Question: What are the seven main contemporary perspectives in psychology?

The Role of Biology

The Biological Perspective

• The **biological perspective** of psychology emphasizes the influence of biology on our behavior.

• Biologically oriented psychologists focus on connections between the brain and behavior.

• They also focus on the influences of hormones and genes.

The Evolutionary Perspective

• The **evolutionary perspective** focuses on the evolution of behavior and mental processes.

• Evolutionary psychologists suggest that many kinds of behavior patterns are examples of adaptive behavior.
The Role of the Mind

The Cognitive Perspective

- The cognitive perspective emphasizes the role that thoughts play in determining behavior.
- The cognitive tradition has roots in Socrates’ maxim “Know thyself.”
- Many cognitive psychologists have been influenced by information processing and computer science.

The Humanistic Perspective

- The humanistic perspective stresses the human capacity for self-fulfillment and the importance of consciousness, self-awareness, and the capacity to make choices.
- According to this perspective, personal experiences are the most important aspect of psychology.
The Role of the Mind

The Psychoanalytic Perspective

- The psychoanalytic perspective stresses the influence of unconscious forces on human behavior.
- Psychologists who follow this approach focus on conscious choice.
- Psychoanalytic thought no longer dominates the field, but its influence continues to be felt.
Question: What are the seven main contemporary perspectives in psychology?

The Role of Experience

The Learning Perspective

- The **learning perspective** emphasizes the effects of experience on behavior.
- In contrast, **social-learning theory** suggests that people can change their environments or create new ones.
- Psychologists who take the learning perspective believe that behavior is learned either from direct experience or by observing other people.

The Sociocultural Perspective

- The **sociocultural perspective** focuses on the influences of ethnicity, gender, culture, and socio-economic status on behavior and mental processes.
The Biopsychosocial Perspective

- The biopsychosocial perspective holds that mental processes are influenced by the interaction of biological processes, psychological dispositions, and social factors.
- This is a holistic approach that dates back to ancient Greece.
- The modern model was developed by American physician George Engel.
  - It was developed in relation to the treatment of heart disease.
  - Cultural, social, and psychological factors and genetic disposition as well as diet, exercise, stress levels, and financial status all have a bearing on heart disease, according to Engel.
<table>
<thead>
<tr>
<th>Perspective</th>
<th>Subject Matter</th>
<th>Key Assumption</th>
<th>Influenced By</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological</td>
<td>Nervous system, glands and hormones, genetic factors</td>
<td>Biological processes influence behavior and mental processes.</td>
<td>Associationism and neuroscience</td>
</tr>
<tr>
<td>Evolutionary</td>
<td>Physical traits, social behavior</td>
<td>Adaptive organisms survive and transmit their genes to future generations.</td>
<td>Charles Darwin and evolution</td>
</tr>
<tr>
<td>Cognitive</td>
<td>Interpretation of mental images, thinking, language</td>
<td>Perceptions and thoughts influence behavior.</td>
<td>Structuralism, functionalism, and Gestalt psychology</td>
</tr>
<tr>
<td>Humanistic</td>
<td>Self-concept</td>
<td>People make free and conscious choices based on their unique experiences.</td>
<td>Introspection and belief in free will</td>
</tr>
<tr>
<td>Psychoanalytic</td>
<td>Unconscious processes, early childhood experiences</td>
<td>Unconscious motives influence behavior.</td>
<td>Sigmund Freud</td>
</tr>
<tr>
<td>Learning</td>
<td>Environmental influences, learning, observational learning</td>
<td>Personal experiences and reinforcement guide individual development.</td>
<td>John B. Watson and behaviorism</td>
</tr>
<tr>
<td>Sociocultural</td>
<td>Ethnicity, gender, culture, religion, socio-economic status</td>
<td>Sociocultural, biological, and psychological factors create individual differences.</td>
<td>Social, environmental, and cross-cultural psychology</td>
</tr>
<tr>
<td>Biopsychosocial</td>
<td>Biology, psychology, social factors</td>
<td>Mental processes are influenced by the interaction of biological, psychological, and social factors.</td>
<td>Holistic health and social psychology</td>
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</tbody>
</table>