

Wundt Method or Experimental Psychology of Consciousness

Solve my Math

The methods of Wundt, related to the category of experimental, are used in modern psychology. They help to understand the consciousness of a person, to identify the strengths and weaknesses of thinking, decide which areas need to work. One of the most interesting techniques is an introspection based on self-observation and attention to himself.

Brief history of creating experimental psychology

The German psychologist Wilhelm Maximilian Wundt in 1879 opens up the first laboratory of experimental psychology in Leipzig, and later, in 1881, the Institute of Psychology. By giving the name of the new sphere of activity, which opened with science, creates monumental labor called the "Fundamentals of Physiological Psychology" (1873-1874), where various studies are collected. Having created an independent science, WUNDT continues to study it, open up new principles, collecting experience and creating various techniques. WUNDT and his study of consciousness

The German psychologist believes that his sensations, feelings and ideas are the main elements of human consciousness. He also notes that the basic processes of psyche are the result of creative synthesis, which makes it possible to discover such processes such as apperception and perception.

What is Apperception? This process with which consciousness realizes its potential to self-organization, he opposes the principle of the association, leading to understanding and alignment in the correct order of all psychological elements. Conducting different studies of WUNDT watched the reactions, perception and time, the duration of this total. He assumed that measuring the time characteristics of the reactions, one can demonstrate three stages of reactions to the stimulus: the perception of it, the apperception and manifestation of free muscle movements. These experiments and painstaking work laid the foundations of psychology and focused on the experimental general scientific method.

Many scientists were interpreted by psychology as a science on experience and had a great desire on this basis to explore the consciousness of man. The method of studying the psychology of peoples on Wundt was one of the most popular and well-known. Self-surveillance or introspection method

The test person with the help of the method of "self-observation" or introspection and its immediate experience in the laboratory could monitor what is happening in his psychological state, talking about his feelings of a psychologist. Edward Bradford Titcher has developed the main method proposed by Wundt and considered such problems of structural psychology:

disintegration of the mental state on the part;

establishing an image of the connection of these parts;

Statement of compliance of the laws of combinations and physiological organization.

This method was focused on the sensation, on the concentration on these sensations.

Also, in parallel, the theory of acts of acts of Franz Brentano was created (1828-1927). The main subject of psychology, he not considered the content or structure, but the activity of this consciousness. In 1874, it was issued by the work "Psychology from an empirical point of view." Analysis of the work done

In the process of the development of psychology, the conclusion was concluded that all the same, self-surveillance procedure could not be a reliable source of knowledge. The subjects found exactly what was interested in the experimenter and it turned out to be very subjective. Discovered different results were found, the experiments were carried out publicly, depreciated the results.

After the work done by such psychologists as Jean Martin Shako (1825-1893), Ippolit Bernheim (1840-1919), Sigmund Freud (1856-1939) and others, it became clear that the psyche was not only awareness. In addition to awareness, there are many more phenomena that are not recognized by a person. Works have shown that protective processes and distorted perception are often included in the awareness. The psychology of Wilhelm Dilte and his follower of Edward Spranger, the main task considered not to explain the patterns of the spiritual being of a person, and its understanding of integrity, pointing to the fact that it is rather not about the science of nature, but about the science of the Spirit. William James (1842-1910) offered a way to explore the consciousness, leading "personal" measurements of consciousness. He made a major contribution to the study of personality, psychology of emotionality, memory and care. Herman Ebbinghaus (1850-1909) engaged in the problem of memory and selected stimuli, not causing any associations. Edward Lee Thorndike (1874-1949) by the methods of "samples and errors", conducting experiments on animals, consolidated and improved knowledge about associations. Galton wanted to cover the entire population of England for research. He transformed experimental psychology into a differential. In Germany, Stern William Lewis introduced the concept of "intelligence coefficient"

IQ. How important to watch yourself?

Thanks to the many works, scientists psychology reached a high level of development and turned into a practical scope of activity. Thanks to various methods, experiments and research today, you can learn a lot of interesting things about the consciousness of a person. But a person can independently observe his emotional state, knowing himself and regulate his consciousness to move towards success, achieving goals.

In order to observe yourself, it is necessary to be attentive. If attention is reduced or developed

badly, then this can be corrected using various simulators and exercises. Effective developing attention simulators offers Wikium. Interesting tasks will be taught to notice details, focus on the most important and cut off extra. This will help become more attentive in all areas, including in relation to yourself and others.