theories

by Tutor Tecz

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Cognitive theory

The cognitive theory is the branch of psychology that views the brain as a processor of information. The approach is majorly interested in the various processes which take place inside the human mind including thinking, memory, language, attention, perception as well as consciousness. The theory has broad applications including better decision making, brain injury recoveries, as well as treatment of various memory disorders. The theorists who developed the theory aimed at gaining a better understanding of the functionality of the human brain as well as finding solutions to psychological difficulties (Kozbelt, *et al*. 2019). Ideas. The ideas in the theory also identify the different processes involved in the formation, storing, and recalling of memories in the human brain. Rehearsals are among the ways promoted as part of increasing memory retention in the brain. Repetition increases the chances of transferring information from short-term memory to long-term memory. Associative processes in the memory have been considered significant in improving creativity insights (Kozbelt, *et al*. 2019). Ideas that are related in the memory tend to be grouped together and associated from an original perspective in the brain.

I have applied the ideas of cognitive theory in my daily life. A major application of the theory is mindfulness in avoiding anxiety and negative emotions. The theory suggests that negative thinking when an individual is anxious can influence the development of negative schemas which can be entrenched in the brain through repetition (Semple, & Lee, 2017). I tend to use this theory to avoid various incenses of worried mood. Practicing mindfulness includes focusing on what I think about to identify any negative ideas. The repetition of negative ideas can result in a negative mood or negative feelings related to anxiety. I have managed to change

my mentality by focusing more on the positive things. Through mindfulness, I mostly put into consideration what I want to achieve rather than what I don't want to happen to me.

Humanistic Theory

Humanistic psychology is an approach that focuses on various aspects of an individual as a whole with a major focus on human virtue. The approach promotes various concepts such as self-actualization, self-efficacy as well as free choice in defining human achievement. Humanistic theorists promoted concepts focusing on the inherent human ability to have a personal choice rather than the dysfunction promoted by other theorists. One of the great applications of the humanistic theory in psychology is promoting personal development and self-discovery. Abraham Maslow promoted the concept of self-actualization in the highest stage in the hierarchy of needs. The concept of self-actualization encourages humans to strive towards achieving their full potential based on their abilities and talents. Self-actualized individuals can use their full potential in different activities in promoting better performance (Acevedo, 2018).

Achievement in the humanistic theory is driven by individual factors like human virtue rather than religious beliefs or any social factors. Human virtue greatly motivates people to lead personally fulfilling lives through hard work while focusing on ways of improving the lives of those close to them. Striving towards a self-fulfilling life creates a sense of personal urgency which influences the use of personal choice in pursuing various aspects towards achieving their full potential. As people taker any actions towards achieving their full potential, they are likely to realize personal growth and development. The motivation towards personal growth and living fulfilling lives influences individual change or improvement in behavior towards a fulfilling life (Acevedo, 2018).

The concepts promoted in the humanistic approach have greatly applied in my life. I usually look for new ways of growing and becoming better in school and individual life. The principle of self-actualization remains greatly applicable to my life and serves as a great motivation towards achieving what I am capable of. I once felt that my school grades were not as good as I expected and I needed to do better. The only way forward was looking at the areas I have been losing marks and ways of improving on those areas. Factors such as poor time management leading to late submissions and lack of enough revising time in exams were limiting me from my potential. I decided to improve on these factors since and my grades have always become better. Achieving better results in school is not only self-fulfilling but also an encouragement for better achievement through activities in various areas of daily life.

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