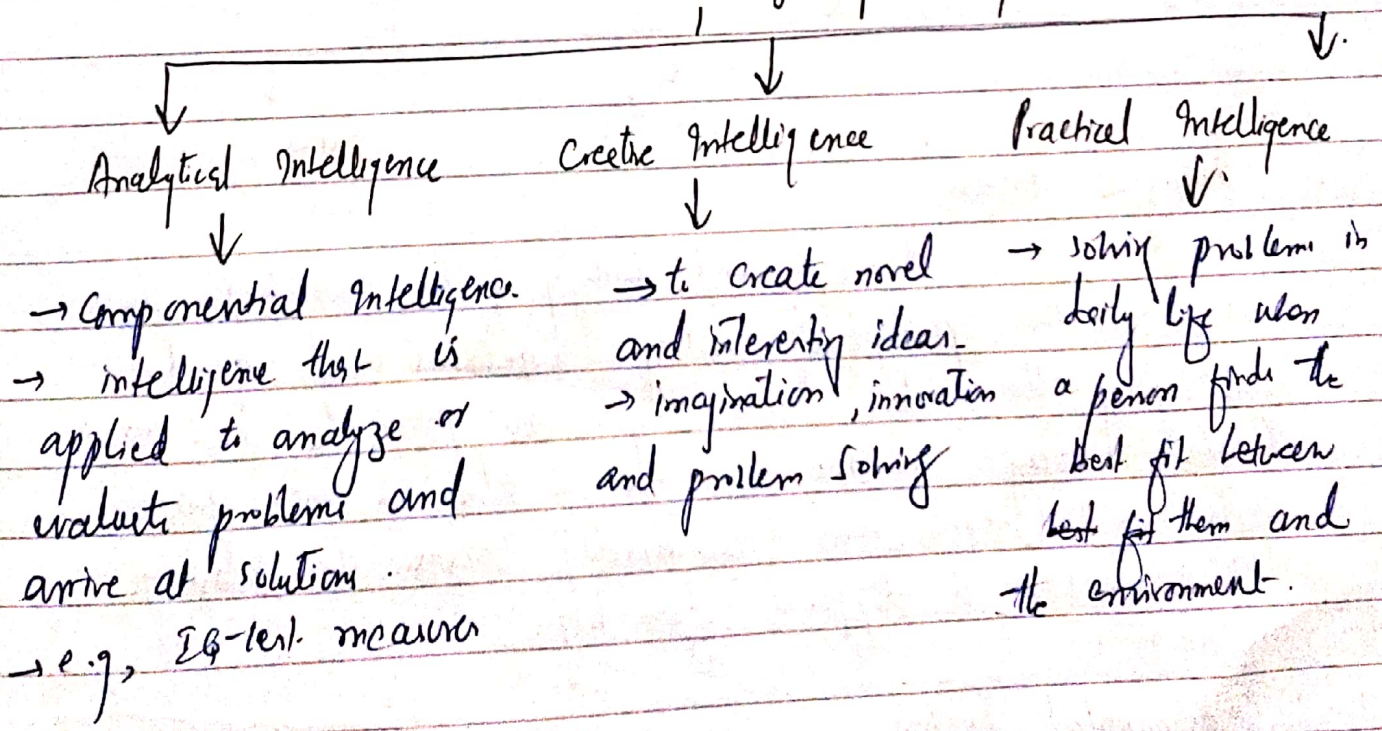
- 4. Spatial visualization      The skills to analyse space three-dimensionally
- 5. perceptual speed      The ability to quickly perceive stimulus and act
- 6. memory      Good storage and retrieval of information
- 7. Inductive reasoning.      ability to derive rules from information

### 3. Tri-archic Theory of Intelligence:

Introduction:

In 1985, Robert Sternberg proposed a three-category theory of intelligence. According to the Tri-archic theory, intelligence has three aspects: analytical, creative and practical.

#### Tri-archic theory of Intelligence



Q.No. 7.

Define perception and its major determinants.

Perception:

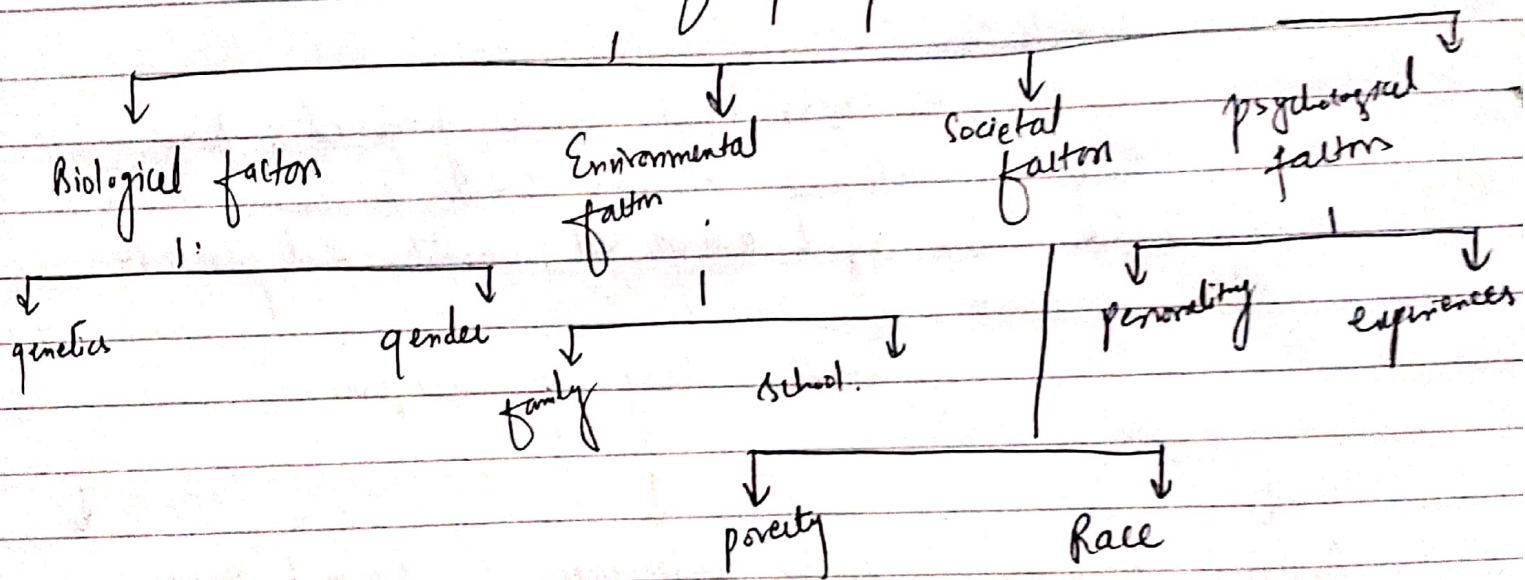
Definitions:



"Perception is the organization, identification and interpretation of sensory information in order to represent and understand the presented information."

"Perception is the process by which the brain interprets and organizes sensory information from the environment to produce the meaningful experiences of the world?"

### Determinants of perceptions



#### 1. Biological factors:

Physiology and biology of the individual do affect his/her perceptual ability. Genetics and gender both play their role. Some people are prone to react in certain ways. Gender perception is also a major factor. Girls might react more emotionally because the intensity of perception is different from boys.

#### 2. Environmental factor:

Upbringing and the exposure to school shape one's ability to perceive stimulus. Rigid approach to upbringing and schooling might make one's perceptual ability negative as compared to those who were allowed to explore more.



### 3. Societal Factor:

Society plays a big role in shaping personality and mental capabilities. If someone is not rich, he or she might be deprived of proper diet and other basic needs. Their way of looking at things would be different. Culture also plays a significant role. If someone lives in a collective culture, they perceive individualistic culture as strange and then behave according to the teachings of their own culture.

### 4. Psychological Factors:

Personality is the set of beliefs, traits and attitudes which allow individual to perceive in a specific manner. The perception of people having personality would be different than personality B. Life experiences create strong marks on psyche of people. If someone has gone through trauma or challenge, their way of perceiving things would be difficult as they have learned things in a different way.

**Good**  
You explained things in a good manner

Try and incorporate as many flowcharts and examples as you can

And try improving your presentation

Try attempting all questions required

You have got potential  
Good luck!