Тема №40. Behaviourism.

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| 1. Перевести и знать новый лексический материал:   observable, perception, to lead to, environment, primarily, to be associated with, particularly, to be caused by, stimulation, conditioned reflex, in a certain manner, to salivate, to attempt, puzzle, escape, of various complexities, in sequence, to deny, inherited capacities, quote, infant, to bring up, at random, beggar-man, thief.   1. Переведите словосочетания с английского языка на русский:   inherited capacities,  mechanisms of various complexities,  to distribute in a certain manner,  to be caused by stimulation,  conditioned reflexes,  the main principles of behaviorism,  perceptions and thoughts.   1. Переведите словосочетания с русского языка на английский, используя известную и новую лексику:   быть связанным с поведением, развивать врожденные способности, воспитывать детей, условный рефлекс, прежде всего, в определенной последовательности, цитировать известных авторов, отрицать влияние окружающей среды, в особенности.  4. Работа с текстом “History of behaviorism” (cм. приложение 1):  1. Просмотрите текст, обращая внимание на выделенные слова. 2. Какие имена упомянуты в тексте? Знакомы ли они вам?  3. Ответьте на вопросы  1. What is behaviorism?  2. What is the role of perceptions, images and feelings in behaviorism?  3. What is the argument of behaviorists about the role of environment in human development?  4. Who is primarily associated with behaviorism?  5. Who were the first behaviorists?  6. What animals did Pavlov use for his experiments on conditioned reflexes?  7. Who proceeded to develop theories of learning in America?  8. What will Edward Lee Thorndike be always remembered for?  9. What are the two laws of learning according to Thorndike?  10. What did John Watson write in his article “Psychology as a Behaviorist Views It”?  11. What was the position of John Watson on human instincts, inherited capacities or talents?  5. Перевести текст письменно. |

Behaviorism (or behaviourism) is a systematic approach to the understanding of human and animal behavior. It assumes that all behaviors are either reflexes produced by a response to certain stimuli in the environment, or a consequence of that individual's history, including especially reinforcement and punishment, together with the individual's current motivational state and controlling stimuli. Thus, although behaviorists generally accept the important role of inheritance in determining behavior, they focus primarily on environmental factors.

Behaviorism combines elements of philosophy, methodology, and psychological theory. It emerged in the late nineteenth century as a reaction to depth psychology and other traditional forms of psychology, which often had difficulty making predictions that could be tested experimentally. The earliest derivatives of Behaviorism can be traced back to the late 1800s where Edward Thorndike pioneered the law of effect (a process that involved strengthening behavior through the use of reinforcement).

During the first half of the twentieth century, John B. Watson devised methodological behaviorism, which rejected introspective methods and sought to understand behavior by only measuring observable behaviors and events. It was not until the 1930s that B. F. Skinner suggested that private events—including thoughts and feelings—should be subjected to the same controlling variables as observable behavior which became the basis for his philosophy called radical behaviorism. While Watson and Ivan Pavlov investigated the stimulus-response procedures of classical conditioning, Skinner assessed the controlling nature of consequences and also the antecedents (or discriminative stimuli) that signal the behavior; the technique became known as operant conditioning.

The application of radical behaviorism—known as applied behavior analysis—is used in a variety of settings, including, for example, organizational behavior management, to the treatment of mental disorders, such as autism and substance abuse. In addition, while behaviorism and cognitive schools of psychological thought may not agree theoretically, they have complemented each other in cognitive behavior therapies, which have demonstrated utility in treating certain pathologies, including simple phobias, PTSD, and mood disorders.

Behaviorist psychologists study observable behavior. They argue that the environment has a very strong influence on our behavior. Ivan Sechenov, Vladimir Bekhterev and Ivan Pavlov were the first behaviorists. The Russian physiologist Ivan Petrovich Pavlov is primarily associated with conditioned reflex. American behaviorists Watson, Thorndike and skinner developed theories of learning drawing on the works of Pavlov. John Watson denied the existence of any human instincts, inherited capacities or talents, and temperaments.

6. Выполните тест.

1. BEHAVIOURISM IS PRIMARILY ASSOCIATED WITH … IN RUSSIA.:

1) Pavlov;

2) Watson;

3) Thorndike;

4) Skinner;

2. THE RUSSIAN PHYSIOLOGIST IVAN PETROVICH PAVLOV TRAINED … TO RESPOND IN A CERTAIN MANNER.:

1) cats;

2) dogs;

3) mice;

4) frogs;

3. … DENIED THE EXISTENCE OF ANY HUMAN INSTINCTS, INHERITED CAPACITIES, OR TALENTS, AND TEMPERAMENTS.:

1) Thorndike;

2) Setchenov;

3) Vladimir Bekhterev;

4) John Watson;

4. THE FIRST BEHAVIOURISTS WERE … .:

1) Americans;

2) Russians;

3) English;

4) French;

5. CONDITIONED REFLEXES ARE KNOWN TO BE STUDIED BY … .:

1) Pavlov;

2) Bekhterev;

3) Sechenov;

4) Watson;

7. Решите одну из ситуационных задач.

1. Вы – студент-второкурсник Красноярского государственного медицинского университета. Ваш сосед по этажу - шестикурсник. Скоро государственные экзамены и получение диплома. Расспросите его о перспективах, планах на будущее и т.д. Задайте не менее 5 вопросов.

2. После окончания КрасГМУ прошло пять лет. Вы на встрече с одногруппниками. О чем бы вам хотелось им рассказать? Что хотелось бы узнать?

**Электронные ресурсы**

What Happens When Things Go Wrong: Mental Illness, Part II (<https://www.youtube.com/watch?v=4wtl3q87Rn8>)

ПРИЛОЖЕНИЕ

**Приложение 1**

**HISTORY OF BEHAVIOURISM**

Behaviourism is the teaching that says that psychology must focus its attention on what is **observable. Perceptions,**thoughts, images, feelings are **subjective**and can never **lead to**an objective science. Be­haviourists argue that the majority of behaviour is learned from the **en­vironment**after birth, and psychology should investigate the laws and products of learning.

Behaviourism is **primarily associated**with Pavlov in Russia and with Thorndike, Watson and **particularly**Skinner in the United States. The first behaviourists were Russians. The very first was Ivan Sechenov who thought that all behavior is **caused by stimulation.**Vladimir Bekhterev is another early Russian behaviourist. He established the first psychology lab in Russia at the University of Kazan in 1885, and he discovered what he called the **association reflex**— what Pavlov would call the **conditioned reflex.**

The Russian physiologist Ivan Petrovich Pavlov (1848—1936) trained dogs to respond in a **certain manner,**for example, by first ring­ing a bell before feeding them and then simply ringing the bell upon which stimulus they would begin **to salivate**as if they were about to eat. Watson, Thorndike and Skinner used Pavlov's work and developed theories of learning that they **attempted**to use to explain all human behaviour.

Edward Lee Thorndike developed American version of Russian be­haviorism. He will always be remembered for his cats and his **"puzzle**boxes." These boxes had **escape**mechanisms **of various complexities**that required that the cats do several behaviors **in sequence.**From this research, he concluded that there were two laws of learning: The law of exercise (the more often it is used, the stronger the connection) and the law of effect (when an association is followed by a "satisfying **state of af­fairs,"**the connection is strengthened).

John Watson wrote about the principles of behaviourism in the arti­cle called "Psychology as a Behaviorist Views It". He **denied**the existence of any human instincts, **inherited capacities**or talents, and temperaments. This radical environmentalism is reflected in his best known **quote:**"Give me a dozen healthy **infants,**well-formed, and my own spec­ified world to **bring**them **up**in and I'll guarantee to take any one **at ran­dom**and train him to become any type of specialist I might select — doc­tor, lawyer, artist, merchant-chief and, yes, even **beggar-man**and **thief,**regardless of his talents,... tendencies, abilities,... and race of his ances­tors."