

FAMOUS PSYCHOLOGISTS AND THEIR CONTRIBUTION

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DOI No. – 08.2020-25662434

Abstract

The field of psychology is one that combines many disciplines. It is one of the few sciences that combine a person's biology, the human chemistry and other aspects to determine why a person behaves the way they do. Psychologists through the years have brought their individual ideas and theories to the field and have given us several ideas about what affects human behaviour and how to understand it better.

Keywords: *Psychologists, disciplines, sciences, biology*

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Wilhelm Wundt (1832-1920)

Nationality: German

Known for: A founding father of modern psychology

While he is regarded by many as the "father of experimental psychology," Wundt founded the first formal laboratory at the University of Leipzig dedicated to doing psychological research. He is also credited with being the person who separated the field of psychology from other sciences like philosophy and biology.

William James (1842-1910)

Nationality: American

Known for: Pragmatic theory of truth

His theory of pragmatism stated that it is impossible to prove an idea's truth. Therefore, it should be evaluated on its usefulness. He also believed in an idea he called "functionalism," which takes into account an entire event instead of just individual parts of it.

Sigmund Freud (1856-1939)

Nationality: Austrian

Known for: The father of Psychoanalysis

Freud was one of the innovators in the field of psychology. He played a major role in the field's development and many of his ideas are controversial and not widely accepted. He thought that many psychological issues that people have could be traced back to their sexual development.

Alfred Adler (1870-1937)

Nationality: Austrian

Known for: Founded the school of individual psychology

Alder is credited with several concepts in the field of psychology. For one thing, he disagreed with Freud's idea that a patient and psychologist should face away from each other. He felt they should face each other. He also believed that the personality strives for wholeness and a balance with society.

Carl Jung (1875-1961)

Nationality: Swiss

Known for: Founder of analytical psychology

Carl Jung is known for several things related to the field of psychology, including dream analysis, his theory of the collective unconscious, and the archetype. He also studied the traits of introverts and extroverts. Jung also indirectly helped form Alcoholics Anonymous.

Melanie Klein (1882-1960)

Nationality: Austrian

Known for: Specialized in therapeutic techniques involved in child psychology

Klein had an impact on developmental psychology in that she created a "play therapy" idea that is still used with children today. She also placed an emphasis on the relationship between a mother and child and how it affected the development of the child as they grew.

Karen Horney (1885-1952)

Nationality: German

Known for: Founder of feminist psychology

Horney formulated the theory of neurotic needs, which explained that a person's neurosis was a direct result of the anxiety they have in their personal relationships.

The needs she explores fall into three categories – those that move you towards others, away from others, and against others.

Kurt Lewin (1890-1947)

Nationality: German- American

Founder of social psychology

Lewin was one of the first psychologists to study group dynamics, which explores how people behave and think while they are in a group situation. He also specialized in studying organizational development, which deals with companies and making their organization more efficient and effective.

Fritz Perls (1893-1970)

Nationality: German-Jewish

Coined the phrase "Gestalt therapy"

Along with his wife, Laura Perls, Fritz developed a form of psychotherapy that came to be known as "Gestalt therapy."

This type of therapy included enhanced perception, bodily feelings, behaviors and emotions. It also emphasized evaluating experiences at the current moment and personal responsibility.

Jean Piaget (1896-1980)

Nationality: Swiss

Known for: Formulating the theory of cognitive development

Piaget worked closely with children to study their thought processes and how they differed from adults. He also contributed to the field of developmental psychology and many of his theories and ideas are still relevant today.

Jacques Lacan (1901-1981) Nationality:

Nationality: French

Known for: Formulated the “mirror stage” of psychoanalysis

Lacan’s “mirror stage” is a point in the life of a person’s development in which they are at a turning point. It also signifies a strong relationship with their body image.

Lacan is also known for theorizing the “three orders,” which include the imaginary, the symbolic, and the real.

B. F. Skinner (1904-1990)

Nationality: American

Known for: Formulated the idea of radical behaviourism

Skinner is known for many things, but his two main ideas are operant conditioning and negative reinforcement.

With his research in operant conditioning, he found that behaviour depended more on what happened after a response rather than what happened before it.

He also published more than 20 books and 200 articles on the topic of psychology.

Viktor Frankl (1905-1997)

Nationality: Austrian

Known for: Developed the idea of logotherapy

Frankl believed that humans are motivated by the search for the meaning of life.

He believed that any efforts through psychotherapy should focus on that motivation.

He also published *Man’s Search for Meaning*, which became a major bestseller and told of his life in a German concentration camp.

John Bowlby (1907-1990)

Nationality: British

Known for: Conducted work in attachment theory

The attachment theory idea concerns how humans interact throughout long-term relationships.

At the base of this theory is the idea that an infant must develop a relationship with one or more primary caregivers for normal emotional and social development.

Albert Bandura

Nationality: Canadian

Known for: Formulated the social learning theory

Bandura spent about six decades in the field of psychology studying different areas, including personality psychology, social psychology and behavioural psychology.

He has been ranked as one of the top five cited psychologists in history, behind Sigmund Freud and B.F. Skinner.

Paul Ekman

Nationality: American

Known for: Studied emotions and related facial expressions

Given the title of the “best human lie detector in the world,” Paul Ekman established an “atlas of emotions” which links a particular emotion to the facial expressions that people make when they experience that emotion. His breakthrough discovery is the “micro-expression.”

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