

A Short Note on Behavioral Psychology

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DESCRIPTION

Behaviorism, also known as behavioral psychology, it is the learning theory based on the idea that all behaviors are derived through conditioning and that conditioning occurs through interaction with the environment. Behavioral experts believe that actions are shaped by environmental stimuli. According to this line of thinking, behavior can be studied systematically and in an observable manner regardless of internal mental states. Because knowledge, emotions, and mood are highly subjective, behavioral theory maintains that only observed behavior should be examined. Strict behavioral experts think that, regardless of genetic background, personality qualities, or interior thoughts, anyone can be trained to accomplish any activity within the boundaries of their physical skills. It merely needs to be properly prepared.

Behaviorism was officially established in 1913 with the publication of John B. Watson's classic paper "Psychology as the behaviorist views it". It is best summed up by the following quote from Watson, who is often regarded as the father of behaviorism: "Give me a dozen healthy babies, well-groomed and in own world, and promise to take anyone at random and train him into any kind of specialist can choose-doctor, lawyer, artist, businessman-chief and yes, beggar-man and thief too, regardless of his talents, interests, tendencies, abilities, occupations and race of his ancestors". Simply put, rigorous behaviorists believe that all behaviors are the result of experience. Anyone, regardless of expertise, can be trained to work in a given style with the proper conditioning.

Types of behaviorism

Methodological behaviorism is the study of observable behavior scientifically and the state of mind and cognitive processes that contribute to the perception of behavior. Methodological behaviorism is consistent with Watson's ideologies and approach.

Radical behaviorism is rooted in the theory that behavior can be understood by looking at one's past and present environment and its reinforcements, thereby positively or negatively

influencing behavior. This behavior is described by psychologist B.F. designed by Skinner.

Classical conditioning is a technique often used in behavioral training in which a neutral stimulus is paired with a naturally occurring stimulus. Ultimately, the neutral stimulus triggers the same response as the naturally occurring stimulus, even without the naturally occurring stimulus exhibiting itself.

In the three distinct stages of classical conditioning, the corresponding stimulus is called a conditional stimulus and the learned behavior is called a conditional response. The scientific conditioning process works by developing a link between environmental stimuli and naturally occurring stimuli.

In the classic experiments of physiologist Ivan Pavlov, dogs are associated with the appearance of food (which naturally and automatically stimulates the salivary response) with the sound of the bell, followed by the white coat of the lab assistant. Eventually, only the lab coat received a salivary response from the dogs. In the first part of the classical conditioning process, called acquisition, the response is established and strengthened. Factors such as the importance of stimuli and the timing of the presentation play an important role in how quickly the community is formed. When a community disappears, it is called extinction and the behavior gradually weakens or disappears. Factors such as the strength of the actual response play a role in how quickly it disappears. The longer the response is conditioned, for example, the longer it may take to extinguish.

Operating conditioning, sometimes referred to as instrumental conditioning, is a practice that takes place through reinforcement and punishment. Through operating conditioning, an association is formed between a behavior and the consequence of that behavior. This behavior tells that when an action is followed and the desired result is obtained, that behavior is likely to happen again in the future. In contrast, reactions after a negative outcome are less likely to occur again.

Consequences affect learning-Behaviorist B.F. Skinner describes operating conditioning as a process of learning through reinforcement and punishment. More specifically, learn by making a connection between a particular behavior and the consequences of that behavior. For example, if parents gift their

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child toys with praise every time they pick them up, the desired behavior is consistently strengthened and the child is more likely to eliminate confusion.

Timing plays a role the operating conditioning process seems very simple just observes the behavior, and then delivers the reward or punishment. However, Skinner found that the timing of these rewards and punishments will have a significant effect on how quickly new behavior acquires and the strength of the response. It makes reinforcement schedules important in operating conditioning and includes continuous or partial reinforcements.

Continuous reinforcement is the rewarding of every single instance of behavior. It is often used at the beginning of the operating conditioning process. Then, as the behavior is learned, the schedule may shift to partial reinforcement. Partial reinforcement involves offering a gift after several responses or after some time has elapsed. Sometimes, partial reinforcement takes place on a fixed or consistent schedule. In other cases, a variable and unpredictable number of responses or time must occur prior to the distribution of reinforcement.