Psychological behaviorism

**Psychological behaviorism** is a form of behaviorism - a major theory within psychology which holds that behaviors are learned through positive and negative reinforcements. The theory recommends that psychological concepts (such as personality, learning and emotion) are to be explained in terms of observable behaviors that respond to stimulus. Behaviorism was first developed by John B. Watson (1912), who coined the term "behaviorism," and then B.F. Skinner who developed what is known as "radical behaviorism." Watson and Skinner rejected the idea that psychological data could be obtained through introspection or by an attempt to describe consciousness; all psychological data, in their view, was to be derived from the observation of outward behavior. Recently, Arthur W. Staats has proposed a psychological behaviorism - a "paradigmatic behaviorist theory" which argues that personality consists of a set of learned behavioral patterns, acquired through the interaction between an individual's biology, environment, cognition, and emotion.[1] Holth also critically reviews psychological behaviorism as a "path to the grand reunification of psychology and behavior analysis".[2]

Psychological behaviorism's theory of personality represents one of psychological behaviorism's central differences from the preceding behaviorism's; the other parts of the broader approach as they relate to each other will be summarized in the **paradigm** sections.

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**Description**

![Diagram of Psychological Behaviorism](image-url)