

PSYCHOLOGICAL PROCESSES

Psychological processes constitute fundamental elements in the study of psychology.

They are the processes that allow the person to become aware of themselves and their environment, they are at the origin of any behavioral manifestation and make possible the adjustment of behavior to environmental conditions and demands, describing cognitive processes (attention, perception, learning, memory, thinking and language) and activating processes (motivation and emotion). Finally, its integrated functioning is analyzed in relation to other more general processes (intelligence, personality and normal behavior as opposed to deviant or abnormal behavior).

They are divided into:

Basics

Perception: In the field of Psychology, the process of perception, on many occasions, is approached as one of the simplest concepts within the basic psychological processes, but it can become one of the most complex. It is located as a First step (the reception and subsequent interpretation of an external stimulus) to have any psychological experience, the perception process can be defined as the way in which the stimuli that are received from the outside, through the senses, are interpreted .

The perceptual process largely consists of deciding which of the different interpretations of a certain stimulus is the most appropriate in each specific case, thereby illustrating that not only the concept itself is complex, but also the complexity that exists in reaching a single definition. , since this depends on the theoretical position of the human being (empiricist approach, Gestalt approach, behaviorist approach, cognitive approaches such as information processing and computational [specifically David Marr's position], the Gibsonian approach, as well as the psychoanalytic vision)

Type of Perceptions

- Visual perception.
- Perception of shape, distance and size.
- Smell perception.
- Auditory perception.
- Perception of tone and volume.
- Flavor perception.
- Tactile perception.

Attention: There are so many stimuli that are received at the same time that a selection necessarily needs to be made. Attention is "the selective process of the necessary information, the consolidation of eligible action programs and the maintenance of permanent control over their course", it has a strong relationship with other processes and consists of a kind of selection and organization of information that comes from different sources. So, despite being done automatically (we are not completely aware of it), the attentional process is very complex and is always in interrelation with other basic and higher processes, but it also presents itself as a kind of information filter.

Attention not only works as a filter, there are authors who claim that attention also works as an aid to respond much more effectively and quickly to the stimuli that are presented daily. In this way, attention protects from an "overload" of information, since as we discussed the capacity is limited, but

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Marcel A. Müller



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