

Four Waves in Psychology

Lecture 2
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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.

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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!

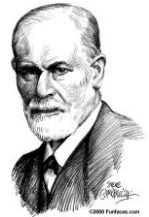
The Fourth Force or wave = Positive Psychology

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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!



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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)

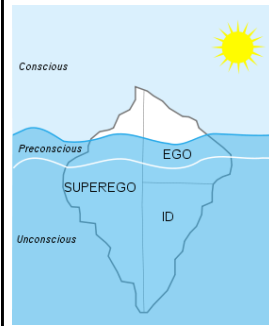
Basic Concepts of Freud 1: The Unconscious

- **Conscious:** where the spot-light is on at our inner process;
- **Pre-conscious:** 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;
- **Unconscious:** 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



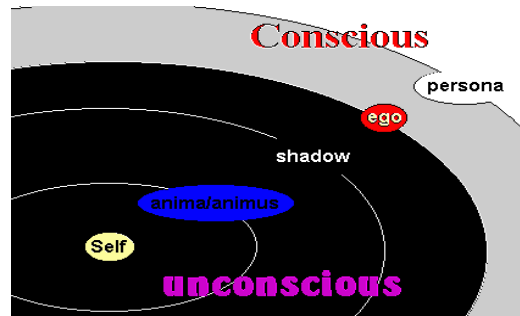
Carl G. Jung (1875-1961)

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

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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.

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Wave 2: Behaviourism

Pavlov, Skinner, Watson, Thorndike...



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



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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.

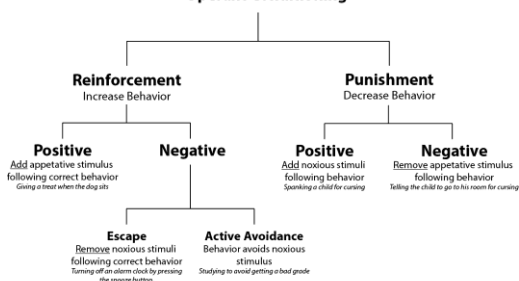
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Operant Conditioning

- 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.

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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

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The Third Force: Humanistic Psychology

Maslow, Rogers, Frankl ...

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

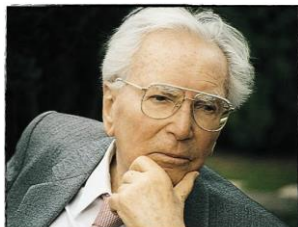
They seek meaning, value, and creativity.



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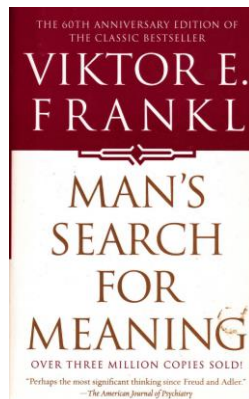
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Humanistic Psychology



"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

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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?

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