Psychology Question and Answer

Student’s name

Institution

Date

**Q4**: There are five different types of perspectives, which psychologists use to illustrate human behavior. These perspectives are biological approach, Psychodynamic Approach, Behavioral Approach, Cognitive Approach and Humanistic Approach. These perspectives are helpful in understanding the functionality of human brain and the social culture. Biological approach is applied by psychologist to understand thoughts, feelings and behavior of a person from a biological and physical point of view. It is believed to be as a consequence of physiology and genetic. According to Myers and Dewall (2015), the behavior of person can be inherited from parents and therefore, family background plays critical role in how an individual behavior. The Biological psychologists analyses the connection between brain, nerves and mental health of people.

The second perspective is behavioral approach, which is believed that external environment has a big impact on the behavior of people. It is believed that external environment is a great stimulus to the behavior and therefore, we learn most of the things from our surroundings. Another perspective is cognitive approach, which is frequent used by psychologists to analyze the way people act and behavior towards a certain change (Myers & DeWall, 2015). It illustrates that the behavior of an individual is influenced by emotions and expectation and therefore, for psychologist to understand ones behavior he or she has to understand the emotional behavior of an individual.

The third perspective is known as humanistic approach, which is used by psychologists to analyze full potential of a person. Humanistic approach believes that a people are motivated so that they can realize their full potential. It is applied by psychologist to make patients feel good hence addressing a problem. The goal of humanistic approach is to make sure that a person can made to feel good or fulfill their needs and goals and therefore, the goal of humanistic approach is to offer a supportive environment for clients or patients.

**Q5**: The three important figures in the history of psychology are Sigmund Freud, Ivan Pavlov and Jean Piaget. These are some of the individuals who discovered some of the psychological theories or theories which are used in psychology. Sigmund Freud is highly recognized for his development of theory which is used to treat mental illness. He discovered and promoted psychodynamic Approach, which believes that several of our impulses are driven by sex (Myers & DeWall, 2015). He also developed arguments or theories used to understand children. The Sigmund theories are still being used even together to address mental problem and to support child development. Another important figure is Jean Piaget. Jean Piaget developed and promoted the theory of cognitive development or cognitive approach, which is used to understand development of children or children’s intellectual growth.

The cognitive development is still being used even today to address the problem related to child development and therefore, the contribution of Jean Piaget in the development of various psychological theories are recognized since most of them are still being up to date. Jean Piaget theory suggests that children develop through four stages which include sensor motor, preoperational, concrete operational stage and the Formal operational stage. These stages are still applied by several psychologists to study and understand the behavior of children (Myers & DeWall, 2015).

Ivan Pavlov is also one of the importance figures in the field of psychology. He contributed to the development of concept in psychology. The concept of being fed was discovered by Ivan Pavlov. He used a dog to illustrate how animals react to a new thing or towards a change. He therefore, participated in the development of curiosity with an unusually energy, which is regarded as instinct.

# References

Myers, D. G., & DeWall, N. (2015). *Exploring Psychology, tenth edition .* New York: Pearson.