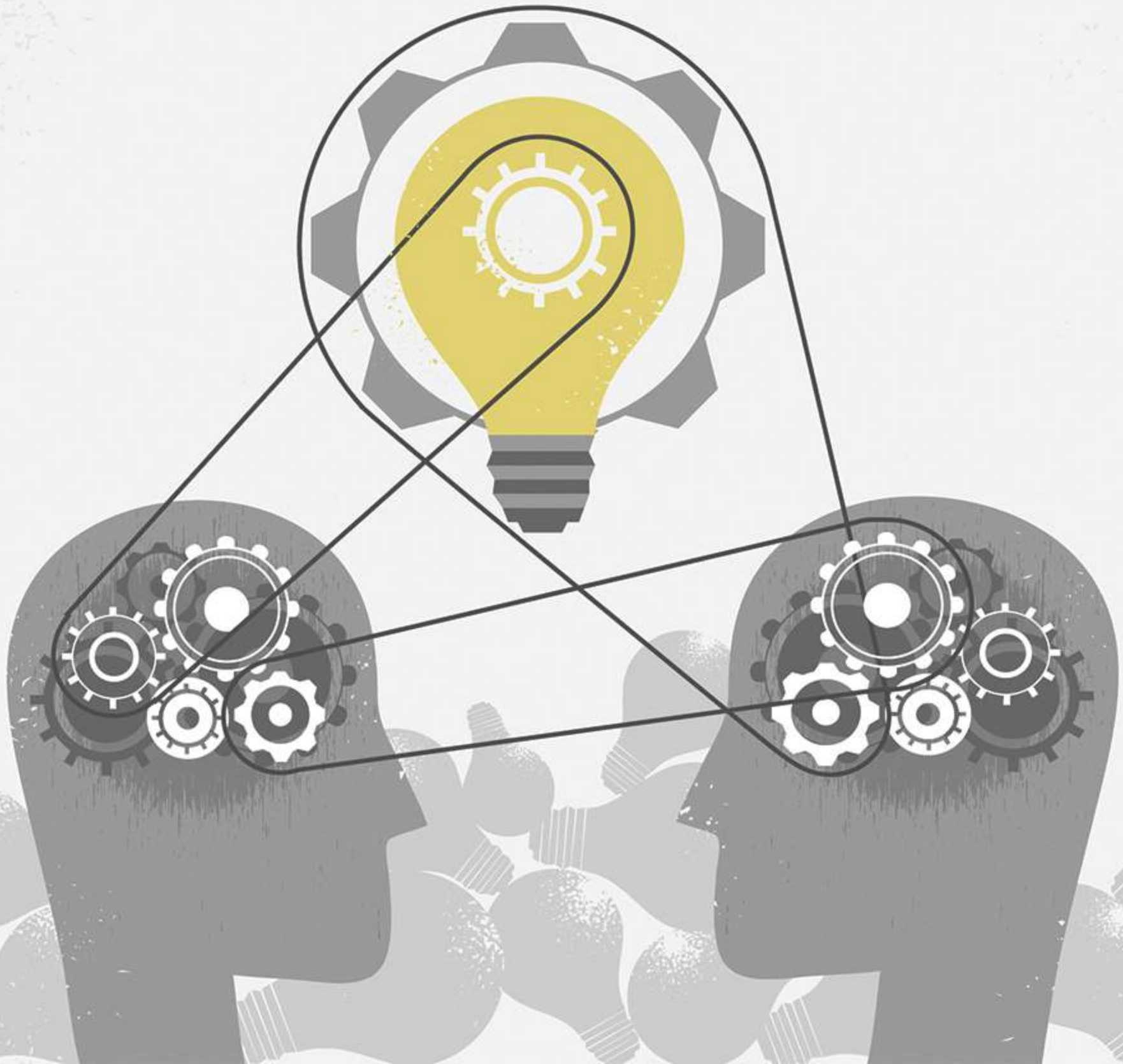
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Functionalism





In the late 1870s, William James introduced Functionalism at Harvard University. This perspective examines how mental processes and behaviors help individuals adapt to their environments. Instead of focusing on the structure of consciousness, Functionalism explores the purpose and practicality of mental functions.

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Mental Processes and Adaptation

William James's Functionalism investigates how mental processes—such as thinking, feeling, and remembering—aid in adapting to our environment. It emphasizes the practical applications of these processes, focusing on how they help us function effectively in real life. Influenced by Darwinian principles, Functionalism highlights that behaviors and mental functions evolve to enhance survival and adaptation.

James's Functionalism emphasizes the practical roles of mental processes and behaviors. For example, avoiding eye contact in social situations can help maintain personal space. This approach differs from Structuralism by focusing on how consciousness functions in real-life scenarios.

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Impact

Functionalism shifted psychology's focus to the practical applications of mental processes and behaviors. By examining how these functions support adaptation and survival, this approach continues to impact our understanding of psychological processes and their real- world implications.

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