



KONSEP DASAR BIMBINGAN DAN KONSELING ABK AUD

BKABK DI PAUD

PG PAUD FKIP UNIVERSITAS AHMAD DAHLAN

2023

KARAKTERISTIK MASA AUD

PEMBAGIAN MASA AUD (HURLOCK)

INFANT ➡ 0- 2TH

TODDLER ➡ 2-4 TH

KANAK-KANAK AWAL ➡ 4-8 TH

**PROBLEM
KELUARGA :
ANAK/ORANGTUA**

**PROBLEM
AKADEMIK/BELAJAR**

**PROBLEM
PRIBADI/SOSIAL/
PERKEMBANGAN**

**KOM
PLEK
SITA
MAS
ALA
H**

MASALAH YANG TIMBUL PERLU UPAYA PREVENTIF DAN
KURATIF



MELALUI

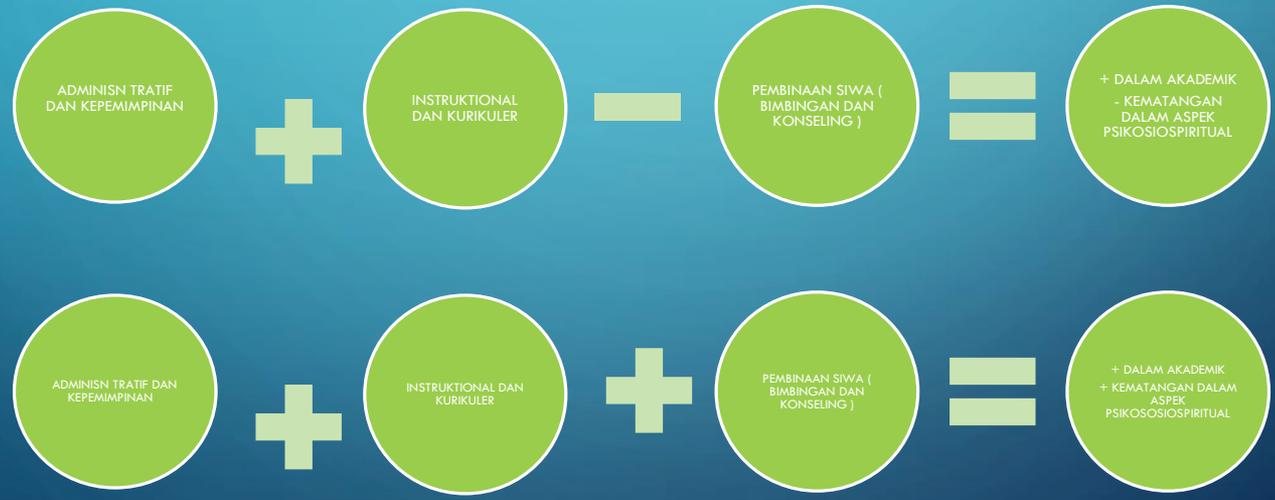
BIMBINGAN KONSELING



UNTUK MENCAPAI TUGAS
PERKEMBANGAN



PESERTA DIDIK YANG DIHARAPKAN
 Manusia yang beriman, bertaqwa kepada Tuhan YME, berakhlak mulia, sehat, berilmu, cakap, kreatif, mandiri, dan menjadi WN yang bertanggung jawab



MAKNA BIMBINGAN DAN KONSELING

BIMBINGAN

PROSES YANG
BERKESINAMBUNGAN

BERSIFAT BANTUAN ATAU
PERTOLONGAN, PERAN AKTIF
DALAM PENGAMBIL KEPUTUSAN
ADALAH PESERTA BIMBINGAN

MEMPERTIMBANGKAN
KERAGAMAN DAN KEUNIKAN
INDIVIDU YANG SEDANG
BERKEMBANG

BERTUJUAN UNTUK
PERKEMBANGAN YG OPTIMAL
BAIK DALAM KEMAMPUAN
INTELEKTUAL, PENGENALAN DIRI
SENDIRI, BERANI MENERIMA
KENYATAAN, MENGIKUTI NILAI
YANG ADA, MENGAMBIL
KEPUTUSAN

KONSELING

BERSIFAT MEMBANTU

BERSIFAT INTERPERSONAL

KEEFEKTIFANNYA DITENTUIKAN
OLEH KUALITAS HUB
KONSRELOR DAN KONSELI

BERTUJUAN
UNTUKMENGADAKAN
PERUBAHAN PERILAKU PADA DIRI
KLIEN SEHINGGA
MEMUNGKINKAN UNTUK HIDUP
PRODUKTIF DAN MEMUASKAN (SHARTZER DAN STONE)

Pengertian Bimbingan

proses pemberian bantuan (psikologis)

dari konselor

kepada konseli

baik secara langsung maupun tidak langsung

baik individual maupun kelompok

untuk membantu mengoptimalkan perkembangan individu.

BIMBINGAN



PRINSIP

- Bagi semua individu
- Bersifat Individualisasi
- Hal yg positif
- Usaha Bersama
- Pentingnya pengambilan keputusan
- Ada di berbagai kehidupan

RAGAM

- Bimbingan Akademik
- Bimbingan Sosial Pribadi
- Bimbingan Karir
- Bimbingan Keluarga

TUJUAN

- Merencanakan studi, karir, kehidupan
- Mengembangkan potensi yg ada
- Membantu penyesuaian diri
- Mengatasi hambatan dari diri, lingkungan

FUNGSI

- Pemahaman
- Preventif
- Perbaikan
- Penyaluran
- Adaptasi
- Penyesuaian

JENIS LAYANAN

- Pengumpulan data tentang siswa dan lingkungan
- Konseling
- Penyajian informasi dan penempatan
- Penilaian dan Penelitian

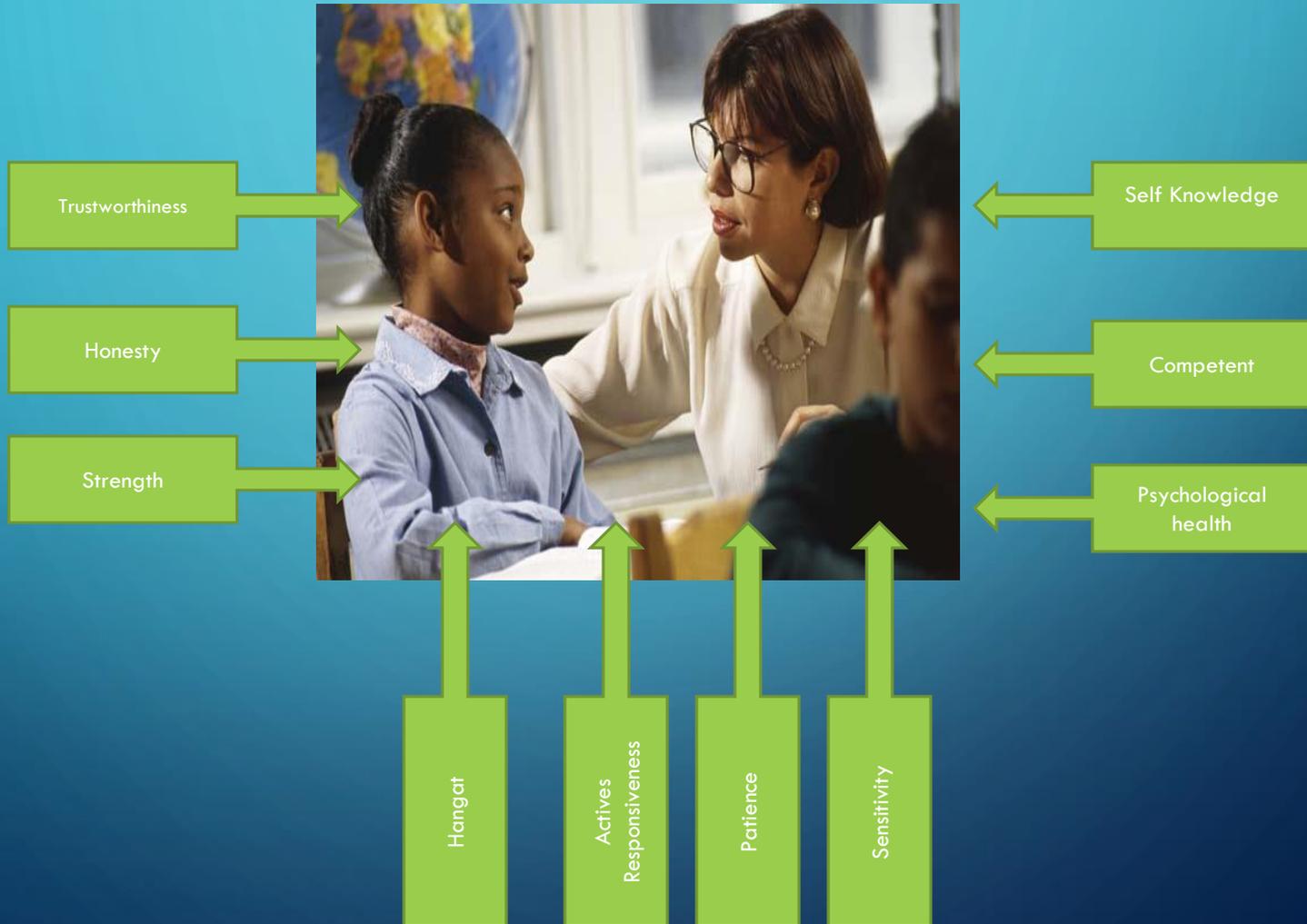
AZAS

- Rahasia
- Sukarela
- Terbuka
- Kegiatan
- Mandiri
- Kini
- Dinamis
- Terpadu
- Harmonis
- Ahli
- Alih tangan kasus
- Tut Wuri Handayani

HAL YANG KELIRU

- ≠ Pendidikan..hanya bagian
- ≠ hanya untuk siswa yang bermasalah
- ≠ Tidak hanya untuk menentukan karir
- ≠ Murid Sekolah lanjutan
- ≠ Usaha memberikan nasehat
- ≠ Menghendaki kepatuhan dalam tingkah laku
- ≠ Tugas para ahli

KUALITAS PRIBADI KONSELOR



MODEL MODEL BIMBINGAN

Model Bimbingan Periode awal

Model Parsonian

Bimbingan identik
dgn Pendidikan

Model bimbingan periode berikutnya

Bimbingan sebagai
distribusi dan penyesuaian

Bimbingan sebagai proses
klinis

Bimbingan sebagai sebagai
pengambilan keputusan

Bimbingan sebagai sistem
Ekletik

Model Bimbingan Kontemporer

Bimbingan sebagai konstelasi layanan

Bimbingan perkembangan

Bimbingan sebagai lm

Lmu pengetahuan tentang kegiatan
yang bertujuan

Bimbingan sebagai rekonstruksi sosial

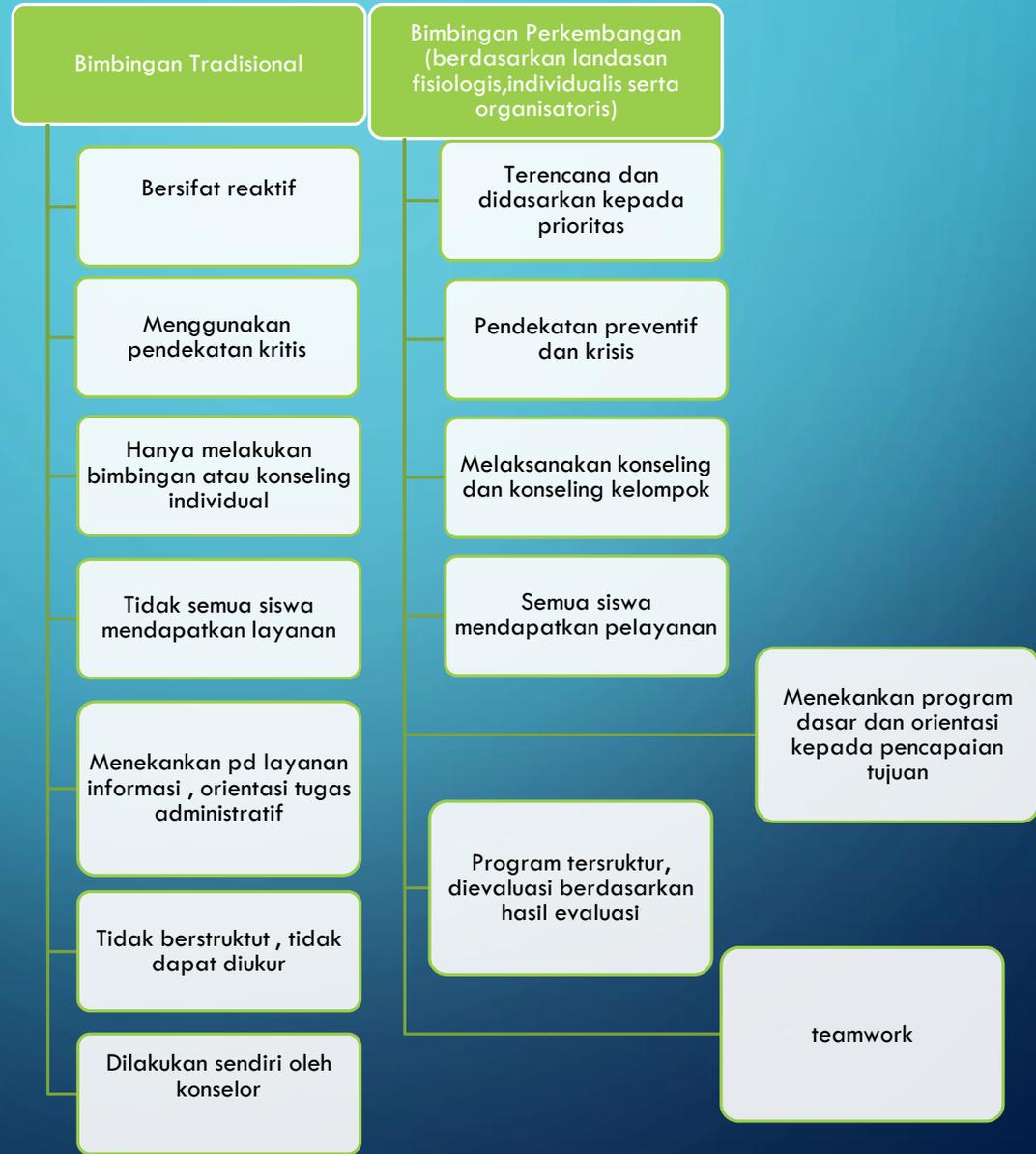
Bimbingan sebagai pengembangan
pribadi

Konseling Ketrampilan hidup

Konseling Respectful

Konseling Religius

PERBEDAAN ANTARA BIMBINGAN TRADISIONAL DAN BIMBINGAN PERKEMBANGAN



PENDEKATAN BIMBINGAN

- 1. Pendekatan Krisis
- 2. Pendekatan Remedial
- 3. Pendekatan Preventif
- 4. Pendekatan Perkembangan



PENDEKATAN KONSELING

- Psychoanalytic
- Behaviorism
- Humanism
- Cognitive
- Evolutionary
- Biological/Biomedical

Psychology's Approaches

Perspective	Focus
<i>Behavioral</i>	How we learn observable responses
<i>Biological</i>	How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences
<i>Cognitive</i>	How we encode, process, store, and retrieve information
<i>Evolutionary</i>	How the natural selection of traits has promoted the survival of genes
<i>Humanistic</i>	How we meet our needs for love and acceptance and achieve self-fulfillment
<i>Psychodynamic</i>	How behavior springs from unconscious drives and conflicts
<i>Social-cultural</i>	How behavior and thinking vary across situations and cultures

Psychodynamic Psychology

Focused on how behavior and feelings spring from unconscious drives and conflicts. Make the unconscious conscious.

Approach-

Used techniques to develop insights into their behavior and the meanings of symptoms, including ink blots, parapraxes, free association, interpretation (including dream analysis), resistance analysis and transference analysis.

Key assumptions:

- 1. The major causes of behavior have their origin in the unconscious mind.**
- 2. Psychic determinism: all behavior has a cause/reason. E.g. slips of the tongue (we have no freewill).**
- 3. Behavior is motivated by instinctual drives Eros (Life) & Thanatos (Death).**
- 4. Different parts of the unconscious mind are in constant struggle (Id, ego and superego).**
- 5. Our behavior and feelings as adults (including psychological problems) are rooted in our childhood experiences (psychosexual stages)**

McLeod, S. A. (2007). Psychodynamic Approach. Retrieved from www.simplypsychology.org/psychodynamic.html

Approaches

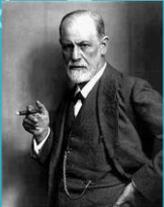
Return to Page 1

Famous PsychoAnalytic (or dynamic) psychologists and their

Psychologists

Study and Contribution

Sigmund Freud



Case Studies (Little Hans), Unconscious Mind, Instincts / Drives, Projective tests (TAT, Ink Blots), Defense Mechanisms (e.g. Repression), Importance of Childhood, Personality (id, ego, superego)

Freud thought that behavior came from:
Unconscious drives, conflicts and experience that we may not even have a memory of.
Driven by sex and aggression, Interested in latent or hidden meaning of dreams
Importance of early childhood events

Carl Jung

Jung's study on schizophrenia, The Psychology of Dementia Praecox, led him into collaboration with Sigmund Freud.
 Jung developed theories on **collective unconscious** and of the **archetypes**

Anna Freud

Anna Freud (Freud's daughter) became a major force in British psychology, specializing in the application of psychoanalysis to children. Among her best known works is The Ego and the Mechanism of defense (1936).

Erik Erikson

Erik Erikson **psychosocial development**- eight stages from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development.

Karen Horney

Neo-Freudian • suggested childhood anxiety triggers our desire for love and security among the first to challenge the obvious male bias in Freud's theories • believed people feel anxious because they feel isolated and helpless in a hostile world.

McLeod, S. A. (2007). Psychodynamic Approach. Retrieved from www.simplypsychology.org/psychodynamic.html

PsychoAnalytic (or dynamic) cont.-

Strengths	Criticisms	Applications
<p>Observations born from everyday life</p> <p>Technique does help some people with childhood traumas</p> <p>Does provide a comprehensive framework to describe personality</p> <p>Rehumanized the distressed</p> <p>Developed a method of treatment of mental illness</p>	<p>Case Studies - Subjective / Cannot generalize results</p> <p>lacks scientific validity</p> <p>Unfalsifiable (difficult to prove wrong)</p> <p>Too Deterministic (little free-will)</p> <p>Biased Sample (e.g. middle aged women from Vienna)</p> <p>Ignores Mediational Processes (e.g. thinking, memory)</p> <p>Over focus on sexual issues</p>	<p>Anxiety disorders such as phobias, panic attacks, obsessive-compulsive disorders and post-traumatic stress disorder</p> <p>Depression</p>

Making connections:

Connect the Psychoanalytical approach to one or more of psychology's biggest questions.

Can you connect the Psychoanalytical approach to either structuralism, functionalism, or both?

McLeod, S. A. (2007). Psychodynamic Approach. Retrieved from www.simplypsychology.org/psychodynamic.html

Approaches

Behaviorism

**Focused on how our behavior is conditioned by certain situations.
New definition of Psychology: Scientific study of OBSERVABLE behavior.**

Approach- Emphasizes scientific and objective methods of investigation.

Key assumptions:

1. All behavior is learned from the environment
2. Psychology should be seen as a science
3. Behaviorism is primarily concerned with observable behavior, as opposed to internal events like thinking and emotion
4. There is little difference between the learning that takes place in humans and that in other animals
5. Behavior is the result of **stimulus – response learning**

**"Psychology as the Behaviorist Views it."
John B. Watson (1913).**

<http://psychclassics.yorku.ca/Watson/views.htm>



Approaches

Return to Page 1

McLeod, S. A. (2016). Behaviorist Approach. Retrieved from www.simplypsychology.org/behaviorism.html

Famous Behaviorist and their studies

Psychologists	Study	Contribution
Ivan Pavlov (1897)	Made dogs salivate at the sound of a bell 	Classical Conditioning (a lot more on this topic later)
John B. Watson 	Little Albert, conditioned fear in young children. Paired loud gong sound with furry objects, gong made Albert scared of animals	Paired association Classical Conditioning
Edward Thorndike 	Placed cats in puzzle boxes and found that once they figured out how to escape from the puzzle box for a reward, they would repeat the task over and over again	Law effect – behavior that results in pleasant consequences is likely to be repeated. Unpleasant - stopped https://www.youtube.com/watch?v=kzNIV0mTROU
B.F.. Skinner 	Created the Skinner Box in which animals were rewarded for an action. Believed that we can predict and control behavior.	Operant condition (a lot more on this topic later)- reinforcement and punishment https://www.youtube.com/watch?v=I_ctJqjlrHA
Albert Bandura 	Conducted a study to investigate if social behaviors (i.e. aggression) can be acquired by observation and imitation. Bobo Doll experiment – See Aggression . . . Do Aggression https://www.youtube.com/watch?v=Pr0OTCVtHbU	Social learning theory and modeling Observational learning

Approaches

Return to Page 1

Behaviorism (cont.)

Strengths	Criticisms	Applications
<p>Scientific</p> <p>Highly applicable</p> <p>Emphasizes objective measurement</p> <p>Many experiments to support theories</p> <p>Identified comparisons between animals (Pavlov) and humans (Watson & Rayner - Little Albert)</p>	<p>Ignores mediational processes</p> <p>Ignores biology (e.g. testosterone)</p> <p>Too deterministic (little free-will)</p> <p>Experiments – low ecological validity</p> <p>Humanism – can't compare animals to humans</p> <p>Reductionist</p>	<p>Gender Role Development</p> <p>Behavioral Therapy (e.g. Flooding)</p> <p>Phobias</p> <p>Education</p> <p>Behavior-Modification</p> <p>Aversion Therapy</p> <p>Scientific Methods</p> <p>Relationships</p> <p>Language</p> <p>Psychopathology (e.g. Depression)</p> <p>Moral Development</p> <p>Aggression</p> <p>Addiction</p>

Making connections:
Connect Behaviorism to one or more of psychology's biggest questions.
Can you connect the ideas of behaviorist to either structuralism, functionalism, or both?

McLeod, S. A. (2016). Behaviorist Approach. Retrieved from www.simplypsychology.org/behaviorism.html

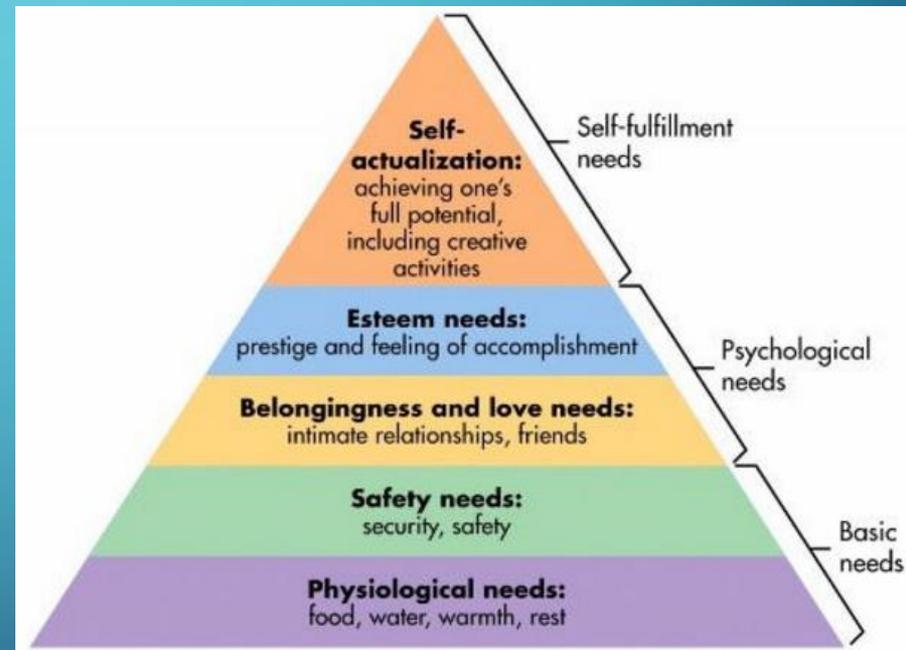
Approaches

Humanism

Approach: Focus: Study the whole person. How we meet our needs for love and acceptance and achieve self-fulfillment Phenomenological- This means that personality is studied from the point of view of the individual's subjective experience.

Key assumptions:

1. Humans have **free will**; not all behavior is determined.
2. People are basically good, and have an innate need to make themselves and the world better.
Hierarchy of needs
3. Both Rogers and Maslow regarded **personal growth** and fulfillment in life as a basic human motive.
4. All **individuals are unique** and have an innate (inborn) drive to achieve their maximum potential.
5. A proper understanding of human behavior can only be achieved by **studying humans - not animals**.
6. Psychology should study the individual case (idiographic) rather than the average performance of groups (nomothetic).



[Approaches](#)

[Return to Page 1](#)

Famous Humanist psychologists and their studies

Methods	Psychologists	Study and Contribution
<p>Rejects scientific methodology</p> <p>Qualitative research methods (diary accounts, open-ended questionnaires, unstructured interviews and unstructured observations)</p> <p>Qualitative research is useful for studies at the individual level, and to find out, in depth, the ways in which people think or feel (e.g. case studies).</p>	<p>Carl Rodgers</p>	<p>1946) publishes <u>Significant aspects of client-centered therapy</u></p> <p>(also called person centered therapy). Genuine Accepting Empathic</p>
<p>Rejected comparative psychology (the study of animals) – people are different with higher cognitive skills- animal research provide little value.</p> <p>Humanistic psychologists rejected a rigorous scientific approach to psychology because they saw it as dehumanizing and unable to capture the richness of conscious experience</p> <p><i>McLeod, S. A. (2015). Humanism. Retrieved from www.simplypsychology.org/humanistic.html</i></p>	<p>Abraham Maslow</p>	<p>(1943) developed a hierarchical theory of human motivation.</p> <p>http://psychclassics.yorku.ca/Maslow/motivation.htm</p> <p><u>Approaches</u> Return to Page 1</p>

Humanism (cont.)

Strengths	Criticisms	Applications
<p>1) It offered a new set of values for approaching an understanding of human nature and the human condition.</p> <p>2) It offered an expanded horizon of methods of inquiry in the study of human behavior.</p> <p>3) It offered a broader range of more effective methods in the professional practice of psychotherapy.</p> <p>4) Shifted the focus of behavior to the individual / whole person rather than the unconscious mind, genes, observable behavior etc.</p> <p>5) Satisfies most people's idea of what being human means because it values personal ideals and self-fulfillment.</p> <p>6) Valued individualistic and idiographic methods of study.</p>	<p>Ignores biology</p> <p>Unscientific – subjective concepts. E.g. cannot objectively measure self-actualization.</p> <p>Humanism ignores the unconscious mind.</p> <p>Behaviorism – human and animal behavior can be compared.</p> <p>Qualitative data is difficult to compare.</p> <p>Ethnocentric (biased towards Western culture).</p> <p>Their belief in free will is in opposition to the deterministic laws of science.</p> <p>The humanistic approach has been applied to few areas of psychology compared to the other approaches. Its contributions are limited to areas such as therapy, abnormality, motivation and personality.</p>	<p>Person Centered Therapy</p> <p>Qualitative Methods</p> <p>Abnormal behavior = incongruence & low self-worth (e.g. depression)</p> <p>Self-esteem</p> <p>Education</p> <p>Motivation</p>

McLeod, S. A. (2015). Humanism. Retrieved from www.simplypsychology.org/humanistic.html

Approaches

Humanism (cont.)

How might Humanism be considered a reaction to both psychoanalysis and behaviorism?

1950's - Behaviorism & Psychoanalysis were most influential schools in Psychology
Some viewed them as "dehumanizing"
Both criticized because people were not masters of their own destinies
Both schools didn't recognize uniquely human behaviors

Humanism – theoretical orientation that emphasizes unique qualities of humans
Take optimistic view of human nature

When I look at the world I'm pessimistic, but when I look at people I am optimistic.

(Carl Rogers)

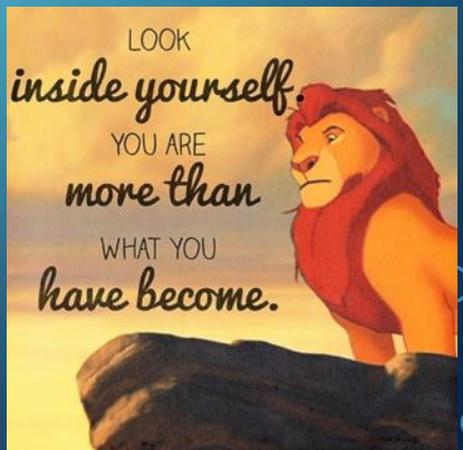


www.all-about-psychology.com



The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers



LOOK
inside yourself.
YOU ARE
more than
WHAT YOU
have become.

Cognitive Approach

Cognitive psychologists view the mind as an information processor. **Cognitive psychologists are interested in information processing that goes on inside people's minds**, including attention, perception, memory, thinking, consciousness, and language.

Approach-

The cognitive perspective applies a **nomothetic approach** to discover human cognitive processes, but have also adopted **idiographic techniques** through using case studies.

Cognitive psychology is also a **reductionist approach**. This means that all behavior, **no matter how complex can be reduced to simple cognitive processes, like memory or perception.**

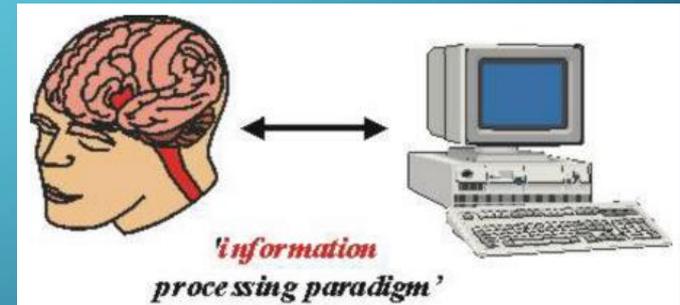
Key assumptions:

Cognitive psychology is **scientifically based**, mainly on lab experiments

Behavior can be explained by mental processes

The mind works based on **inputting, storing and retrieving data (much like a computer)**

There are **mediational processes** in the brain between stimulus and response



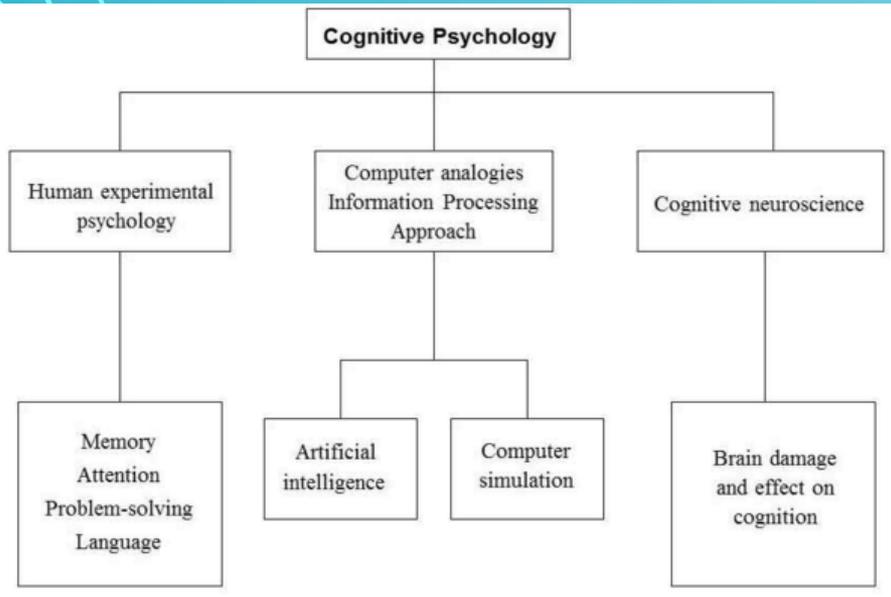
<http://www.onlinepsychologydegree.info/30-most-influential-cognitive-psychologists-alive-today/>

McLeod, S. A. (2015). *Cognitive Psychology*. Retrieved from www.simplypsychology.org/cognitive.html

Approaches

Return to Page 1

Cognitive Approach



Information from the environment is processed by a series of systems (e.g. attention, perception, short-term memory)

These processing systems transform, or alter the information in systematic ways

The aim of research is to specify the processes and structures that underlie cognitive performance

Information processing in humans resembles that in computers.

Mediational Processes

Behaviorists . . .

Study external observable (stimulus and response)

Behavior can be objectively measured

Internal behavior cannot be studied because we cannot see what happens in a person's mind (and therefore cannot objectively measure it).

Cognitive Psychologist . . .

Believe that internal mental behavior can be scientifically studied using experiments.

assume that a **mediational process** occurs between stimulus/input and response/output.

The mediational (i.e. mental) event could be **memory, perception, attention** or problem solving etc.

These are known as mediational processes because they mediate (i.e. go-between) between the stimulus and the response. They come after the stimulus and before the response.

Believe if you want to understand behavior, you have to understand these mediational processes.

Behaviourist Model (only study observable / external behaviour)



Cognitive Model (can scientifically study internal behavior)



McLeod, S. A. (2015). *Cognitive Psychology*. Retrieved from www.simplypsychology.org/cognitive.html

Approaches

Return to Page 1

Mediational Processes

Attention

Attention as it relates to the ability to discriminate between irrelevant and relevant data.

Memory

Procedural memory, memory for the performance of specific actions, semantic memory, encyclopedic knowledge a person acquires, and episodic memory, the memory of autobiographical events.

Perception

These include physical senses (hearing, sight, touch, taste, and smell) as well as the cognitive process of interpreting these senses.

Language

Primary areas of study include language acquisition, language formation, language as it relates to mood, etc., etc.

Metacognition

Metacognition attempts to understand how effective people are at monitoring their own performance, how effectively individuals understand their mental capabilities, as well as their ability to apply cognitive strategies.

<http://www.careerprofiles.info/cognitive-psychologist.html>

Approaches

Return to Page 1

Cognitive/Developmental Psychologist and Contributions

Aaron Beck- developed a cognitive therapy for depression

Jerome Bruner- educational psychology and constructivism

Noam Chomsky- studied innate language development and universal grammar

Albert Ellis- Developed Rational Emotive Behavior Therapy (REBT), focuses on resolving emotional and behavioral problems. The goal of the therapy is to change irrational beliefs to more rational ones.

Harry Harlow/Margaret Harlow (Development), studied attachment by observing how infant monkeys responded to two artificial mothers

Daniel Kahneman- the psychology of judgment and decision-making, as well as behavioral economics. Established a cognitive basis for common human errors that arise from heuristics and biases

Lawrence Kohlberg (Development) - developed three levels of moral thinking

Elizabeth Loftus- studied how eyewitness memories can be influenced by questioning, misinformation effect

Jean Piaget (Development) - used case studies to research children's thinking • studied cognitive development in children

Edward Tolman - studied rats exploring mazes without reinforcements (latent learning) resulting in the rats developing cognitive maps of the maze

Lev Vygotsky (Development)- stressed how children develop through interactions with the social environment

Application

Therapy

Depression and abnormal behavior

Education

Child and Adult Development

Self-help

Decision-making

Mental mapping

Memory and forgetting

Eye-witness testimony

Thinking

Approaches

Return to Page 1

Cognitive approach (cont.)

Methods	Strengths	Criticisms
<p>Lab Experiments</p> <p>Introspection</p> <p>Memory Psychology</p> <p>Interviews</p> <p>Case Studies</p> <p>Observations</p> <p>Computer Modeling</p>	<p>What are some strengths to this approach and to the methods?</p> <p>Scientific</p> <p>Highly applicable</p> <p>Combines easily with approaches:</p> <p>behaviorism + Cog = Social Learning</p> <p>Biology + Cog = Evolutionary Psy</p> <p>Many empirical studies to support theories</p>	<p>What might be some criticisms to this approach and to the methods?</p> <p>Ignores biology (e.g. testosterone)</p> <p>Experiments - low ecological validity</p> <p>Humanism - rejects scientific method</p> <p>Behaviorism - can't objectively study unobservable behavior</p> <p>Introspection is subjective</p> <p>Machine reductionism</p>

McLeod, S. A. (2015). *Cognitive Psychology*. Retrieved from www.simplypsychology.org/cognitive.html

[Approaches](#)

[Return to Page 1](#)

Biological Psychology

Approach:

The biological view looks at how our physical make up and the operation of our brains influence our personality, preferences, behavior patterns, and abilities.

Psychological is first physiological

Key assumptions:

1. **We are a consequence of our physiology and genetics.**
2. **Psychology should be seen as a science, studied in a laboratory, using the tools and methods of science.**
2. **Biology (e.g. genes/hormones/brain) explains behavior.**
3. **Heredity + nervous system + endocrine system** and environmental impacts such as disease = Behavior
4. Use the **comparative** method (study of animals), the **physiological** (i.e. the brain) and the **genetic**, can help **explain human behavior.**



Methods

Comparative method

The scientific study and comparison of different species of animals.

Can be used to study human behavior and the brain.



Physiological

Study the workings of the nervous system and hormones, the functions of the brain, and how changes in structure and/or function can affect behavior.

Example: How do drugs prescribed to treat mental conditions affect behavior through their interaction with the nervous system?

Methods to study the Brain

1. Neuro Surgery
2. Electroencephalograms (EEGs)
3. Brain Scans
CAT scan (Computerised Axial Tomography)
PET scan (Positron Emission Tomography)

Genetics/Inheritance

Twin studies-

If heredity (i.e. genetics) affects a given trait or behavior, then identical twins should show a greater similarity for that trait compared to fraternal (non-identical) twins.

There are two types of twins:

Monozygotic = identical twins (share 100% genetic information).

Dizygotic = non-identical twins (share 50% genetic information, similar to siblings).



[Return to Page 1](#)

Biological Approach (cont.)

Strengths	Criticisms	Applications
<p>Very Scientific</p> <p>Highly application to other areas: Biology + Cog = Evolutionary Psy</p> <p>Provides clear predictions</p> <p>Helped develop comparative psychology</p> <p>Strong counter argument to the nurture side of the debate</p> <p>Many empirical studies to support theories</p>	<p>Experiments – Low Ecological Validity</p> <p>Only recognizes nature and not nurture</p> <p>Humanism: too deterministic – little room for free-will</p> <p>Doesn't recognize cognitive processes</p> <p>Reductionist- doesn't provide the entire picture of human behavior</p> <p>Bio psychological theories often over-simplify the huge complexity of physical systems and their interaction with the environment.</p>	<p>Gender Role Development</p> <p>Abnormal Psychology</p> <p>IQ</p> <p>Relationships</p> <p>Medical Model Stress Response (SRRS, stress immune system)</p>

McLeod, S. A. (2015). *Biological Psychology*. Retrieved from www.simplypsychology.org/biological-psychology.html

Evolutionary Psychology

Approach:

Explains useful **mental and psychological traits**—such as memory, perception, or language—as adaptations, i.e., as the functional **products of natural selection**.

Key assumptions:

1. Evolution has shaped the mind and behavior.
2. Natural selection has designed the functional mechanisms of the mind (psychological adaptations or evolved cognitive mechanisms).
3. Evolutionary psychology integrates cognitive psychology and evolutionary biology

[Return to Page 1](#)

Important people:

Charles Darwin

The Voyage of the Beagle

(1859) wrote "On the Origin of Species by Means of Natural Selection".

Dr. John Harlow (1848) -Phineas Gage brain injury case study

<https://bigpictureeducation.com/brain-case-study-phineas-gage>

Jane Goodall (1957) began her study of primates in Africa, discovering that chimps have behaviors similar to all the human cultures on the planet.

Edward Wilson (1975) published his book, "Sociobiology" which brought together evolutionary perspective to the psychology.

The birth of Evolutionary Psychology begins with the publication of an essay "The Psychological Foundations of Culture" by Tooby and Cosmides (1992).

McLeod, S. A. (2015). *Biological Psychology*. Retrieved from www.simplypsychology.org/biological-psychology.html

Famous Social Psychologist and their studies

Psychologists	Study and Contribution
Gordon Allport (1920)	Well known for his work with personality he contributed to social psychology by introducing the idea of social facilitation (the presence of others can facilitate behavior).
Solomon Asch	Studied conformity and how group pressure distorted judgement
Leon Festinger	Developed the cognitive dissonance theory where we act to reduce the discomfort (dissonance) we feel when two of our thoughts (cognition) are inconsistent with each other
Henri Tajfel	Social Identity theory When divided into artificial (minimal) groups, prejudice results simply from the awareness that there is an “out-group” (the other group).
Stanley Milgram	Studied obedience where subjects, following the orders of an experimenter, “shocked” a confederate
Philip Zimbardo	Conducted studies in role playing where college students played the roles of prison guards and prisoners (Stanford Prison Experiment) roles and obedience
John Darley Bibb Latane	Studied bystander intervention by staging emergencies
Fritz Heider	Proposed attribution theory in which people’s behaviors are the result of the situation or the person’s disposition
Albert Bandura (1963)	Conducted a study to investigate if social behaviors (i.e. aggression) can be acquired by observation and imitation. Bobo Doll experiment – See Aggression . . . Do Aggression https://www.youtube.com/watch?v=Pr0OTCVtHbU

Social learning theory and modeling
Observational learning

Approaches

Return to Page 1

Social Psychology (cont.)

Methods	Strengths	Criticisms	Applications
<p>Lab Experiments</p> <p>Field Experiments</p> <p>Questionnaires</p> <p>Observations</p> <p>Ethical Considerations</p>	<p>Scientific</p> <p>Emphasizes objective measurement</p> <p>Many experiments to support theories</p>	<p>Ignores biology (e.g. testosterone)</p> <p>Underestimates individual differences</p> <p>Provides only 'superficial snapshots of social processes' (Hayes, 1995)</p>	<p>Social Influence: conformity, obedience</p> <p>Social Cognition: social identity, attitudes, stereotypes, attribution</p> <p>Social Behavior: discrimination, relationships, pro-social</p> <p>Social Development: attachment, self-concept</p>

Making connections:

Connect Social Psychology to the Situation-Person debate and the nature vs nurture debate

McLeod, S. A. (2007). Social Psychology. Retrieved from www.simplypsychology.org/social-psychology.html

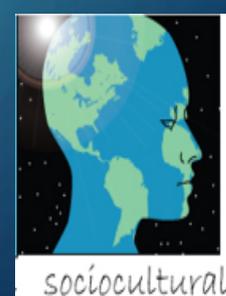
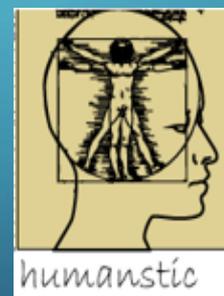
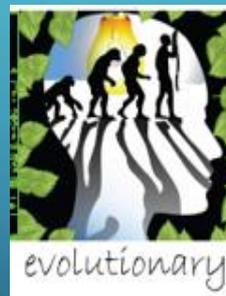
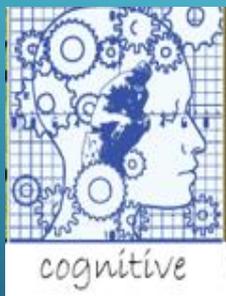
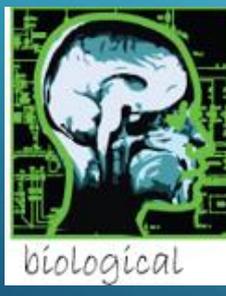
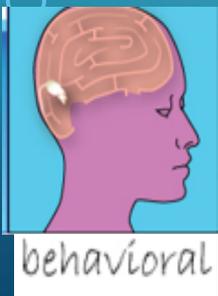
Approaches

The Seven Psychological Perspectives that enter into the Biopsychosocial model.

NATURE

NURTURE

Arrange the 7 psychological perspectives along the nature vs nurture spectrum

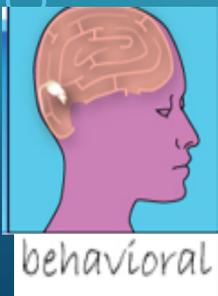


The Seven Psychological Perspectives that enter into the Biopsychosocial model.

Reductionism

Holism

Arrange the 7 psychological perspectives along the Reductionism and Holism spectrum



behavioral



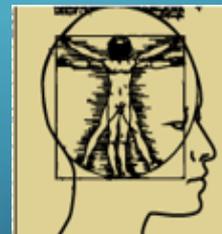
biological



cognitive



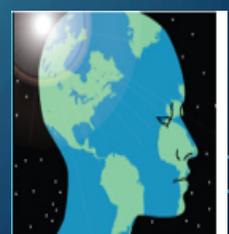
evolutionary



humanistic



psychodynamic



sociocultural

Biopsychosocial

Like different academic disciplines, psychology's varied approaches, or perspectives, ask different questions and have their own limits.

Each level provides a valuable vantage point for looking at a behavior or mental process, yet each by itself is incomplete.

Diverse views on anger

Someone working from the **behavioral perspective** might attempt to determine which external stimuli trigger angry responses or aggressive acts.

Someone working from a **biological perspective** might study brain circuits that cause us to be "red in the face" and "hot under the collar," or how heredity and experience influence our individual differences in temperament.

Someone working from the **cognitive perspective** might study how our interpretation of a situation affects our anger and how our anger affects our thinking.

Someone working from the **evolutionary perspective** might analyze how anger facilitated the survival of our ancestors' genes.

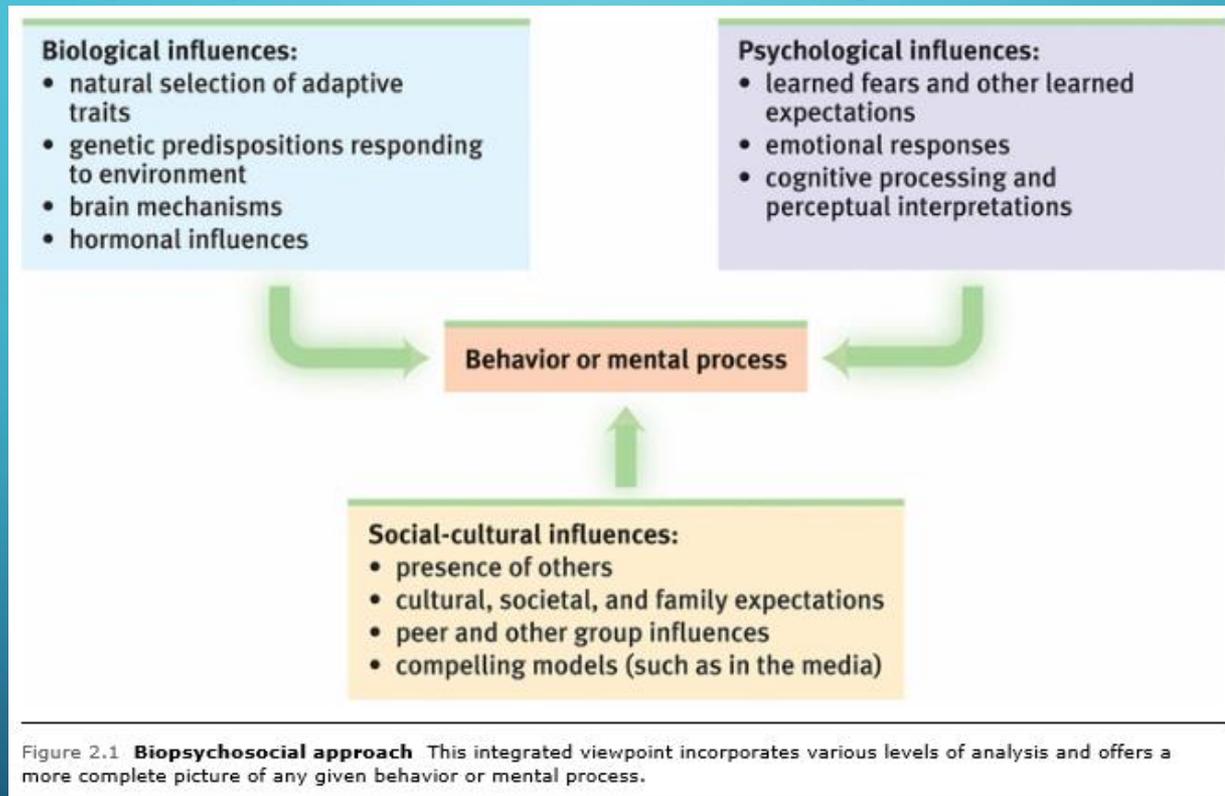
Someone working from the **humanistic perspective** (a historically important approach) might have been interested in understanding how angry feelings affect a person's potential for growth. As we will see, modern-day positive psychology incorporates humanistic psychology's emphasis on human flourishing.

Someone working from the **psychodynamic perspective** (which evolved from Freud's psychoanalysis) might view an outburst as an outlet for unconscious hostility.

Someone working from the **social-cultural perspective** might explore how expressions of anger vary across cultural contexts.

Biopsychosocial

Such perspectives are complementary because “everything is related to everything else” (Brewer, 1996). Together, different levels of analysis form an integrated biopsychosocial approach, which considers the influences of biological, psychological, and social-cultural factors (Figure 2.1).

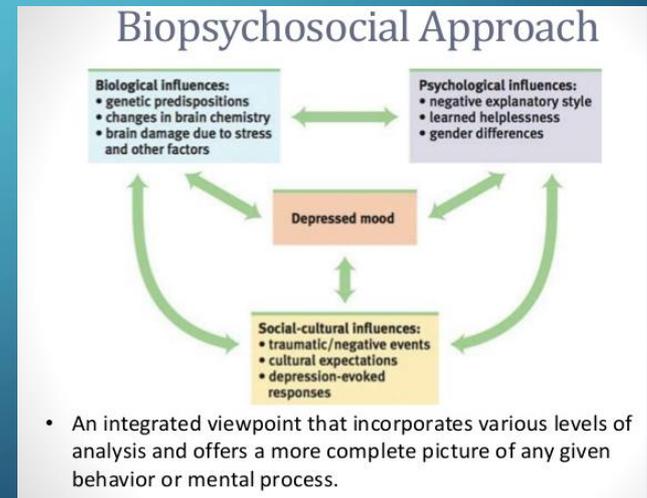


Biopsychosocial

Such perspectives are complementary because “everything is related to everything else” (Brewer, 1996). Together, different levels of analysis form an integrated biopsychosocial approach, which considers the influences of biological, psychological, and social-cultural factors (Figure 2.1).

Examples

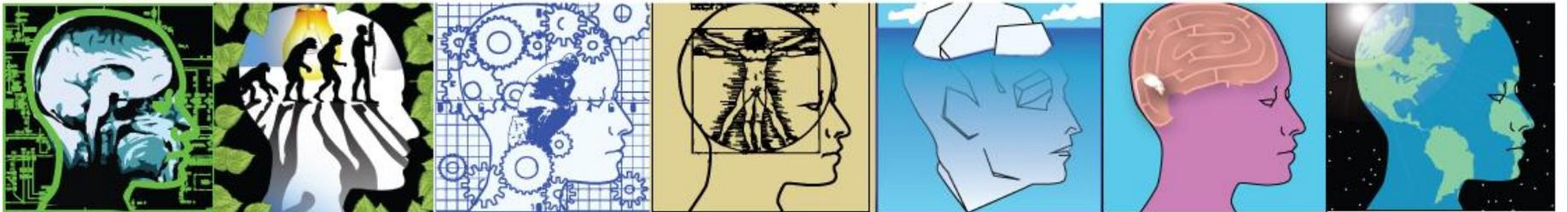
Smokers corner
Agression
Depression
Gun violence
others



The Seven Psychological Perspectives that enter into the Biopsychosocial model.

NATURE

NURTURE



biological evolutionary cognitive humanistic psychodynamic behavioral sociocultural

Approaches to Psychology

Nature

Nurture

Biological Approach

Focus on genetic, hormonal, and neuro-chemical explanations of behavior.

Psychoanalysis

Innate drives of sex and aggression (nature). Social upbringing during childhood (nurture).

Cognitive Psychology

Innate mental structures such as schemas, perception and memory and constantly changed by the environment.

Humanism

Maslow emphasized basic physical needs. Society influences a person's self concept.

Behaviorism

All behavior is learned from the environment through conditioning.

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a stylized PCB or network diagram. The lines are located in the top-left, top-right, bottom-left, and bottom-right corners.

TERIMA KASIH