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THIS WEEK IN



PSYCHOLOGY HISTORY

27 January – 1 February

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Hans Selye



26 January 1907

Hans Selye brought scientific attention to the concept of stress.

Through laboratory studies, he proposed the General Adaptation Syndrome (GAS), explaining the stages of alarm, resistance, and exhaustion in the body's response to prolonged stress.

He also distinguished between eustress and distress, showing that not all stress is harmful, only when it becomes chronic.

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Henry Edward Garrett



27 January 1894

Garrett worked in psychometrics and statistical methods, contributing to early work in intelligence testing and research methodology in American psychology.

He supported the growing use of quantitative measurement in psychological research.

However, his later views on intelligence and race became highly controversial, and today his work is discussed with critical historical context.

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Florence Harriet Levin Denmark



28 January 1932

Florence Denmark helped shape feminist psychology and the psychology of gender.

She studied how social roles and cultural expectations influence behavior and opportunities for women.

Her work highlighted bias in research and professional spaces, encouraging psychology to consider gender as an important social variable in understanding human behavior.

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René Spitz



29 January 1887

Spitz studied early emotional development and the effects of maternal deprivation.

Observing infants in institutions, he described anaclitic depression and hospitalism, showing how lack of emotional care harms development.

His work connected psychoanalytic ideas with direct observation, emphasizing the importance of early relationships in personality growth.

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Joseph Jastrow



30 January 1863

Jastrow worked in experimental psychology and became famous for studying perception and illusions.

The well-known Jastrow illusion shows how context affects what we see. He also promoted psychology to the public, believing scientific findings should be understandable beyond laboratories, helping psychology gain wider recognition.

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Girindrasekhar Bose



31 January 1886

Bose was a pioneer of psychoanalysis in India and founded the Indian Psychoanalytic Society.

He adapted Freudian ideas to Indian cultural contexts and explored concepts like the nature of the self and repression. His work represents one of the earliest efforts to develop psychology beyond Western settings.

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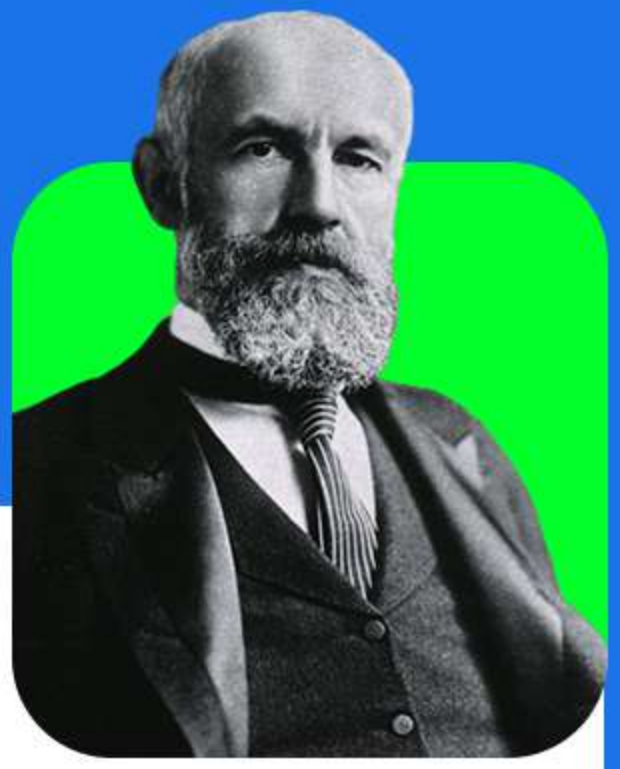
G. Stanley Hall



1 February 1844

Hall was a key figure in developmental psychology and the first president of the American Psychological Association.

He proposed the idea of adolescence as a distinct stage marked by “storm and stress.” He also promoted child-study movements, encouraging systematic research on children’s growth and behavior.

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