

Types of Behavior and How They Are Studied

For Watson, there were four types of behavior:

- i. *Explicit (overt) learned behavior* such as talking, writing, and playing baseball;
- ii. **Implicit (covert) learned behavior** such as the increased heart rate caused by the sight of a dentist's drill;
- iii. *Explicit unlearned behavior* such as grasping, blinking, and sneezing;
- iv. *Implicit unlearned behavior* such as glandular secretions and circulatory changes.

3. Edward Thorndike

- Edward Thorndike (1898) is famous in psychology for his work on learning theory that lead to the development of operant conditioning within Behaviorism.
- Edward Thorndike introduced a psychological principle known as the **law of effect**.
- According to this principle, behavior that is followed by pleasant consequences is likely to be repeated, and behavior followed by unpleasant consequences is less likely to be repeated.