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May-Born Psychologists You May Want to Know

18–24 May

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Jacob L. Moreno

18 May 1889

Moreno introduced psycho-drama, a therapeutic method where individuals act out experiences and emotions to gain insight and emotional release.

He also developed sociometry, the study of relationships within groups. His work emphasized spontaneity, social interaction, and the therapeutic value of role-playing in understanding human behavior.



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Johann Gottlieb Fichte

19 May 1762

Fichte was a philosopher whose ideas influenced later psychological thinking about the self and consciousness. He argued that the self actively shapes experience rather than simply reacting to the world.

His emphasis on self-awareness and human agency contributed to later discussions about identity, perception, and subjective experience.



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David C. McClelland

20 May 1917

McClelland is best known for his theory of needs and motivation, especially the needs for achievement, power, and affiliation. He believed motivation develops through life experiences rather than fixed instincts.

His work became highly influential in personality psychology, education, and organizational behavior, particularly in understanding achievement-oriented behavior.



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Edward Wheeler Scripture

21 May 1864

Scripture worked in early experimental psychology, studying speech, reaction time, and mental processes using scientific methods.

He helped establish laboratory-based psychological research in the United States and emphasized precise measurement in studying behavior. His work reflected psychology's transition toward becoming a systematic experimental science.



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Coleman Roberts Griffith

22 May 1893

Griffith is often called the founder of sports psychology. He studied how factors like attention, learning, and motivation influence athletic performance. By applying psychological principles to sports training and competition, he helped establish the scientific study of mental processes in athletic settings.



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Franz Anton Mesmer

23 May 1734

Mesmer became known for the idea of animal magnetism, believing invisible natural forces could influence physical and mental health.

Although his theories were later rejected scientifically, his methods influenced the development of hypnosis and interest in altered states of consciousness. His work remains important in the history of psychological treatment approaches.



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Lillian Moller Gilbreth

24 May 1878

Gilbreth combined psychology with workplace efficiency and became a major figure in industrial and organizational psychology.

She studied fatigue, motivation, and work habits, showing how productivity could improve when workers' psychological needs were considered. Her work helped humanize scientific management and workplace design.



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