



Topic : Perspective of Psychology
Subject Code : BED18001
Subject Name : Psychology of
Learners and Learning
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Perspective of Psychology

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Perspectives in Psychology

- Psychodynamic Approach
- Behavioral Approach
- Cognitive Approach
- Biological or Behavioral Neuroscience Approach
- The Phenomenological or Humanistic Approach
- The Sociocultural Approach
- The Evolutionary Psychology Approach

Psychodynamic Approach

- Developed by **Sigmund Freud**
- States that “**much of our behavior stems from unconscious processes, conflict between biological instincts & society's demands, and early family experiences.**”
- Basis for the therapeutic approach called **psychoanalysis**



Behavioral Approach



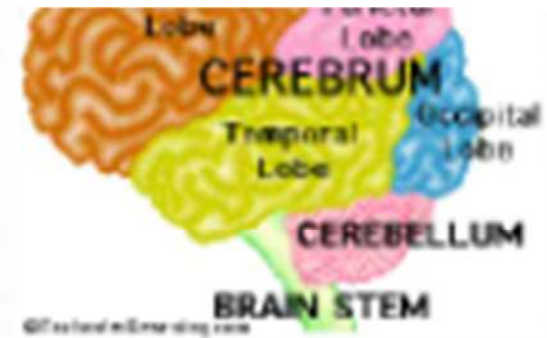
- **John B. Watson**: father of Behaviorism
- **Behaviors** are activities of people or other organisms that can be observed by others.
- States that "**when we attempt to understand an event, we need to look at the observable behaviors & their environmental determinants**".

Cognitive Approach



- Concerned with mental processes, such as perceiving, remembering, reasoning, deciding, and problem solving.
- States that **"Only by studying mental processes can we fully understand what people do."**

Biological Approach



- Concerned with **how the brain and nervous system underlie behavior & mental processes.**
- Attempts to relate behavior to electrical and chemical events taking place inside the body
- The Nervous System (brain) and the Endocrine System are studied to determine the biological causes of behavior.

Phenomenological or Humanistic Approach



- Focuses on the **subjective and personal experience of events** (Individual Phenomenology) , and on the need for **personal growth**.
- Concerned with describing the inner life and experiences of individuals, rather than developing theories or predicting behaviors.



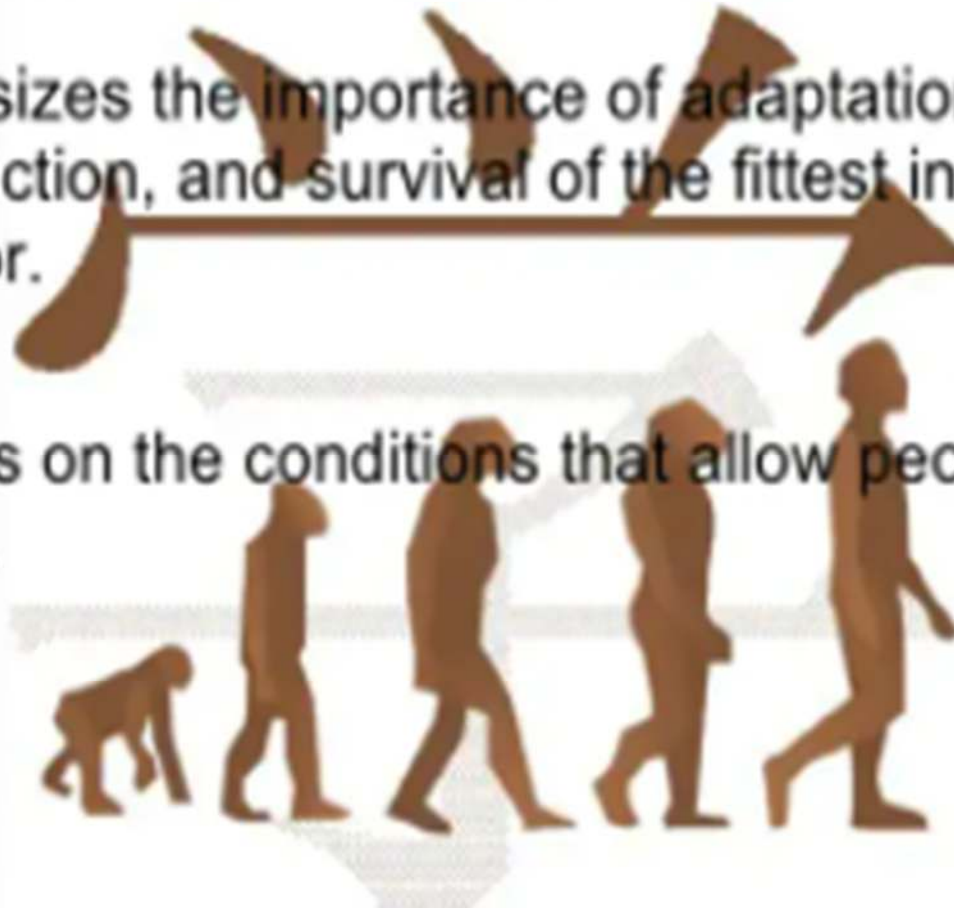
Sociocultural Approach

- Studies the ways by which social and cultural environments influence behavior
- A person's cultural context should be considered in order to understand behavior.
- Focuses on comparing behaviors across countries as well as across cultures within a country.

The Evolutionary Psychology

- Emphasizes the importance of adaptation, reproduction, and survival of the fittest in explaining behavior.

- Focuses on the conditions that allow people to fail or survive.





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