

PSYCHOLOGY AND THREE PSYCHOLOGY PERSPECTIVES (STRUCTURALISM, HUMANISTIC PERSPECTIVE, PSYCHOANALYTIC PERSPECTIVE)

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ABSTARCT

The aim of this study is to examine and explain what psychology is and how it is developed. All human knowledge is derived from human experience. Psychology has begun to develop since the second half of the 19th century. The German psychologist Wilhelm Wundt pioneered experimental psychology and Structuralism appeared as the first school of thought. After getting an idea what psychology in is important to soot a glance to the basic psychology approaches.

Key words: psychology, structuralism, humanism, psycho-analytic approach, Wilhelm Wundt



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WHAT IS PSYCHOLOGY?

Before we talk about the basic approaches of psychology, let's look at psychology first. Psychology is a science that investigates human and animal behaviors and the underlying causes of these behaviors. Psychology is a science that deals with the cognitive processes of human and animal behavior. These cognitive processes include biological, social and psychological processes. Those engaged in this profession use psychology knowledge to solve people's problems. To do this, some talent and skill are needed. Those who deal with this science are called psychologists. The aim of this discipline is to examine the interactions between the environment, people and behavior. In the meantime, thoughts, feelings and behavior are investigated and analyzed. Psychology is to understand what is the behavior that occurs, then it is predicted which behavior may occur in possible situations. As a result of the information obtained based on the nature of the behavior is intended the control of the behavior. Psychology advances basically through scientific method. For this reason, behaviors examined should be observable behaviors. Since it is not possible to examine the mental processes, it is based on the behavior of the person. The questions asked today about human nature such as memory, learning, motivation, perception, dreams and irrational behavior are the same kind of questions that were asked centuries ago. From the 4th and 5th centuries BC Plato, Aristotle and other Greek thinkers have struggled with many problems that contemporary psychologists are today struggling for. Psychology has begun to develop since the second half of the 19th century. The German psychologist Wilhelm Wundt pioneered experimental psychology. W. Wundt has noted human behavior, arguing that human behavior can be explored in an experimental setting. He was the first to lead the establishment of psychology laboratories and made important contributions to the development of psychology as a science. Later, new arguments were raised against

Wundt's argument, and thus new contributions helped to the development of modern psychology.

Human existence is complicated, the use of scientific methods of psychology is more effective and healthy. Psychology has various perspectives. Different approaches to the formation of behaviors and underlying processes of human behavior reveal different types of approaches in psychology. For this reason, each approach has its own specific explanations and techniques. Not every theory and approach in psychology it has been proven.

All human knowledge is derived from human experience; there is no other source of knowledge. But human experience, as we have seen, may be considered from different points of view. Suppose that we take two points of view, as far as possible apart, and discover for ourselves what experience looks like in the two cases. First, we will regard experience as altogether independent of any particular person; we will assume that it goes on whether or not anyone is there to have it. Secondly, we will regard experience as altogether dependent upon the particular person; we will assume that it goes on only when someone is there to have it. (Shultz,1976)

STRUCTURALISM

The debate over how to describe and explain the human mind and behavior began when psychology was first established as a science separated from biology and philosophy. Structuralism appeared as the first school of thought.

First psychological laboratory was established by Wilhelm Wundt in Leipzig Germany where the school of psychology that Wundt began and championed his life is referred to as "structuralism". For this reason, Wundt is often referred to as the father of structuralism. The idea is that conscious experience can be broken down into basic conscious elements, much as a physical phenomenon can be viewed as consisting of chemical structures,

that can in turn be broken down into basic elements. In fact, much of the research conducted in Wundt's laboratory consisted of cataloging these basic conscious elements.

According to Wundt:

- The human mind is divided into various elements of consciousness.
- The subject of psychology is consciousness. The aim is to determine and solve the objects belonging to it.
- For this, the “inside look” method should be used.
- Human behavior should be observed under controlled conditions.
- Internal emotions focus on intuition and thought.

While Wundt's work helped to establish psychology as a separate science and contributed methods to experimental psychology, Wundt himself referred to his view of psychology as *volunteerism* and his theories tended to be much more holistic than the ideas that Titchener later introduced in the United States. Titchener's development of structuralism helped establish the very first «school» of psychology, but structuralism itself did not last long beyond Titchener's death. (Kendra Cherry and Steven Gangs, 2018).

For Edward B. Titchener (1867-1927), the student of Wilhelm Wundt (1832-1920), consciousness was the subject matter of the new science of psychology. The principal aims of Titchener's approach were: (a) to analyze the structure of a conscious content into its component parts—the sensations, feeling, images, and perhaps imageless thoughts, (b) to determine the laws of their association, and (c) to identify its underlying neural substrate (today's “neural correlates of consciousness,”. (Dulany, 2009).

PSYCHOANALITIC PERSPECTIVE

The founder of psychoanalytic approach is Sigmund Freud. He was the founding father of psychoanalysis, a method for treating mental illness and theory which explains human behavior. Freud while examining the psychological causes of mental illness discovered the “subconscious”. Freud and his colleagues found out that most of psychoses and neuroses (mental illnesses) are the result of not satisfied desires and needs from the childhood.

Freud believed that events in our childhood have a great influence on our adult lives, shaping our personality. (Saul McLeod,2018).

Freud’s psychoanalysis is both a theory and therapy. Freud explained the human mind as like an iceberg, with one small amount of it being visible, that is our observable behavior, but it is the unconscious, submerged mind that has the most underlying influence on our behavior. Freud used three main methods of accessing the unconscious mind: free association, dream analysis the slips of the tongue. He believed that unconscious mind consists of the three components: the “id, ego, and the superego”. (Saul McLeod,2013)

Id/Unconsciousness: id is the impulsive and unconscious part of our psyche which responds directly and immediately to the instincts. The impulses in the mind of the person, attitudes and (bad memories and events).

Ego: Ego is the part of the Id which has been modified by the direct influence of the external world.

Super Ego: Incorporates the values and morals of society which are learned from one’s parents and others. According to the psychodynamic approach, the causes of psychiatric disorders are the causes of unconsciousness. According to the psychodynamic (psychoanalytic) approach, the subject of psychology should be the subconscious and personality. The aim of psychology should be to treat disruptions in personality.

HUMANISTIC PERSPECTIVE

The Humanistic Approach began in response to concerns by therapists against perceived limitations of Psychodynamic theories, especially psychoanalysis. Individuals like Carl Rogers and Abraham Maslow felt existing (psychodynamic) theories failed to adequately address issues like the meaning of behavior, and the nature of healthy growth. (William Glassman and Marilyn Hadad, 2008.). Humanistic Approach emphasized the free will of people and their capacity for understanding and solving their own challenges.

Humanistic psychology is grounded in the believe that human being is innately good, and it holds that morality ethical values and good intentions are the driving forces of behavior. The humanistic approach, states that each individual is unique, and has the free will to change at any time in his or her lives. According to humanistic approach an individual's behavior is connected to his inner feelings and self-image.

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