Four Waves in Psychology

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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 Unconcious

- 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.

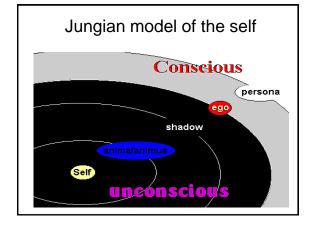
Basic Concepts of Freud 3: Structure of the Psyche ID: Pleasure principle; Irrational, impulsive component of personality: "I Conscious want this milk and I want it now" EGO: Reality/Rational Preconsci EGO principle; Has the task of balancing between Id & SUPEREGO Superego. SUPEREGO: Moral principle; 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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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

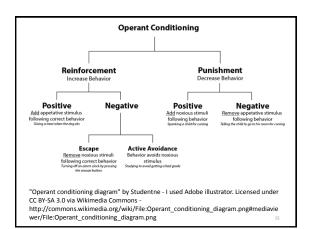
- A type of learning in which one learns to link two or more stimuli to anticipate a response that is not related to the original stimulus.
- Ivan Pavlov (1849-1936)'s dog experiment:
 The dog learns to link dog-food and ringing of bell to a response of salivating. After learning, the response of salivating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

Maslow, Rogers, Frankl ...

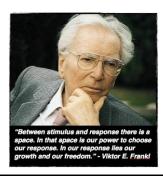
Human beings are intentional... they are influenced by motivation at different levels.

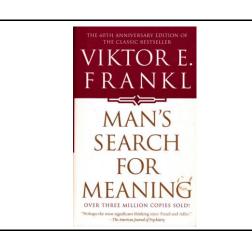
They seek meaning, value, and creativity.



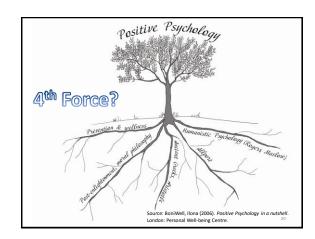
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Humanistic Psychology









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 & Csikszentmihayli, 2000, p.7).

• PP embraces the empirical approach!!

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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).

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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:

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

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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?

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