PSYCHOLOGY

Approaches in psychology

Behaviourist	Behaviour is learned through association and reinforcement (Pavlov, Skinner).
Cognitive	Studies mental processes such as memory, attention and problem solving.
Biological	Explains behaviour through genes, hormones and the structure of the brain.
Psychodynamic	Behaviour is shaped by the unconscious mind and early childhood (Freud).
Humanistic	Focuses on free will, personal growth and reaching one's potential (Maslow, Rogers).
Social learning	People learn by observing and imitating role models (Bandura).

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