Theories and schools of psychology

introduction :

The main schools of psychology are structuralism, functionalism, Gestalt, behaviorism, psychoanalysis, humanism, and cognitivism.

In the past, psychologists often identified themselves exclusively with one single school of thought. Today, most psychologists have an eclectic outlook on psychology. They often draw on ideas and theories from different schools rather than holding to any singular perspective.

1- Definition of théory:

a théory is a plausible or scientifically acceptable general principle or body of principles offered to explain phenomena the wave theory of light. a belief, policy, or procedure proposed or followed as the basis of action.

A theory, in contrast, is a principle that has been formed as an attempt to explain things that have already been substantiated by data. It is used in the names of a number of principles accepted in the scientific community, such as the *Big Bang Theory*. Because of the rigors of experimentation and control, it is understood to be more likely to be true than a hypothesis is.

2- - Definition of school:

The psychological   schools are   the   great   classical   theories of psychology.   Each   has   been   highly   influential;   however,

most psychologists hold eclectic viewpoints that combine aspects of each school.

The school is the general trend in the study of human behavior, and therefore it includes all sub-trends (theory) that share belief in a set of axioms or hypotheses in explaining human behavior, that is, a group of scientists and philosophers who call for one doctrine.

3- the difference between théory and school:

The main difference is testability. A theory is a formally tested and analysized axiom. It is specific and defined. A school of thought is not defined as oneconcept and is not testable. It is an opinion or belief that can have theories stem from it, but in and of itself it is a broad, overarching concept of an entire collection of ideas -- an approach to a problem and not an understanding of the problem. For example: Behaviorism is a school of thought that has developed theories about human behavior. Cognitivism is a different school of thought that has developed different theories about what causes certain human behaviors.

Schools of Thoughts in Psychology
- Structuralism
- Functionalism
- Behaviorism
- Cognitivism
- Gestalt
- Humanism
- Psychoanalytic