Key Concepts of Modern Western Psychological Theory

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ABSTRACT

Background. Modern Western psychology developed by focusing on observing and understanding human behavior through scientific methods. Psychoanalysis developed by Sigmund Freud, who tried to understand how unconscious factors influence human behavior and thoughts.

Purpose. basic theory of psychoanalysis emphasizes the importance of understanding unconscious conflicts, complexes, and defense mechanisms in shaping one's personality and behavior.

Method. Behavioristic psychology emphasizes the importance of stimulus and response in shaping behavior. Behaviorism emphasizes the importance of learning through stimulus and response, as well as the process of association between stimulus and response that forms patterns of behavior.

Results. Humanistic psychology includes concepts of self-awareness, taking responsibility for life choices, and the desire for self-actualization. Transpersonal psychology recognizes that humans have spiritual needs and potentials that encompass experiences beyond the material and ego aspects. The main idea in transpersonal psychology involves integrating spiritual aspects or experiences that transcend personality (transpersonal).

Conclusion. Understanding the main points of psychoanalytic, behavioristic, humanistic and transpersonal thought as schools of modern western psychology will provide a comprehensive understanding of modern western psychology.

KEYWORDS

Orientation, Psychology, Thought

INTRODUCTION

The end of the 21st century marked the beginning of the development of modern western psychology (Abdul Muthalib dkk., 2021). In the United States, Thorndike, John Dewey William James, and Woodworth developed functionalism, as a reaction to structuralism about human mental states (Chen dkk., 2020). The key concept of functionalism is the doctrine that "processes are conscious states." (Farid Mashudi, 2015). In Germany Frederick Perls introduced Gestalt Psychology. The term gestalt means "form" "configuration" "pattern", or "totality". (Dirgagunarsa, 1996).

Freud-initiated psychoanalysis developed in Vienna. It had a wide influence (Abrams & Greenhawt, 2020),

Sri Haryanto

introducing the theory that unconscious motives control. Behaviorism, introduced by John BWatson, emphasized associative learning (S-P) to explain human behavior (Carico dkk., 2021). If Psychoanalysis While behaviorism places intrinsic stimuli as the source of motivation, it places extrinsic factors (environment) as the source of human motivation.

The magnitude of the influence of Freud and Watson's thinking led to Maslow (1971), who formulated Freud and Watson's ideas (Haseeb dkk., 2019). Maslow introduced a school of psychology and claimed to be the third school known as "psychology of being" or humanistic psychology (Spence, 2020). The approach of humanistic psychology in describing humans is more positive than other psychologies. Humanistics recognizes the human ability to self-actualize and the existence of the highest values in humans. (Ukim Komarudin, 2009).

The development of humanistic psychology is transpersonal psychology (Azizi dkk., 2020). Transpersonal pioneers are humanistic pioneers, such as Maslow (Mancino dkk., 2020), Charles Tart and Anthony Sutich (Malecki dkk., 2021). Psychology, which is claimed to be the fourth school of psychology, focuses its analysis on the spiritual dimension of humans who store extraordinary abilities (Ali dkk., 2019). The difference between humanistic and transpersonal is that humanistic utilizes human potential more, while transpersonal focuses more on spiritual and transcendental experiences.

RESEARCH METHODS

This article utilizes the desk research method by conducting an in-depth review of relevant literature and sources on the subject matter of modern Western psychology (Felszeghy dkk., 2019). Analyzing and rearranging the relevant literature to form the basis of a deep understanding of the topic. The analysis method uses content analysis, which analyzes and pays attention to the main ideas of modern Western psychology (Ahmed & Le, 2021). Identify key concepts, theories, historical influences (Selman dkk., 2020), and analyze key concepts in modern Western psychology, such as psychoanalysis, behaviorism, humanistic, cognitive, and neuroscience.

RESULTS AND DISCUSSION

1. Principles of Psychoanalytic Thought

Psychoanalysis was introduced by Freud (2002), in "Dream Interpretation" (Gokbulut, 2020). In the perspective of Psychoanalysis, desire in the human unconscious is one of the energies that control behavior. Psychoanalysis emerged in an effort to criticize rationalist thinking about the human psyche, which had long been believed by scientists.

Psychoanalytic theory was born out of practice. It originated from doubts about medicine, which at the time was believed to be able to cure all diseases, including hysteria. French neurologist Jean-Martin's research on the psychic factors that cause hysteria supported Freud's doubts about medicine. (Berry, 2001). Psychoanalysis represents a new view of the human being, in Freud's perspective, the unconscious has a very central role (Holbrey, 2020). This thinking has practical relevance that can be used to heal patients with psychiatric disorders.

Regarding human personality, psychoanalysis holds the view that there are three dynamically interacting personality structures, the id, ego, and superego. (Supratiknya, 1993). The id is the basic personality (Ismail dkk., 2019). A sub-system of personality in which there are innate instincts. This id is primitive and works based on the pleasure principle. Id acts as a source of life energy. (Lubis, 2011). Ego plays a role in facing reality (Ismail dkk., 2019). The work of the ego is based on norms, which are contrary to the id. Super Ego is a personality sub-system that contains evaluative values

(good-bad) (Facal, 2020). Super Ego works based on moral principles and is oriented towards perfection (Garza dkk., 2023). This personality does not stand alone, but is related to the realm of consciousness (awareness), which is divided into three levels of consciousness as follows:

Figure 1.1.

Personality subsystems and levels of human consciousness
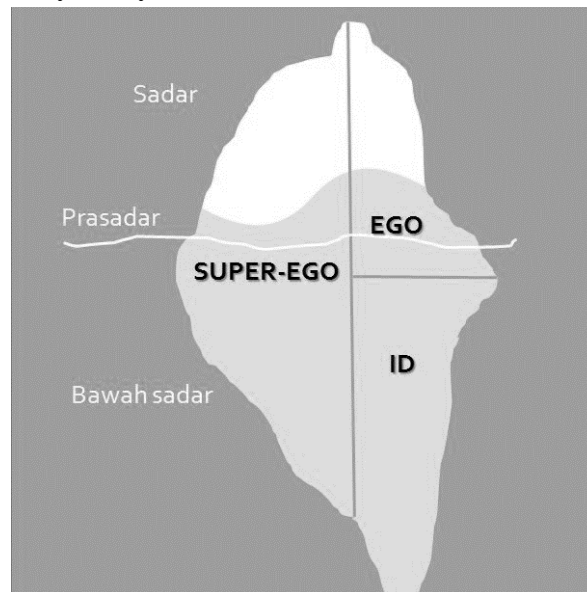
Freud described the psyche as an iceberg, where the smaller part on the surface represents the area of consciousness. The much larger mass below the surface of the water describes the unconscious area (Ibrahim Hamada, 2022). The conscious realm is the part of human consciousness that has the main function to remember, realize and feel something consciously (Sharif Matthews & López, 2019). The preconscious is the part of human consciousness that has a function to store ideas, ideas, memories, and feelings. The preconscious plays an important role in leading to the conscious (Mohd Yusof dkk., 2023). The unconscious, the part of consciousness that has a role for the formation of personality, as well as serves to store all memories of certain events (Urinboyev, 2023). Furthermore, Freud emphasized that "soul energy" is found in the unconscious (Praetorius dkk., 2020), in the form of instincts or urges. (Fudyartanta, 2005). Psychoanalytic theory also emphasizes that early experiences with parents significantly shape development (Santrock et al., 2011).

2. Principal Thoughts of Behavioristic Psychology

Behaviorism emerged in the 20th century. This school was initiated by psychologist J.B. Watson in his scientific publication in 1913 entitled: "Psychology as the Behaviorist Views It". (Hardjana, 1991). Besides Watson, this school was also developed by William Sheldon, Skinner, Pavlov, Thorndike and Albert Bandura (Liu & Wu, 2021). Behavioristic psychology does not question human character (good-bad, rational or emotional) (Ratrout & Köprülü, 2022). It focuses on how human behavior is controlled by extrinsic factors (environment). For behaviorists, individuals are reactive beings who will respond to their environment.

Behaviorism emphasizes its theory on changes in human behavior that follow the law of cause and effect, which can be controlled or created (Wang & Fang, 2020). This school believes that human behavior is determined and influenced by the environment. This means that human behavior can be explained into a relationship between stimulus and response and what is considered real is only observable behavior.

Humanistic psychology also develops the process of behavior change with the principles of "classical conditioning, law of effect, operant conditioning and modeling." (Bastaman, 1997). In its

development, behavioristic theory is known as learning theory, because in the behavioristic view all human behavior is the result of learning, and a person is declared to have learned if he has shown a change in his behavior (Li & Li, 2022). For behaviorism, the most important thing in learning is input in the form of stimulus and output in the form of response.
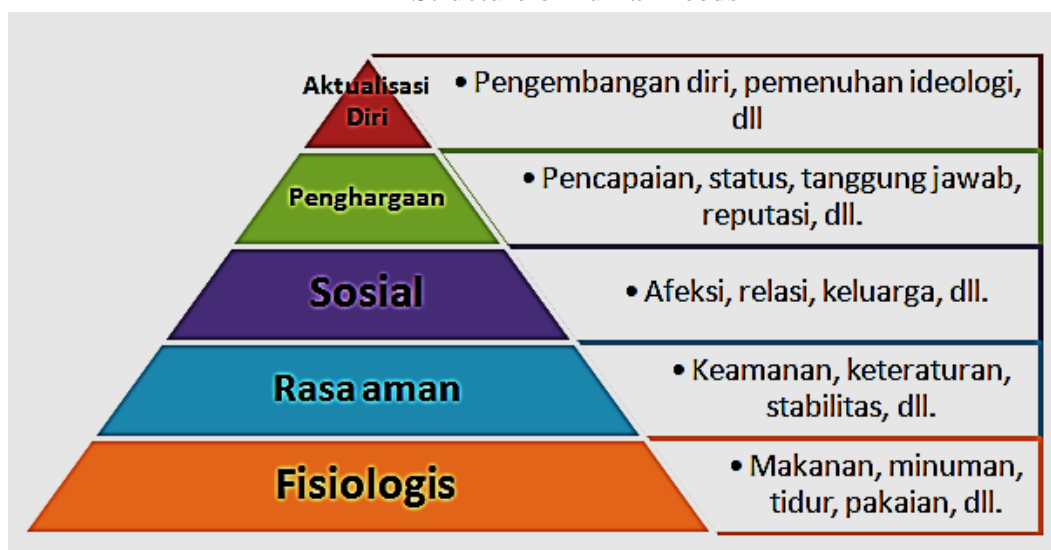
3. Principles of Humanistic Psychology

The emergence of humanistic psychology as a reaction to dissatisfaction with psychoanalytic and behavioristic thinking. Humanistic was pioneered by J.B Watson and A.H Maslow. It is claimed to be the third school of modern psychology after psychoanalysis and behaviorism (Mani dkk., 2019). The main focus of psychology is on creativity and freedom of choice for individuals. It also emphasizes the importance of self-awareness, self-actualization, individual uniqueness, and human positivity.

In the humanistic perspective, humans are bio-psycho-spiritual beings. The spiritual dimension is believed to be the core of humanity, the source of the meaning of life and extraordinary human potential (Chatterjee dkk., 2021). The soul according to humanistics consists of thoughts, feelings and will. This soul will give birth to ideas, creativity, life values, self-awareness, transcendental experiences, and the meaning of life, in addition to will, freedom, and belief in moral values and principles. (Baharuddin, 2004).

The components of the soul will form a series of needs arranged in stages. From basic needs to the main needs. These graded needs then control all human life. Anything that happens with humans has everything to do with these graded needs.

Figure 1.2
Structure of human needs


4. Principles of Transpersonal Psychology

The birth of transpersonal psychology is inseparable from the dissatisfaction of humanistic theory which turns out to have limitations and weaknesses, because it only focuses on "self-actualization" (Xiao dkk., 2019). Maslow, a pioneer of humanistic psychology, found something beyond self-actualization, namely the peak experience called "peak experiences" (Barlott dkk., 2020). Maslow wrote: "I see humanistic, the third power of psychology to be a transition, preparation towards a higher, fourth power of psychology, namely transpersonal, trans-human, which is more centered on the cosmos, not on human needs and interests, which takes place beyond the boundaries of humanity, identity, self-actualization, and desires". (Wahyu SaNeda, 2015). Among the psychologists who have contributed greatly to the development of transpersonal psychology are William James, Abraham Maslow, Anthony Sutich, Charles Tart, and Gordon W.

Allport, Carl Rogers, Carl Gustav Jung, Viktor Frankl, Charles T. That, Rollo May and Ken Wilber (Maslow, 1971; Tart, 1969).

Thought and study of transpersonal psychology developed more rapidly after the publication of the "Journal of Transpersonal Psychology (1969)". Furthermore, the Association for Transpersonal Psychology (ATP) was established in 1972. Since then psychology has begun to direct its attention to the spiritual dimension characterized by many studies that seek to understand spiritual phenomena, such as mystical experiences, cosmic consciousness, spiritual experiences and spiritual intelligence. John Davis reveals six key concepts of transpersonal psychology, as follows:

Figure. 3

Key concepts of transpersonal psychology
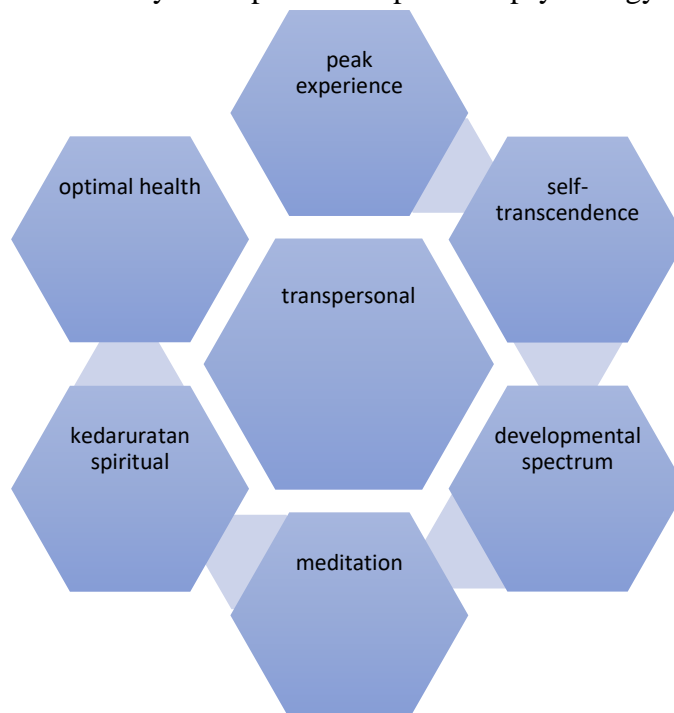
1. Peak experiences, this term is used by Maslow to identify mystical experiences and experiences related to a state of optimal psychological health.
2. Self-transcendence, is a state of calm that spreads through the self-image of the individual personality, which refers to a harmonious relationship with others and with the universe.
3. Optimal health, relating to mental health as personal conflict resolution, awareness, understanding, and self-fulfillment.
4. Spiritual emergencies, are disturbing experiences or psychological crises that are part of a spiritual awakening.
5. Developmental spectrum, suggests levels of reality from the material level through successive levels.
6. Meditation, is the practice of centering to calm mental processes and cultivate a transpersonal state. Meditation is a key method of transpersonal psychology. (Bastaman, H.D. 1997).

CONCLUSION

Modern Western psychology involves various key concepts that are important in understanding human behavior. Psychoanalysis, developed by Sigmund Freud, emphasizes the importance of understanding unconscious factors, internal conflict, and personal growth. This approach focuses on the complex influences of thought processes and human behavior.

Behaviorism, with its stimulus- and response-centered approach, regards human behavior as the result of learning through conditioning and reinforcement. Objectively observable and measurable external aspects are heavily emphasized in this approach. The humanistic approach emphasizes individual development, self-actualization, and subjective experience in understanding human behaviour. Concepts such as self-awareness, freedom of choice, and personal development are focal points in this theory. Transpersonal psychology brings in the spiritual dimension and transcendental experience. Transpersonal psychology recognizes that humans have spiritual needs and potentials that extend beyond the material and ego aspects. Through exploring and developing spiritual potential, individuals can experience positive changes in self-understanding, personal development, and perceptions of their relationship with the larger world.

AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

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