



PSYCHOLOGICAL APPROACHES AND HUMAN BEHAVIOR

Purushottam Thote

Purushottam Thote College of Social Work, Narsala Road, Nagpur (MS).India.

Abstract:

Psychology is the study of mind and behavior which is an academic discipline and an applied science which seeks to understand individuals and groups by establishing general principles and researching specific cases. In this field, a researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior. They explore the physiological and biological processes that underlie cognitive functions and behaviors. Psychologists explore concepts such as perception, cognition, attention, emotion, intelligence, phenomenology, motivation, brain functioning, personality, behavior, and interpersonal relationships, including psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlation relationships between psychosocial variables. In addition, to employing empirical and deductive methods, some especially clinical and counseling Psychologists - at times rely upon symbolic interpretation and other inductive techniques with psychological findings linking to research and perspectives from the social sciences, natural sciences, medicine, humanities, and philosophy.

Introduction

Psychological knowledge is often applied to the assessment and treatment of mental health problems, it is also directed towards understanding and solving problems in several spheres of human activity. By many accounts psychology ultimately aims to benefit society. The majority of psychologists are involved in some kind of therapeutic role, practicing in clinical, counseling, or school settings. Many do scientific research on a wide range of topics related to mental processes and behavior, and typically work in university psychology departments or teach in other academic settings (e.g., medical schools, hospitals). Some are employed in industrial and organizational settings such as human development and aging, sports, health.

Major Psychological Viewpoints:

1) **Biological :-** Psychologists generally consider the organism the basis of the mind, and therefore a vitally related area of study. Psychiatrists and neuropsychologists work at the interface of mind and body. Biological psychology known as neuropsychology is the study of the biological substrates of behavior and mental processes. Key research topics in this field include comparative psychology, which studies humans in relation to other animals, and perception which involves the physical mechanics of sensation as well as neural and mental processing. For centuries, a leading question in biological psychology has been whether and how mental functions might be localized. Modern neuropsychology could be said to originate in the 1870s, when in France Paul Broca traced production of speech

to the left frontal gyros, thereby also demonstrating hemispheric lateralization of brain function. Soon after, Carl Wernicke identified a related area necessary for the understanding of speech.

The contemporary field of behavioral neuroscience focuses on physical causes underpinning behavior. For example, physiological psychologists use animal models, typically rats, to study the neural, genetic, and cellular mechanisms that underlie specific behaviors such as learning and memory and fear responses. Cognitive neuroscientists investigate the neural correlates of psychological processes in humans using neural imaging tools, and neuropsychologists conduct psychological assessments to determine, for instance, specific aspects and extent of cognitive deficit caused by brain damage or disease. The bio-psychosocial model is an integrated perspective toward understanding consciousness, behavior, and social interaction. It assumes that any given behavior or mental process affects and is affected by dynamically interrelated biological, psychological, and social factors.

Evolutionary psychology examines cognition and personality traits from an evolutionary perspective. This perspective suggests that psychological adaptations evolved to solve recurrent problems in human ancestral environments. Evolutionary psychology offers complementary explanations for the mostly proximate or developmental explanations developed by other areas of psychology: that is, it focuses mostly on ultimate or "why?"

questions, rather than proximate or "how?" questions.

2) Behavioral :- Psychologists take human behavior as a main area of study. Much of the research in this area began with tests on mammals, based on the idea that humans exhibit similar fundamental tendencies. Behavioral research ever aspires to improve the effectiveness of techniques for behavior modification.

Early behavioral researchers studied stimulus–response pairings, now known as classical conditioning. They demonstrated that behaviors could be linked through repeated association with stimuli eliciting pain or pleasure. Embrace d and extended by Clark L. Hull and Edwin Guthrie behaviorism became a widely used research paradigm. A new method of "instrumental" or "operant" conditioning added the concepts of reinforcement and punishment to the model of behavior change. Radical behaviorists avoided discussing the inner workings of the mind, especially the unconscious mind, which they considered impossible to assess scientifically.

Noam Chomsky delivered an influential critique of radical behaviorism on the grounds that it could not adequately explain the complex mental process of language acquisition. Martin Seligman discovered that the conditioning of dogs led to outcomes ("learned helplessness") that opposed the predictions of behaviorism. The Association for Behavior Analysis International was founded in 1974 and by 2003 had members from 42 countries. Today the field of behaviorism is also commonly referred to as behavior modification or behavior analysis.

3) Cognitive: - Cognitive psychology studies cognition, the mental processes underlying mental activity. Perception, attention, reasoning, thinking, problem solving, memory, learning, language, and emotion are areas of research. Classical cognitive psychology is associated with a school of thought known as cognitive, whose adherents argue for an information processing model of mental function, informed by functionalism and experimental psychology. On a broader level, cognitive science is an interdisciplinary enterprise of cognitive psychologists, cognitive neuroscientists, researchers in artificial intelligence, linguists, human computer interaction, computational neuroscience, logicians and social scientists. Computer simulations are sometimes used to model phenomena of interest.

A popular and representative topic in this area is cognitive bias, or irrational thought. Psychologists have classified and described a sizeable catalogue of biases which recur frequently in human thought. The availability heuristic, for example, is the tendency to overestimate the importance of something which happens to come readily to mind.

Elements of behaviorism and cognitive psychology were synthesized to form cognitive behavioral therapy, a form of psychotherapy modified from techniques developed by American psychologist Albert Ellis and American psychiatrist Aaron T. Beck. Cognitive psychology was subsumed along with other disciplines, such as philosophy of mind, computer science, and neuroscience, under the cover discipline of cognitive science.

1) Social

Social psychology is the study of how humans think about each other and how they relate to each other. Social psychologists study such topics as the influence of others on an individual's behavior and the formation of beliefs, attitudes, and stereotypes about other people. Social cognition fuses elements of social and cognitive psychology in order to understand how people process, remember, or distort social information. The study of group dynamics reveals information about the nature and potential optimization of leadership, communication, and other phenomena that emerge at least at the micro social level. In recent years, many social psychologists have become increasingly interested in implicit measures, meditational models, and the interaction of both person and social variables in accounting for behavior. The study of human society is therefore a potentially valuable source of information about the causes of psychiatric disorder. Some sociological concepts applied to psychiatric disorders are the social role, sick role, social class, life event, culture, migration, social, and total institution.

2) Psychoanalysis

Psychoanalysis comprises a method of investigating the mind and interpreting experience; a systematized set of theories about human behavior; and a form of psychotherapy to treat psychological or emotional distress, especially conflict originating in the unconscious mind. This school of thought originated in the 1890s with Austrian medical doctors including Josef Breuer (physician), Alfred Adler (physician), Otto Rank (psychoanalyst), and most prominently Sigmund Freud (neurologist).

Freud's psychoanalytic theory was largely based on interpretive methods, introspection and clinical observations. It became very well known, largely because it tackled subjects such as sexuality, repression, and the unconscious. These subjects were largely taboo at the time, and Freud provided a catalyst for their open discussion in polite society. Clinically, Freud helped to pioneer the method of free association and a therapeutic interest in dream interpretation.

6) Humanistic psychology

Humanistic psychology developed in the 1950s as a movement within academic psychology, in reaction to both behaviorism and psychoanalysis. The humanistic approach sought to glimpse the whole person, not just fragmented parts of the personality or isolated cognitions. Humanism focused on uniquely human issues, such as free will, personal growth, self-actualization, self-identity, death, aloneness, freedom, and meaning. It emphasized subjective meaning, rejection of determinism, and concern for positive growth rather than pathology. Some founders of the humanistic school of thought were American psychologists Abraham Maslow, who formulated a hierarchy of human needs, and Carl Rogers, who created and developed client-centered therapy. Later, positive psychology opened up humanistic themes to scientific modes of exploration.

Psychological approaches influence on human behavior:

Psychology started to study human behaviors separately by segregating philosophy. Today Psychology is more popular than medical science. And it is accepted by society. Studying different approaches in psychology. It is seen that the study of the human behavior is deliberately studied in psychology. For the problems in human behaviors Biological aspects one more or less responsible because of hormones be secretion there one finds change in human behaviors. For these changes heredity factors and some time the environment responsible.

In studying human behavior as how does one learned by man and thus. It influences over the behavior. Man can learn by behaving proper if when there are problems in human behavior.

Man thinks in the situation and accordingly his process of thinking is acted open through the human behavior in cognitive approach when man thinks rationally at the time his behavior is normal. But when he thinks

irrationally, his behavior abnormal. When he behaves rationally and Thinks realistically in any situation, his personality remains healthy.

Man's self and his need influence on his behavior. This humanistic approach is seen in human behavior, Human behavior is depending upon his 'Self'. The creation of his self is good, His behavior healthy.

For understanding the human behavior Sigmund Freud's psychoanalytic Approach creates revolution. Unconsciousness of man is important here in this approach and it influences over the human behavior. Man suppresses his desires because of society, religion and its barriers. And these desires remain in unconscious state and so there are problems in behavior.

Rules and regulations of society influence on human behavior. Man never behaves against the rules of the society, Religion, too influence over social behavior; It is possible in solving all the problems related to social behavior. When one study all the aspects of the human behavior. By studying the above approaches one can think that these approaches are not sufficient to explain the human behavior. In this age, man has developed a lot but he lost his own good-relationship and because of that there we see the lack of communication. Thus the behavior problems arise which would be very difficult to understand. The behavior problems are studied by these psychological perspectives still the problems in human behavior is solved by medical science.

Conclusion -

Psychology studies human behavior and it finds causes of behavior as well as solved the problems of the abnormal behavior. When one sees the human behavior through different aspects different school of thoughts, the whole and complete study is done in psychology.