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|  | **Social** | **Cognitive** | **Developmental** | **Biological** | **Individual Differences** | **Behaviourist Perspective** | **Psychodynamic Perspective** |
| **Social** | **Differences >****< Similarities** | **Cause of behaviour**Social area claims that the social situation determines our behaviour. Whereas, the cognitive area focuses on the metal processes behind behaviour. | **Timescales**The developmental area considers how we develop over time. Whereas the social area focuses on effects in a particular situation. | **Cause of behaviour**The Biological area explains behaviour in terms of our biology i.e. genetics, brain structure etc. The social area explains behaviour in terms of the social context. | **Nomothetic / Idiographic**The individual differences area focuses on the difference between people i.e. gender, culture, abnormal behaviour. Social area makes general assumptions about behaviour. | **Presence / Influence of Others**Both areas focus on the situational context. But Behaviourism focuses on learning through conditioning. Whereas the social area emphasises the influence others have on our behaviour. | **Cause of behaviour**The psychodynamic area explains behaviour in terms of the sex and death instincts and conflicts in the unconscious mind. Whereas the social area focuses on the social situation. |
| **Cognitive** | **Validity**Both areas often use studies which may lack EV  | **Differences >****< Similarities** | **Timescales**The cognitive area mainly uses snap-shot studies. Whereas the developmental area often uses the longitudinal method which allows them to see how behaviour changes over time. | **Cause of Abnormal Behaviour**The Biological area explains this in terms of our biology e.g. brain structure & activity, neurotransmitter levels, genetics. Whereas, the cognitive area claims this is a result of faulty thinking patterns. | **Research Method**The cognitive area mainly uses the experimental method. Whereas, the Individual Differences area often uses the case study method. | **Cause of Abnormal Behaviour**The Behaviourist perspective claims that people learn this through classical and operant conditioning. Whereas, the cognitive area claims that this is the result of faulty thinking patterns. | **Research Method**The cognitive area uses the experimental method and carries out snap shot research. Whereas, the psychodynamic perspective mainly uses case studies that are longitudinal. |
| **Developmental** | **Ethical Issues**Both areas often raise ethical issues when conducting research | **Usefulness**Both have very useful applications. Cognitive = eye witness testimony; developmental = teaching.  | **Differences >****< Similarities** | **Timescales**Biological area often uses snapshot studies to show an effect in that moment, whereas developmental will often use longitudinal or cross-sectional to identify changes over time | **Nomothetic / Idiographic**The individual differences area focuses on the difference between people i.e. gender, culture. Whereas the developmental area makes general assumptions about behaviour. | **Timescales**The behaviourist perspective mainly carries out snap shot studies. Whereas the developmental area often uses longitudinal studies. The behaviourist perspective also often uses animals. | **Psychology as a Science**The developmental area uses scientific methods, such as experiments. Whereas the psychodynamic perspective is criticised for being unscientific - Freud’s interpretations are very subjective. |
| **Biological** | **Deterministic**Both fairly deterministic as they assume human freewill has little to no impact on behaviour  | **Research Method**Both use lab experiments and studies in controlled conditions. Both areas may lack EV. | **Nature / Nurture Debate**Although often opposing views, both areas can be linked to the nature/nurture debate.  | **Differences >****< Similarities** | **Nomothetic / Idiographic**Biological area focuses on the influence of our physiology on our behaviour. Whereas, the individual differences area often uses a case study method that could involve research into various influences on behaviour. | **Cause of behaviour**The Biological area explains behaviour in terms of our physiology e.g. brain structure, neurotransmitter levels. Whereas, the Behaviourist perspective claims that behaviour is learnt through classical / operant conditioning. | **Cause of behaviour**The Biological area explains behaviour in terms of our physiology e.g. genetics. Whereas, the psychodynamic perspective explains behaviour in terms of innate drives and conflicts in our unconscious mind |
| **Individual Differences** | **Ethnocentric**Both often quite ethnocentric.  | **Usefulness**Both have extremely useful applications to real life, especially in terms of treatment for disorders | **Influence of Childhood**Both agree that childhood experience may affect adulthood. Can be guilty of ethical problems. | **Usefulness**Many useful applications especially in terms of treating dysfunctional behaviour  | **Differences >****< Similarities** | **Nomothetic / Idiographic**The individual differences area focuses on differences between individuals whereas the behaviourist perspective states that all behaviour can be learned | **Nomothetic / Idiographic**The individual differences area focuses on the difference between people. Whereas, the psychodynamic perspective makes general assumptions about behaviour i.e. all go through 5 psychosexual stages. |
| **Behaviourist Perspective** | **Deterministic**Both highly deterministic as they tend to only focus on environmental factors. | **Research Method**Both use controlled environments for testing, however, both often lack EV | **Deterministic**Both are deterministic and ignore the effect of freewill on behaviour | **Research Method**Both use objective methods. Both quite reductionist | **Usefulness**Both have had a major influence on psychology and have resulted in many practical applications | **Differences >****< Similarities** | **Psychology as a Science**The behaviourist perspective uses the scientific area. Whereas, the psychodynamic perspective is criticised for being unscientific. |
| **Psychodynamic Perspective** | **Research Method**Both lack objective research  | **Usefulness**Both have useful applications. Cognitive = EWT, CBT; Psychodynamic = therapies | **Influence of Childhood**Both assume that childhood experience can affect adult behaviour. Both add to the nature and nurture debate | **Usefulness**Both are useful in the development of treatments for psychological disorders | **Research Method**Data is often collected retrospectively which relies on memory. Both often use case studies.  | **Deterministic**Both deterministic and imply that humans have little freewill | **Differences >****< Similarities** |