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Gestalt and Behaviorist Psychology

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Gestalt and Behaviorist Psychology

Behaviorist Psychology

Compared to other psychological perspectives, behaviorism happens to be a distinct approach as it depicts people counting animals to be controlled by their surroundings. In essence, it regards people to be the result of what they have learned from their setting. Primarily, this perspective is concerned with how the stimuli, also known as environmental aspects impact conceivable response or behavior (Mehrad, 2016). The position of this perspective on issues is that people learn from the consequence of behavior as well as by association. Also, it holds the view that psychologists ought to study only behavior that can be observed besides scientific methodology accompanying regulated experiments since it can be measured objectively. Moreover, behaviorism rubbishes the viewpoint that we have the free will and upholds the understanding that all our behavior is determined by the environment (Mehrad, 2016). In a nutshell, it aims at explaining human behavior by identifying conceivable as well as measurable laws that elucidate the same. As a result, orthodox behaviorists contend that with the right conditioning, irrespective of thinking patterns or traits of an individual, any behavior or task can be altered.

Gestalt Psychology

On the outset, the appellation Gestalt generally infers to how things are put together as a total. From a psychological viewpoint, Gestalt is depicted as a pattern, particularly encompassing human mind as well as behavior as a total (Gundlach, 2020). The position of Gestalt's perspective on issues is that psychologists can comprehend the functioning of human perception using proposed laws of organizing perception. These laws consist of closure, inclusiveness, continuity, similarity, among others. Based on their tenets, Gestaltens are given the foundation of

explaining how human brain attempts to group things to enable us to interpret the world that surrounds us. For instance, similarity law dictates that a pattern of things that fit together could be obtained by grouping similar things together (Gundlach, 2020). Correspondingly, if the grouping of things was based on how spatially adjacent certain things are, proximity law will apply. Inclusiveness on the other hand implies humans perceive the entire components of an image before perceiving the various parts it is composed of. Lastly, closure law holds that humans can see a sect of an image and have the aptitude to fill in the gaps cerebrally on what they presuppose ought to be there.

Why I Prefer Behaviorist Perspective

Although the approach of Gestalt psychology on issues has been contributory in explaining the process of human thought as well as behavior, I still prefer the behaviorist perspective to the mind. This is so as the approach deduces that we can predict human behavior. For instance, I expect other people to behave in a predictable way. My ability to predict behavior of individuals at a social scale equally plays a significant role in trusting them and having confidence in them. Thus, behaviorist perspective is essential in ruling out that attitudes, as well as behaviors that veer too far from a set standard or, are erratic-are highly probable to be undesirable. Also, the concept that an individual's behavior or elicitation of an established norm response being predictable seems an innate thing for many generations of experts in the field of psychology to which I subscribe.

References

- Gundlach, H. (2020). Gestalt Psychology. In *Oxford Research Encyclopedia of Psychology*.
- Mehrad, A. (2016). Appraise to Social Psychology, Structuralism, Behaviorism, Gestalt Psychology and Psychoanalysis.

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