

# Contemporary Approaches to Psychology, School of Thoughts & Professional Development of Modern Psychology

For M.Phil Psychology , by Dr Najma Iqbal Malik

# Do-Now:

(Discussion)

- Describe the 4

## Historical Approaches to Psychology

- Which **approaches**  
do you feel have *most influenced*  
**Modern Psychology?**

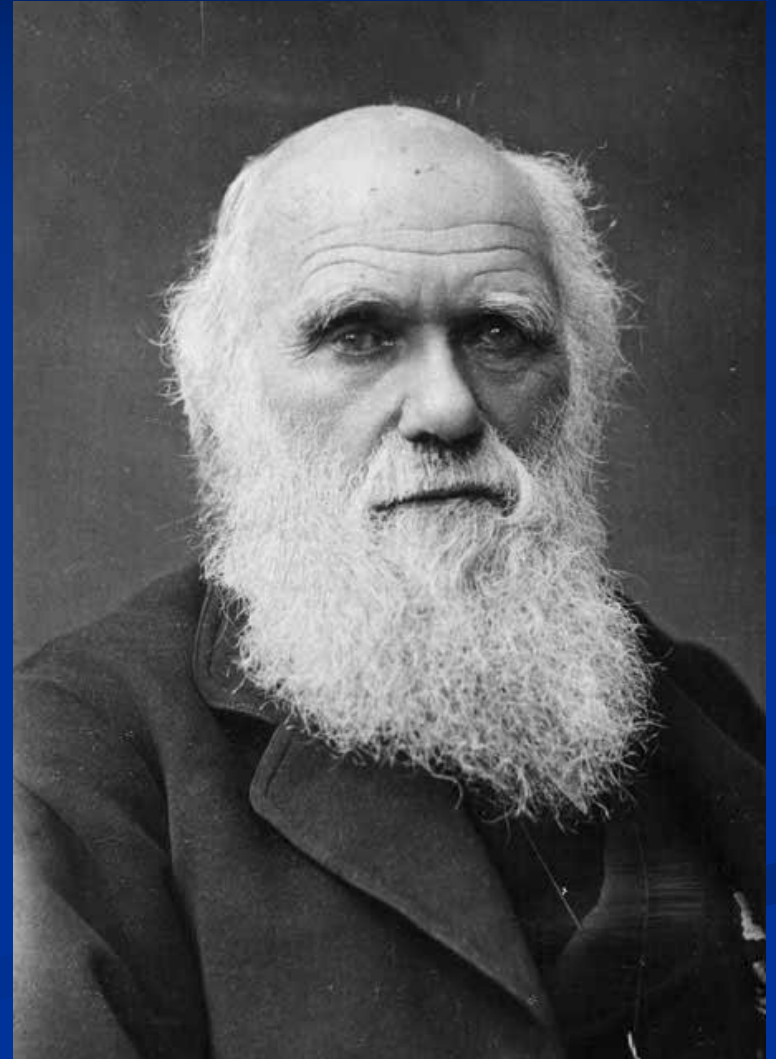
# Contemporary Approaches to Psychology

## ■ Biological:

- Biochemical/Physical factors
- Behavioral Genetics
- Cognitive Neuroscience

## ■ Evolutionary:

- Natural Selection
- “Survival of the Fittest”
- Charles Darwin (1809-1882)



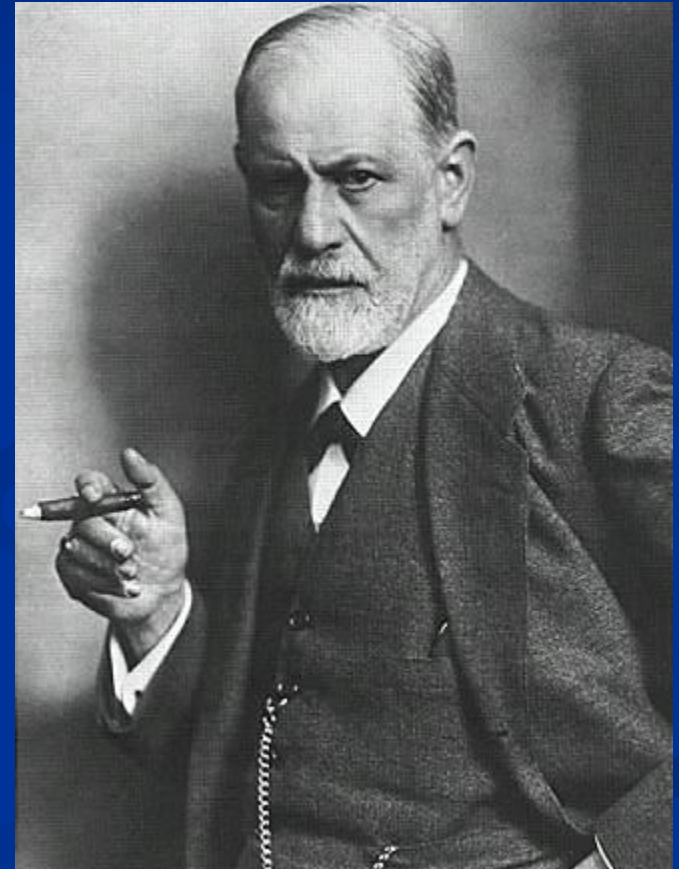
# Contemporary Approaches to Psychology

## ■ **Psychodynamic:**

- “Unconscious” drives/conflicts
- Past/Early childhood
- Sigmund Freud (1856-1939)

## ■ **Behavioral:**

- Observable behavior
- Events in the environment (rewards/punishments)
- Ivan Pavlov (1849-1936)
- B.F. Skinner (1904-1990)



# Contemporary Approaches to Psychology

## ■ Cognitive:

- How we process, retrieve, and store information
- Mental activities (thinking, knowing, remembering, communicating)
- Jean Piaget (1896-1980)
- Noam Chomsky (1928-Present)



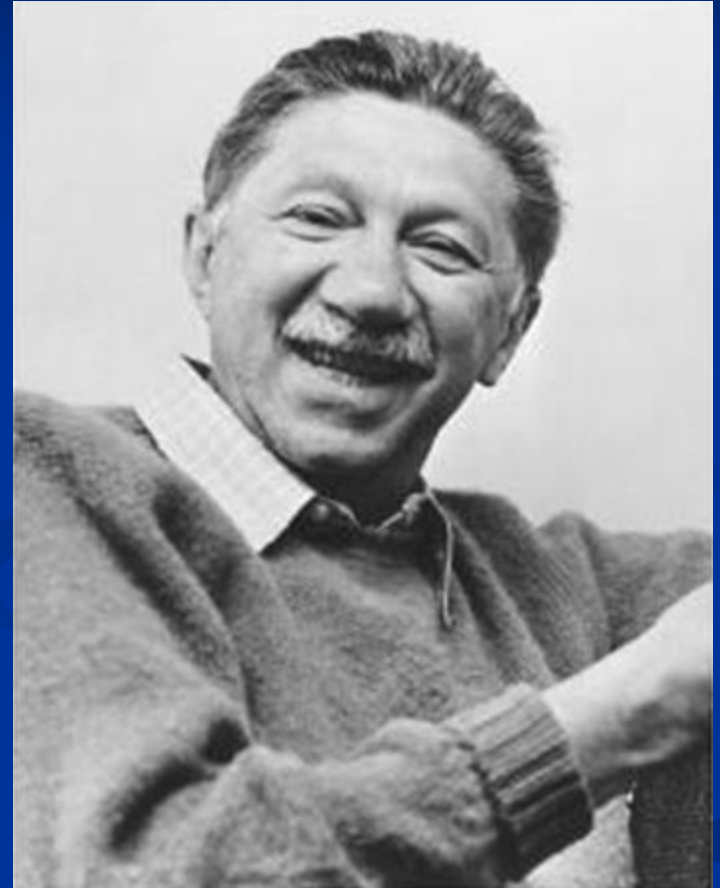
# Contemporary Approaches to Psychology

## ■ Humanistic:

- Individual/Self-directed choices
- Carl Rogers (1902-1987)
- Abraham Maslow (1908-1970)

## ■ Social-Cultural:

- Sex, gender, race, ethnicity, sexual orientation, culture, environment, socioeconomic status
- Stanley Milgram (1933-1984)



# Contemporary Approaches to Psychology

Which contemporary approaches of Psychology do feel are most favorable?

*Why?*

# Contemporary Approaches to Psychology

Perspective	Focus	Sample Questions
<b>Biological/ Neuroscience</b>	How do the body and brain enable emotions?	How are messages transmitted in the body? How is blood chemistry linked with moods and motives?
<b>Evolutionary</b>	How does natural selection of traits promote the perpetuation of one's genes?	How does evolution influence behavior tendencies?
<b>Behavior genetics</b>	How much do our genes and our environments influence our individual differences?	To what extent are psychological traits such as intelligence, personality, sexual orientation, and vulnerability to depression attributable to our genes? To our environment?



# Contemporary Approaches to Psychology

Perspective	Focus	Sample Questions
<b>Psychodynamic</b>	How does behavior spring from unconscious drives and conflicts?	How can someone's personality traits and disorders be explained in terms of sexual and aggressive drives or as disguised effects of unfulfilled wishes and childhood traumas?
<b>Behavioral</b>	How do we learn observable responses?	How do we learn to fear particular objects or situations? What is the most effective way to alter our behavior, say to lose weight or quit smoking?

# Contemporary Approaches to Psychology

Perspective	Focus	Sample Questions
<b>Cognitive</b>	How do we encode, process, store and retrieve information?	How do we use information in remembering? Reasoning? Problem solving?
<b>Social-cultural</b>	How does behavior and thinking vary across situations and cultures?	How are we — as Africans, Asians, Australians or North Americans — alike as members of human family? As products of different environmental contexts, how do we differ?

# Contemporary Approaches to Psychology

Because no individual approach may explain human thought and behavior exclusively, psychologists often take a more integrated approach, known as the **Biopsychosocial Approach.**

# Contemporary Approaches to Psychology: Biopsychosocial Approach

## Biological influences

- genetic predispositions
- genetic mutations
- natural selection of adaptive physiology and behaviors
- genes responding to the environment

## Psychological influences

- learned fears and other learned expectations
- emotional responses
- cognitive processing and perceptual interpretations

Behavior or mental process

```
graph TD; A[Biological influences] --> C[Behavior or mental process]; B[Psychological influences] --> C; D[Social-cultural influences] --> C;
```

## Social-cultural influences

- presence of others
- cultural, societal, and family expectations
- peer and other group influences
- compelling models (such as the media)

# Nature Vs. Nurture

- What is the “**Nature-Nurture**” controversy facing Psychology?
- Which factor do you feel is *more influential* on human thought and behavior? Do you feel they are *equally influential*?

# Nature Vs. Nurture

- “Nature-Nurture” Issue:
  - Psychological controversy
  - Debate of origin of personality traits
  - “Nature” = Genes
  - “Nurture” = Experiences



# Nature Vs. Nurture

- Psychologists often *debate* the “**Nature-Nurture**” issue with these types of *questions*:
  - How are we **humans** *alike* (because of our common biology and evolutionary history) and *diverse* (because of our differing environments)?
  - Are **gender differences** *biologically predisposed* or *socially constructed*?
  - Is children’s **grammar** mostly *innate* or formed by *experience*?
  - How are differences in **intelligence** and **personality** influenced by *heredity* and *environment*?
  - Are **sexual behaviors** more “*pushed*” by *inner biology* or “*pulled*” by *external incentives*?
  - Should we treat **psychological disorders** – depression, for example – as disorders of the *brain*, disorders of *thought*, or *both*?

# Review

- Briefly *describe* the 7 **Contemporary Approaches** to Psychology:
  - Biological
  - Evolutionary
  - Psychodynamic
  - Behavioral
  - Cognitive
  - Humanistic
  - Social-Cultural
- What is the **“Nature-Nurture” Issue**? What are some ways that psychologists may *address* this?