

Four Waves in Psychology

Lecture 2
Rev. Dr Sahaya G. Selvam
selvamsdb@gmail.com



Institute of Youth Studies
Tangaza University College, Nairobi



1

Learning Objectives – Lecture 2

By the end of the lesson the learner should be able to:

- discuss a broad-brush survey of the history of psychology, including structuralism & functionalism; and
- analyze the dynamics of the interaction between the four waves: psychoanalytic, behavioral, humanistic & positive psych.

www.sahayaselvam.org

2

Four Waves in Psychology

In an attempt to explain human behaviour in the history of psychology there have been three major solutions:

- Psychoanalysis
- Behaviourist Approach
- Humanistic Psychology

This is a simplistic, but a valid, summary of the history of psychology!

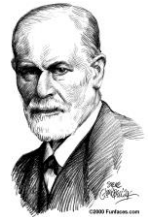
The Fourth Force or wave = Positive Psychology

www.sahayaselvam.org

3

Wave 1: Psychoanalysis

Freud: Human behaviour is driven by unconscious elements: drives and desires.



Jung (Analytic psychology): more complex unconscious elements – collective unconscious, personal shadow!



www.sahayaselvam.org

Freud (1856-1939)

- Born (6 May 1856) in a Jewish family Freiberg in Mähren, Moravia – now Czech Republic.
- In 1859, Moved to Leipzig; in 1860 to Vienna to study medicine; had special interest in neuropathology.
- In 1886, started private practice specialising in neural disorder.
- In 1938, moved to London and died there in 1939 (23 Sept.).
- Famous Book: *The Interpretation of Dreams* (1899)

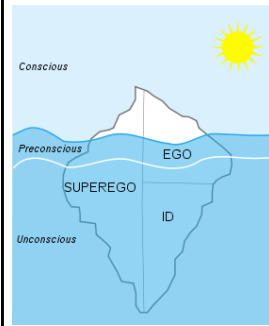
Basic Concepts of Freud 1: The Unconscious

- **Conscious:** where the spot-light is on at our inner process;
- **Unconscious:** when the spotlight is on an inner process that was previously in the dark; this can be deduced from their effects (sometime things of everyday life – like slip of the tongue); bringing to awareness of unconscious material modifies effects;
- **Subconscious:** areas of the inner processes where the light is not yet reached.

Basic Concepts of Freud 2: Defence Mechanisms

- Unconscious processes which reduce anxiety by distorting perception of external and internal reality;
- Useful and often necessary 'tactic' to manage perceived adverse situations – to maintain homeostasis of the psyche!
- But could be counter-productive long-term because the psyche uses up energy otherwise available for creative adjustment; also blocks reality-based development.

Basic Concepts of Freud 3: Structure of the Psyche



ID: Pleasure principle; Irrational, impulsive component of personality: "I want this milk and I want it now"

EGO: Reality/Rational principle; Has the task of balancing between Id & Superego.

SUPEREGO: Moral principle; Moral order and ideals of society are internalised to form a superego – the moral watchdog



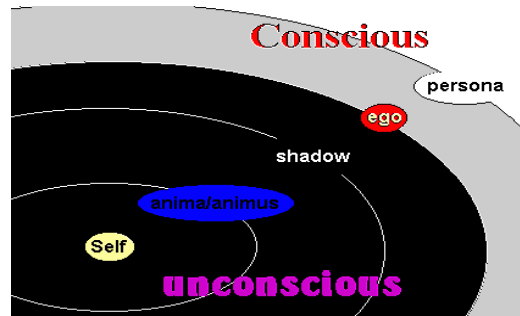
Carl G. Jung (1875-1961)

- Born 1875
- Died 1961
- Sometime collaborator & friend of Freud
- Founder of analytical psychology
- Family background: Swiss Reformed Church
- Work in psychiatry in Zurich

www.sahayaselvam.org

9

Jungian model of the self



Structure of the Psyche

Persona: The "I," usually ideal aspects of ourselves, that we present to the outside world.

Ego: The central complex in the field of consciousness.

Shadow: Hidden or unconscious aspects of oneself, both good and bad, which the ego has either repressed or never recognized.

Anima: The inner feminine side of a man;
Animus: The inner masculine side of a woman.

Self: The archetype of wholeness and the regulating center of the psyche; a transpersonal power that transcends the ego.

www.sahayaselvam.org

11

Wave 2: Behaviourism

Pavlov, Skinner, Watson, Thorndike...



Human behaviour is basically a response to stimuli in the environment, seeking reward and avoiding punishment.



www.sahayaselvam.org

12

Classical Conditioning

- A type of learning in which one learns to link two or more stimuli to anticipate a response that is not related to the original stimulus.
- **Ivan Pavlov (1849-1936)'s dog experiment:** The dog learns to link dog-food and ringing of bell to a response of salivating. After learning, the response of salivating could be anticipated at the ringing of the bell.

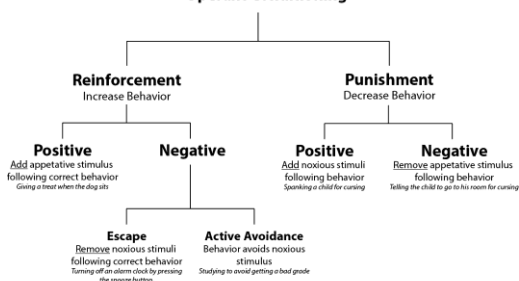
13

Operant Conditioning

- A type of learning in which behaviour is strengthened if followed by a reinforcer, or diminished if followed by a punisher.
- **B.F. Skinner (1904 –1990)'s Box:** A rat pressing a lever is followed by giving it a nut (food) that falls from a dispenser – by a process of “successive approximation” the rat learns to associate the lever to the food.
- The rat can gradually unlearn pressing a lever when the food is stopped.

14

Operant Conditioning



"Operant conditioning diagram" by Studentne - I used Adobe Illustrator. Licensed under CC BY-SA 3.0 via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Operant_conditioning_diagram.png#mediaviewer/File:Operant_conditioning_diagram.png

15

The Third Force: Humanistic Psychology

Maslow, Rogers, Frankl ...

Human beings are intentional...
they are influenced by motivation –
at different levels.

They seek meaning, value, and
creativity.



www.sahayaselvam.org

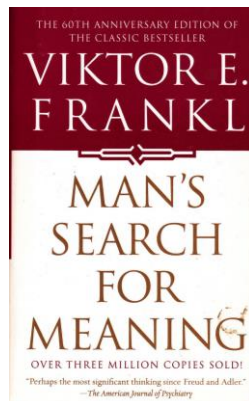
16

Humanistic Psychology

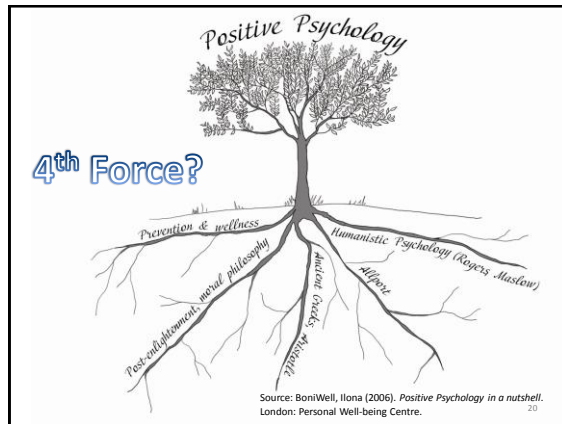
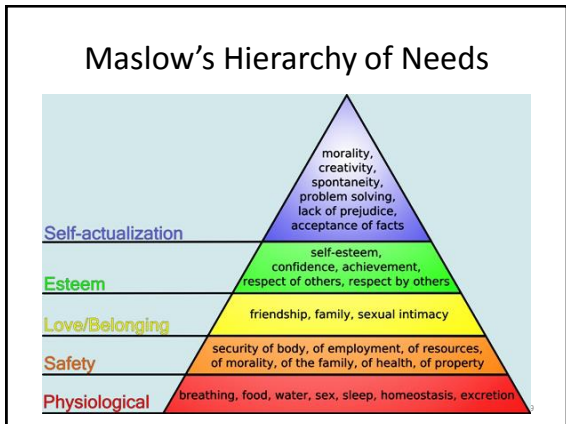


"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor E. Frankl

17



18



Empirical Approach of Positive Psychology 'Movement'

"The generous humanistic vision had a strong effect on the culture at large and held enormous promise. Unfortunately, humanistic psychology did not attract much of a cumulative empirical base, and it spawned myriad therapeutic self-help movements. In some of its incarnations, it emphasized the self and encouraged a self-centeredness that played down concerns for collective well-being" (Seligman & Csikszentmihalyi, 2000, p.7).

- PP embraces the empirical approach!!

www.sahayaselvam.org 21

Focusing on Wellbeing & Happiness

"For most of its history, psychology had concerned itself with all that ails the human mind: anxiety, depression, neurosis, obsessions, paranoia, delusions. The goal of practitioners was to bring patients from a negative, ailing state to the neutral normal..." (Time, Jan 15, 2005).

"Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions" (Gable & Haidt, 2005).

www.sahayaselvam.org 22

The Father of Positive Psychology

Martin Seligman (b.1934)

Chairman of APA in 1998, proposed PP as the annual theme.

His early concepts: learned helplessness and explanatory style (pessimistic/optimistic).

His works include:

1. *Helplessness: On Depression, Development, and Death*. (1975)
2. *Learned Optimism*. (1990)
3. *What You Can Change and What You Can't: The Complete Guide to Successful Self-Improvement*. (1993)
4. *The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resilience*. (1996)
5. *Authentic Happiness*. (2002)

www.sahayaselvam.org 23

Csikszentmihalyi: What is Flow?

- The mental state experienced during 'an autotelic activity' during which a person in an activity is fully immersed in a feeling of energized focus marked by loss of sense of time and space.
- Generally, flow occurs when there is a balance between skills and challenges in the individual's functioning.
- In relation to wellbeing, some studies have shown that the state of flow alone cannot sufficiently explain all the constructs associated with happiness and wellbeing.
- Csikszentmihalyi himself accepts that people in flow may not acknowledge subjective wellbeing.

Mihalyi Csikszentmihalyi, *Flow: The classic work on how to achieve happiness* (London: Random House, 2002).

Selvam, Positive Psychology, 2014

Revision Questions

- What is Freud's famous book published in 1899?
- Who first suggested the concept of the unconscious?
- Who proposed the concept of 'shadow' in the psyche?
- What is the specific contribution of Behaviourist?
- What is the difference between classical conditioning and operant conditioning?
- What is the critique of Behaviourism offered by Humanistic psychologists?
- Mention three most influential Humanistic psychologists?
- How is positive psychology different from Humanistic psychology?
- What is the focus of positive psychology?

25