
Assignment

Date: 03/04/2020

Subject: Cognitive Psychology Practical

Topics: (1) Definitions of Cognitive Psychology

(2) Names of Contributors in Cognitive Psychology

(3) Applications of Cognitive Psychology

Submitted By: IMRAN ASLAM

Submitted To: Dr. Samar Fahad

MSc Applied Psychology Morning

1st Semester

Department of Applied Psychology

Islamia University of Bahawalpur

Definitions of Cognitive Psychology

(1) Cognitive psychology is the branch of psychology that focuses on the way people process information. It looks at how we process information we receive and how the treatment of this information leads to our responses. In other words, cognitive psychology is interested in what is happening within our minds that links stimulus (input) and response (output).

Cognitive psychologists study internal processes that include perception, attention, language, memory, and thinking. They ask questions like:

- How do we receive information about the outside world?
- How do we store and process information?
- How do we solve problems?
- How does a breakdown in our perceptions cause errors in our thinking?
- How do errors in our thinking lead to emotional distress and negative behaviors?

Medical Definition of Cognitive Psychology

Cognitive Psychology is a branch of psychology concerned with mental processes (as perception, thinking, learning, and memory) especially with respect to the internal events occurring between sensory stimulation and the overt expression of behavior.

Definition of Cognitive Psychology According to American Psychological Association (APA)

According to the American Psychological Association (APA), cognitive psychology is the “study of higher mental processes such as attention, language use, memory, perception, problem solving, and thinking.” As a scientific study of mind and mental functioning, the core focus of modern cognitive psychology is on studying how people acquire, process, and store information within the complex computing system known as the human brain. Therefore, cognitive psychologists are most concerned with studying how we think, perceive, remember, forget, solve problems, focus, and learn. Unlike the behavioral school of thought that focuses only on observable

behaviors, cognitive psychology studies internal mental states and processes.

Another Definition

The branch of psychology that explores the operation of mental processes related to perceiving, attending, thinking, language, and memory, mainly through inferences from behavior. The cognitive approach, which developed in the 1940s and 1950s, diverged sharply from contemporary behaviorism in

- (a) emphasizing unseen knowledge processes instead of directly observable behaviors
- (b) arguing that the relationship between stimulus and response was complex and mediated rather than simple and direct.

Names of Contributors in Cognitive Psychology

(1) Jean Piaget

Jean Piaget theory of cognitive development had a profound influence on psychology, especially the understanding of children's intellectual growth. His research contributed to the growth of developmental psychology, cognitive psychology, genetic epistemology, and education reform.

Albert Einstein once described Piaget's observations on children's intellectual growth and thought processes as a discovery "so simple that only a genius could have thought of it."

(2) Jerome Bruner

Jerome Bruner is responsible for many research studies, including the classic perception experiments, which addressed an organism's internal interpretation of a stimulus. He is the author of *A Study of Thinking*, which ushered in the cognitive psychology movement. In addition to helping found Harvard's Center for Cognitive Studies, Bruner has published 15 books and numerous articles in cognitive, developmental and educational psychology.

(3) *Donald Broadbent*

Best known for his contribution to the development of cognitive psychology, Broadbent wrote his book, *Perception and Communication*. His book has been rated "the single most influential book in the history of cognitive psychology". Broadbent was the first to put together work on information processing with the problem of attention. Broadbent used data from behavioral experiments and inferred (unobservable) functional stages of processing and their order of occurrence from these data (He is best known for his Dichotic Listening Experiment and his Filter Model of Attention Experiment). In so doing, he invented the modern study of attention.

(4) *Noam Chomsky*

Best known for his work in linguistics, Chomsky's primary contribution to the field of psychology was to situate the process of language learning as an important part of the field of cognitive psychology.

(5) *John Watson*

Watson's most influential and well-known work was his study of emotions. He was particularly interested in studying the way that emotions could be learned. He believed that emotions were merely physical responses to external stimuli. He also believed that rage, fear, and love were all yet to be learned at birth.

Watson's behaviorist theory focused not on the internal emotional and psychological conditions of people, but rather on their external and outward behaviors. He believed that a person's physical responses provided the only insight into internal actions.

(6) *Wilhelm Wundt*

Wilhelm Wundt is best known for experimental psychology, cultural psychology, structuralism and apperception. Wundt's aim was to record thoughts and sensations, and to analyze them into their constituent elements, in much the same way as a chemist analyses chemical compounds, in order to get at the underlying structure. The school of psychology founded by Wundt is known as voluntarism, the process of organizing the mind.

(7) Erik Erikson

Erik Homburger Erikson was a German-American developmental psychologist and psychoanalyst known for his theory on psychological development of human beings. He may be most famous for coining the phrase identity crisis. He gave theory of Psychosocial Development.

(8) Ulric Neisser

Ulric Neisser was the first to write a book about cognitive psychology and was considered by some to be the 'father of cognitive psychology.' Neisser's research included topics such as memory, attention, the self, and intelligence. His most famous research involves flashbulb memories and inattention blindness.

(9) Albert Bandura

Albert Bandura is an influential social cognitive psychologist who is perhaps best known for his social learning theory, the concept of self-efficacy, and his famous Bobo doll experiments. He is a Professor Emeritus at Stanford University and is widely regarded as one of the greatest living psychologists.

(10) *Magda B. Arnold*

She was the first contemporary theorist to develop appraisal theory of emotions, which moved away from feeling theories and behaviorist theories toward the cognitive approach. She also created a new method of scoring the Thematic Apperception Test called Story Sequence Analysis.

Scope of Cognitive Psychology

Cognitive psychology is not only focused to all what occurs in everyday life, it is even dominant to psychologist's mission to realize how of the behavior. The scope of cognitive psychology could be assumed by realizing its sub disciplines and the effort or the work done in it.

Social/Communal Psychology

Social psychologists try to examine the mental process involved in thinking about other persons.

Scientific Psychologists

Clinical psychologists inspect the role that mental practice play in psychopathology.

Developmental Psychologists

Developmental psychologists examine about the ways that cognitive procedure amend throughout the life time.

Neuropsychologists

Cognitive psychology is also connected with neuropsychology, in which neuropsychologists stab to understand the connotation between mental dispensation and brain action.

Managerial Psychologists

Cognitive psychology plays its role in manufacturing or structural set up where in administrative psychologists are

maintained to know how cognitive procedure such as memorizing and decision-making plans work out in administrative or industrial work station.

Applications of Cognitive Psychology

Abnormal Psychology

Aaron T. Beck was the man who first used the cognitive psychology in the field of therapy and he was well known as the father of cognitive therapy as well. According to his research works, cognitive psychology can be widely used in this field as he showed only 60% to 65% people all over the world who are suffering from depressions used antidepressants. He also showed the adverse effects of taking different types of drugs. Not only had these, Beck also showed how these drugs break down different physiological mechanisms of our body. For these reasons, Beck tried to motivate patients to use the cognitive therapy as a remedy for their depressive diseases.

Social Psychology

Social cognition is a sub division of social psychology. It is mainly applied to human interactions in the society. Social cognition can be defined as the scientific study of the human minds those are involved in different functions like perceiving, remembering, memory or making senses about the people of the social world.

Development Psychology

The field of the development psychology is mostly based upon the developments on cognitive models. This helps mainly the children of ages 4 to 6 to develop their understanding, mental capability, ideas, thoughts, feelings and other mental criteria as well. It helps the children to recognize their thoughts and individual mental states. It also helps to develop them.

Educational Psychology

The study of cognitive psychology helps the people in a wide range for their purposes of education and gathering knowledge. We know metacognition, which is a wide concept of the cognitive study helps to focus on the self-monitoring. Thus, it

helps the students to evaluate their knowledge and experiences, which helps them to improve their areas of knowledge. The study of cognitive psychology also helps the students to integrate their specific knowledge with the particular tasks which suit perfectly for the knowledge. It helps to develop the students' skills and abilities. It also helps the students to be more efficient on their tasks for which they are assigned to. Cognitive psychology works on the understanding of how the brain holds the knowledge, memory, skills and other abilities in an organized way. This mapping of the brain is also hugely beneficial for the students on their field of education.

Personality Psychology

Cognitive psychology and cognitive therapy are widely used for the treatment of the different personality disorders in the recent years with the immense development of this side. Thus, the scientific study of the cognitive psychology plays some crucial role in our day to day life and it helps to make some better future for us.
