



PSYCHOLOGY YEARBOOK

Student Name
PSYC110 FINAL
PROJECT
Due Date

1900's: Psychodynamic Perspective

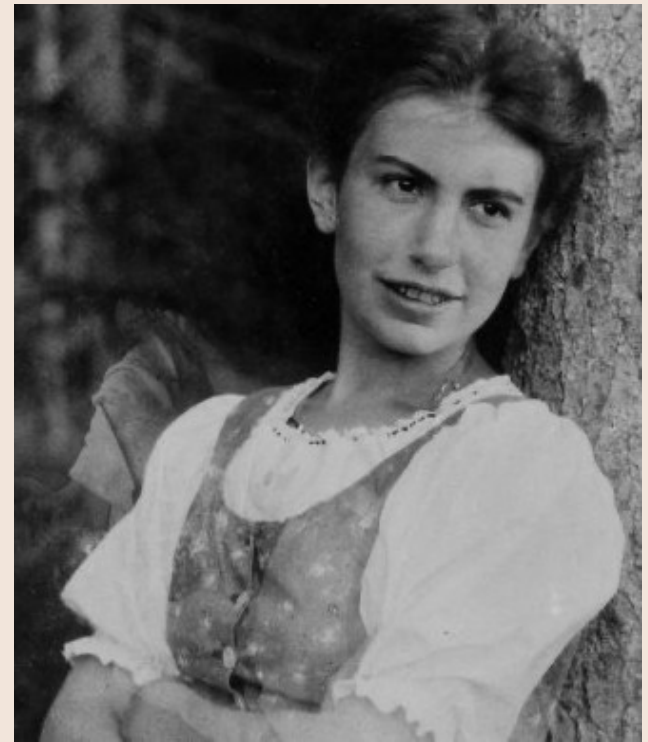
Outcome #1: Assess theoretical perspectives related to human behavior, including physiological explanations for changes in behavior

- According to this theory, emotions play an important role in human behavior
- Psychoanalysis is generally recognized as the work of Sigmund Freud (Feldman, 2018).
- The psychodynamic theories he developed were based on his psychoanalysis.
- A major contribution to psychology was made by Freud's daughter Anna



1900's: Psychodynamic Perspective

- Around 1923, he founded child psychoanalysis
- A major finding of this study is that symptoms in children and adults differ (Blazek, 2021).
- Children's symptoms are related to developmental stages
- Additionally, he contributed to ego theory and adolescent psychology. Mechanisms of defense are also core areas of study of his



Current Contribution, Practice and Perspective

- Anna Freud advocated for parent education
- model for child therapy consultation in schools
- many approaches of treating children today

that are based on her philosophy



➤ aids youngsters in separating senses from

illusions and suppositions from reality

(Blazek, 2021)



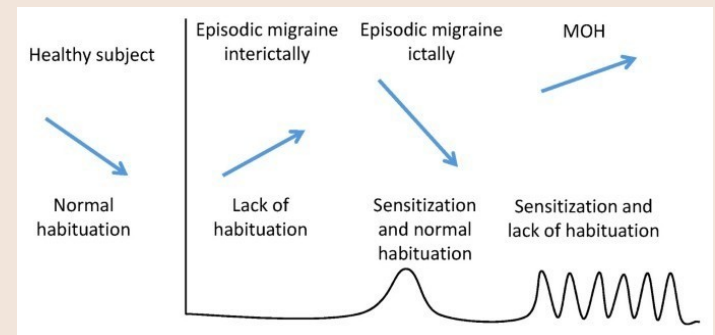
1900: Habituation

- Course outcome #2: Analyze the processes of sensation and perception and the factors that affect consciousness.
- Defined as a type of sensory adaptation
- State of becoming tolerant to environmental stimuli
- Characterized by reduced behavioral responses over time to a repeated stimulus (Feldman, 2018)
- In the 19th and 20th centuries by experimental research and observations



1900 Habituation; Major Discoveries

- Analysis of flexion reflexes and scratch fatigue by Sherrington (1906)
- Moreover, that poor stimulation accelerated tiredness
- Holmes (1912) demonstrated that external stimulus can reestablish a conditioned reaction.
- A key process in all organisms, habituation was identified by Proser and Hunter (1936).
- The human alpha blocking response to stimulation was discovered by Sokolov in 1960.



Current Contribution, Practice and Perspective

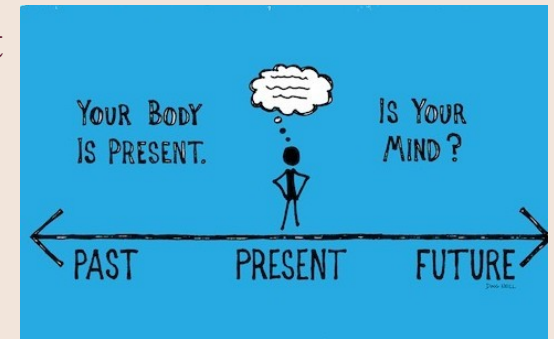
- The present habituation interest in contemporary psychology was sparked by EEG arousal.
- Discovered that arousal gradually diminishes and finally disappears
- After a while, the reaction returns when a stimulus is removed. (2019) McDiarmid, Yu, and Rankin
- Nowadays, habituation is recognized as a type of fundamental learning.



2000: Mindfulness as Coping Stress Coping Strategy

Course outcome #3: Examine the physiological and psychological impact of stress, and various techniques for stress management

- Focusing on the present moment while letting go of the past or the future is a method called mindfulness.
- Referred to as a situation rather than a feature
- Major advantages identified via study
- Relationship-based, self-control, compassion, objectivity, acceptance, tolerance, attention, adaptability, emotional intelligence, and serenity are among the advantages reflected in theories (Seaward,2017)
- Effective emotion-regulation techniques result from the cognitive improvements.



2000: Major Discoveries

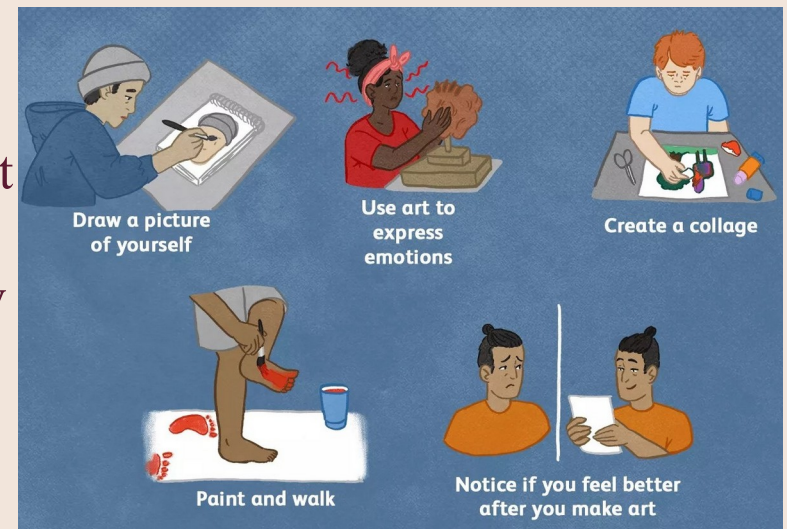


- Reduced rumination, according to Chambers et al. (2008)
- Hoffman et al. 2010, "Reduces Stress"
- Increases positive affect and lowers anxiety and negativity, according to Farb et al. (2010).
- increases the capacity to use emotion management techniques, experience emotions selectively, and process them in various ways.
- Enhances and enhances working memory Jha et al.
- Focus and distraction-suppression abilities were studied by Moore and Malinowski (2009).
- Reduces emotional reactivity, according to Ortner et al.
- More cognitive flexibility, Siegel, 2007



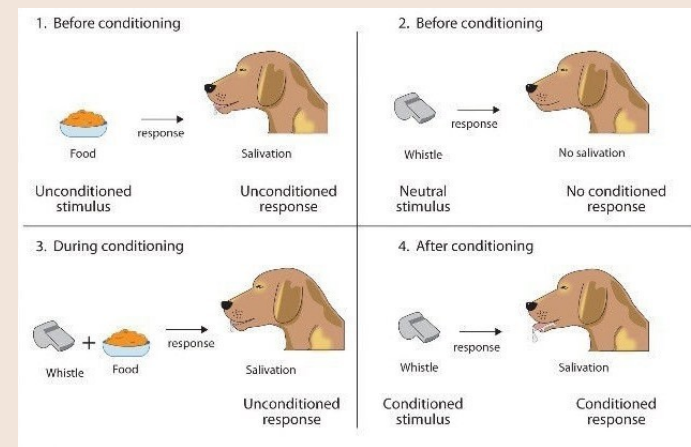
Current Contribution, Practice and Perspective

- The 20th century has seen a growth in popularity of mindfulness.
- significantly borrowed from contemporary psychology and treatment (Feldman, 2018)
- Nowadays, conventional psychotherapy practices
- Yoga, tai chi, and other contemporary disciplines are increasingly promoting mindfulness Schuman- (Olivier et al, 2020)



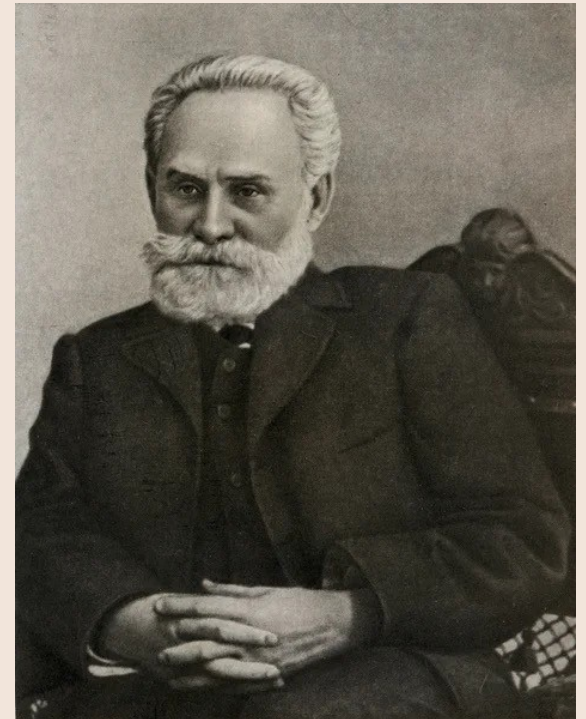
1800: Classical conditioning in learning

- Course outcome #4: Illustrate models of learning and memory.
- Ivan Pavlov did the first in-depth research.
- In 1897, he published his findings.
- Observed a conditioned response in canine trials when the stimulus was delivered (Eelen, 2018)
- Described as a conditioned reflex, the reaction



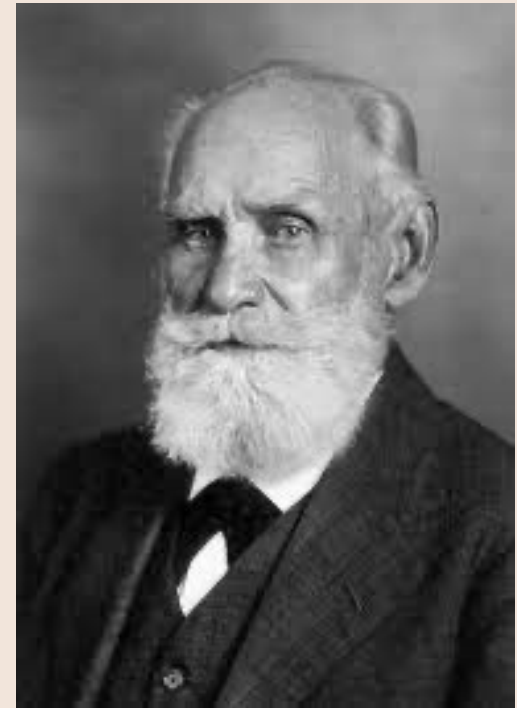
Works of Ivan Pavlov

- Pavlov discovered that the brain's cerebral cortex is where reflexes originate.
- other concepts were influenced by John B. Watson
- Appointment to the Russian Academy of Sciences in 1901; 1904 Physiology Nobel Prize
- shown that humans may be trained to respond to stimuli.



2000: Current Contribution, Practice and Perspective

- His finding has a profound impact on psychology.
- Nowadays, a significant foundation for the growth of behaviorism.
- His research on classical conditioning has since become a method of instruction (Eelen, 2018)
- used to establish impartial scientific methods for examining how people respond to their surroundings



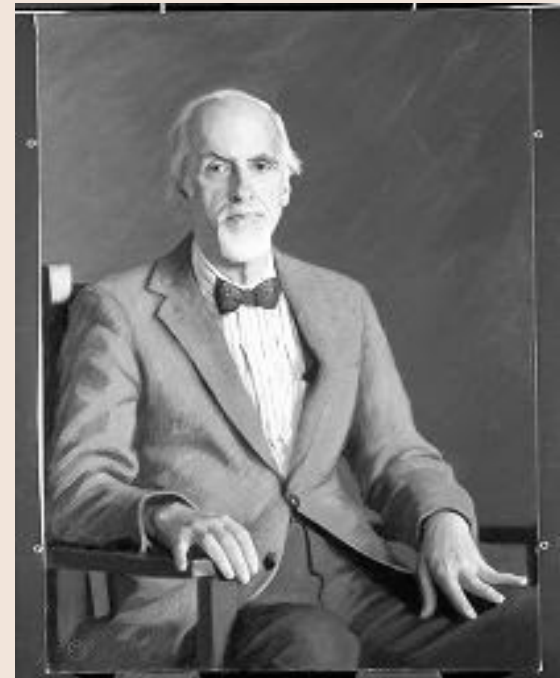
1900: McClelland's Theory of Needs

- Course outcome #5: Analyze key theories on motivation and personality
- An important motivational hypothesis
- Asserts that human motivation is driven by a desire for power, affiliation, and success.
- All people have these requirements, regardless of their age, gender, race, or culture.
- The more rewards for these needs, the higher the motivation(Feldman, 2018)



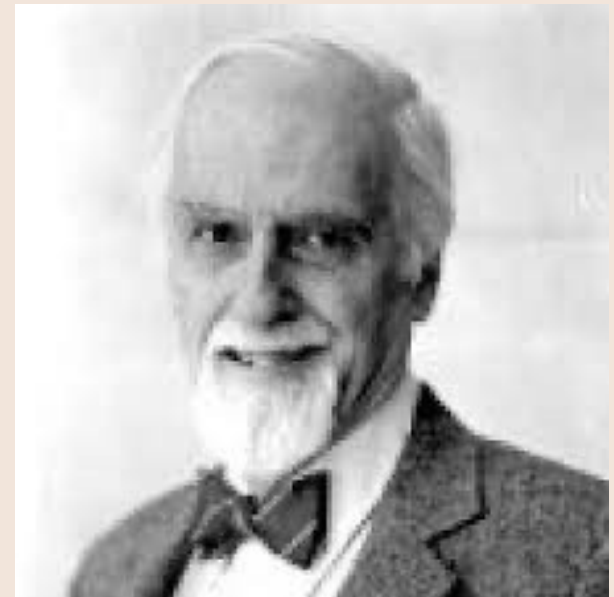
1900 Works of McClelland

- The model was developed in the 1960s
- In his book *Achieving Society*, which was released in 1961, McClelland outlined the approach.
- Research into consciousness and personality was also a focus of McClelland's work (Rybnicek, Bergner, & Gutschelhofer, 2019)
- Thereafter, his investigation into motivation lasted for more than five decades.



2000: Current Contribution, Practice and Perspective

- McClelland's resulted in a series of test tools, data, and theoretical frameworks for understanding human motivation
- Created the Thematic Apperception Test (TAT), which has become a popular scoring system Rybnicek, Bergner, and Gutschelhofer, 2019).
- The main ideas of McClelland are now accepted as managerial best practices.
- Evaluation of candidates using competencies rather than standardized test results is the basis for hiring choices.



1900: Piaget Stages of Development

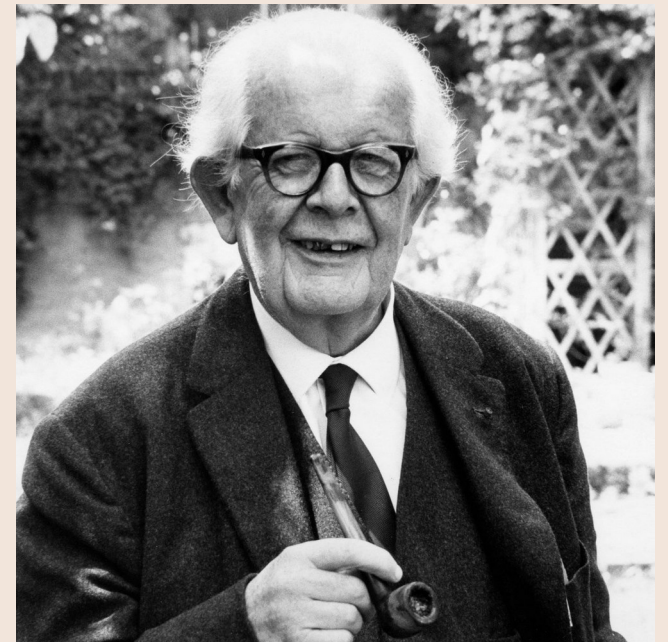
- Course outcome #6: Describe the major physical, cognitive, and social developmental changes that occur from infancy to adulthood.
- Jean Piaget's theory made a breakthrough new ground in 1936
- Developed the core stages of human cognitive growth and development (Thompson, 2021)
- The stages are Sensorimotor, Preoperational, Concrete operational and Formal operational
- Stressed that cognitive development always follows this sequence (Feldman, 2018)



1900 Works of Piaget

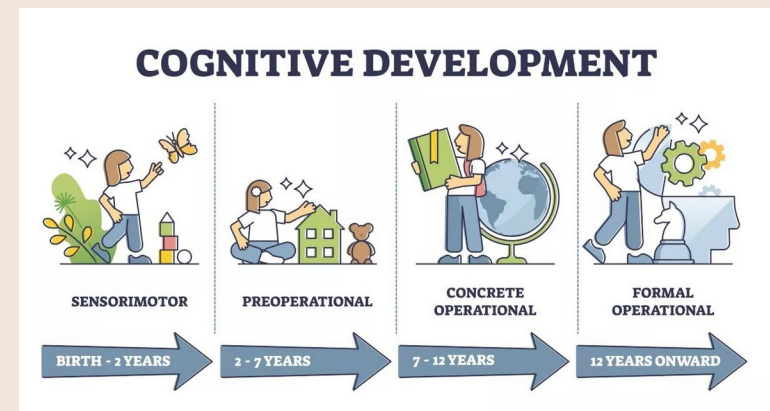


- Some go through the stages at different ages
- Some characteristics may show at multiple stages
- One can't skip these stages(Feldman, 2018)
- New intellectual abilities and a more complex understanding of the world are acquired at each stage.



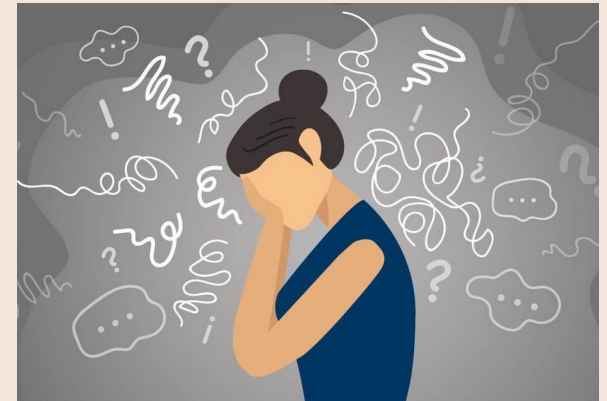
2000: Current Contribution, Practice and Perspective

- A pioneer psychologist for research in the field of cognitive development
- He found that the brains of children and adults' function differently.
- Refuted the earlier claim that children can't think as well as the adults do
- Research on children's cognition is among the most significant contributions.
- developing assessments to disclose various cognitive talents. (Feldman, 2018)



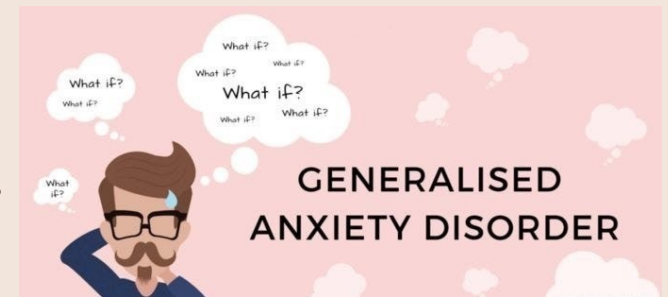
1800: Generalized Anxiety Disorder

- Course outcome #7: Describe different types of psychological disorders, schools of thought on possible causes, and how society responds to people living with mental disorders.
- Found in the 17th century
- The phrases "pantophobia" and "anxiety neurosis" are from the 18th century.
- Considered to be a symptom of neurasthenia
- In 1980, a diagnostic category for it was added to the DSM-III (Nordahl et al, 2018)
- Robert Burton was a key figure in publishing GAD as a "pantophobia."
- The term "pure paroxysmic anxiety" was first used by Edouard Brissaud in 1899; however, he also noted that it might eventually develop into agoraphobia.



2000: Current Contribution, Practice and Perspective

- Today, both pieces are used to treat GAD.
- Helped distinguish GAD from panic disorder, which were both first categorized as anxiety neurosis (Slee et al, 2018) Concern about life is currently the primary symptom of GAD.
- The important point used to diagnose anxiety is its cognitive component.





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THANK YOU!!

