

EMERGING SCHOOLS OF THOUGHT IN PSYCHOLOGY

By
Monojit Gope
Research Scholar

WHAT ARE EMERGING SCHOOLS OF THOUGHT?

- Definition: Emerging schools of thought refer to new and innovative approaches to a particular field or subject.
- In psychology, emerging schools of thought are the new theories and perspectives that psychologists are using to understand human behavior and mental processes.

VARIOUS PSYCHOLOGICAL THOUGHT

- Various psychological thought are follow:

1. Mindfulness-based approaches.

2. Positive psychology.

3. Evolutionary psychology.

4. Cultural psychology.

5. Neuroscience.

MINDFULNESS-BASED APPROACHES

- Definition: Mindfulness-based approaches are a group of emerging schools of thought that emphasize the importance of being present and aware in the moment.
- Key figures: Jon Kabat-Zinn and Ellen Langer
- Contributions: Mindfulness-based approaches have been shown to reduce stress, anxiety, and depression, and improve overall well-being.

EXAMPLE OF MINDFULNESS-BASED APPROACHES

- Here's an example of mindfulness-based approaches in education:
- One example of a mindfulness-based approach in education is the use of mindfulness practices in the classroom. Teachers can integrate mindfulness practices into their daily routines to help students develop attention, focus, and emotional regulation skills.
- For example, teachers can start the day with a brief mindfulness practice, such as a breathing exercise or a guided meditation. They can also incorporate mindfulness breaks throughout the day to help students regulate their emotions and stay focused.

POSITIVE PSYCHOLOGY

- Definition: Positive psychology is an emerging school of thought that focuses on the positive aspects of human behavior and mental processes.
- Key figures: Martin Seligman and Mihaly Csikszentmihalyi
- Contributions: Positive psychology seeks to understand how individuals can thrive and flourish, rather than just survive.

EXAMPLE OF POSITIVE PSYCHOLOGY

- Here's an example of positive psychology in education:
- One example of positive psychology in education is the use of positive interventions to promote well-being and academic success in students. Positive interventions are evidence-based practices that focus on cultivating positive emotions, thoughts, and behaviors.
- For example, educators can use gratitude exercises to help students develop a more positive outlook and increase their sense of well-being. This can include activities such as writing a gratitude journal, expressing gratitude to others, or engaging in acts of kindness.

EVOLUTIONARY PSYCHOLOGY

- Definition: Evolutionary psychology is an emerging school of thought that emphasizes the importance of evolutionary principles in understanding human behavior and mental processes.
- Key figures: David Buss and Leda Cosmides
- Contributions: Evolutionary psychology seeks to understand how natural selection has shaped human cognition and behavior.

EXAMPLE OF EVOLUTIONARY PSYCHOLOGY

- Here's an example of evolutionary psychology in education:
- One example of evolutionary psychology in education is the use of evolutionary theory to understand and address student behavior and academic performance. Evolutionary psychology suggests that many of our behaviors and cognitive processes are shaped by the process of natural selection and adaptation.
- Educators can use evolutionary theory to understand why students may engage in certain behaviors, such as risk-taking, and develop strategies to address those behaviors in a way that is consistent with their evolutionary origins.
- For example, educators can use the concept of "evolutionary mismatch" to understand why students may be more prone to distractibility and impulsivity in the modern classroom environment. They can then develop strategies to create a more "evolutionary-appropriate" classroom environment, such as incorporating more physical movement into lessons or providing opportunities for outdoor learning.

CULTURAL PSYCHOLOGY

- Definition: Cultural psychology is an emerging school of thought that focuses on the role of culture in shaping human behavior and mental processes.
- Key figures: Richard Shweder and Hazel Markus
- Contributions: Cultural psychology seeks to understand how cultural beliefs and practices influence individuals' perceptions, values, and behavior.

EXAMPLE OF CULTURAL PSYCHOLOGY

- Here's an example of cultural psychology in education:
- One example of cultural psychology in education is the use of culturally responsive teaching practices. Culturally responsive teaching is an approach that recognizes and values the diversity of students' cultural backgrounds and experiences, and seeks to incorporate those experiences into the classroom.
- For example, educators can use culturally relevant materials and examples in their lessons to help students connect the material to their own cultural experiences. They can also use collaborative learning activities that draw on the diverse perspectives and experiences of the students in the classroom.

NEUROSCIENCE

- Definition: Neuroscience is an emerging school of thought that seeks to understand the biological and physiological underpinnings of behavior and mental processes.
- Key figures: Eric Kandel and Antonio Damasio
- Contributions: Neuroscience uses advanced brain imaging techniques to study how the brain processes information and controls behavior

EXAMPLE OF NEUROSCIENCE

- Here's an example of neuroscience in education:
- One example of neuroscience in education is the use of brain-based learning to understand and improve student performance. Brain-based learning is an approach that seeks to apply insights from neuroscience to improve teaching and learning.
- For example, educators can use neuroimaging techniques such as fMRI to study how the brain processes information and responds to different teaching methods. This research can then inform the development of teaching methods that are more effective at engaging the brain and promoting learning.

THANK YOU

