**THE EIGHT PERSPECTIVES ON PSYCHOLOGY**

**BIOLOGICAL: Biological processes influence behavior & mental processes.**

**\*Study the influences of genes on personality traits, psychological health, & various behavior patterns.**

**Ex: How brain activity is connected to some physical activities.**

**EVOLUTIONARY: Adaptive organisms survive & transmit their genes to future generations.**

**Ex: Survival of the fittest—passing on survival behaviors.**

**(Like aggression)**

**COGNITIVE: \*Centers on people thinking their way through certain problems & situations.**

**\*They analyze their situation & consequences (introspection)**

**\*Use a strand of internal sentences, like a computer.**

**HUMANISTIC: \*People make free & conscious choices based on their unique experiences.**

**\*People are basically good, we have free will to choose our own behavior.**

**\*Our behavior is viewed as a reflection of our internal growth & self image.**

**PSYCHOANALYTIC: \*Behavior centered around sexual & aggressive desires that are hidden from our early childhood years in our unconscious.**

**\*Perception, memories & thinking that go on beneath the surface.**

**LEARNING/BEHAVIORAL \*Behavior comes from learning experiences.**

**\*Environmental influences observational learning.**

**\*Make choices based on punishments & rewards you have experienced.**

**SOCIOCULTURAL: \*Sociocultural, biological, & psychological factors create individual differences.**

**\*Focuses on impacts of ethnicity, peer groups, family, religion, gender (expectations/social roles), culture, & economic status.**

**BIOPSYCHOSOCIAL: \*Mental processes are influenced by the interaction of biological, psychological, & social factors.**

**\*Our social relationships from birth have a direct impact on our biological development.**

**\*Ex: Fear produces adrenaline.**