

## Review

# A Prologue to Phenomenological Psychology

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Phenomenological research is the investigation of mental wonders in their subjective viewpoint, paying little respect to their obligation in the target connection of a psycho-physical living being. Phenomenological psychology science has developed as a control with the compositions of Edmund Husserl in first quarter of twentieth century and subsequently settled with the works of Jean-Paul Sartre and Maurice Merleau-Ponty. Phenomenological psychology research is bound to supply the vital knowledge expected to give significance and course to the exploration exhibited under the title of 'observational psychology science' and in addition assumes an essential part in logic. In the field of psychological science, it was a reaction against the investigative strategies for exploratory psychological research. Experimental psychology research worries about solid genuine creatures and in this association it focuses towards the physical. Husserl fought that exact psychology science moved far from the vital components of mental wonders. He assist considers that psychology research ought to free itself from the hypothetical partialities. He dismisses observational psychology science on the record of its naturalism by indicating out customary behaviorism. Phenomenological psychology research has made a basic mediation in both rationality and psychological research. Phenomenological psychology science came into power by filling the hole in the middle of rationality and observational psychology research of mid twentieth century.

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## INTRODUCTION

Phenomenology is the investigation of structures of awareness as experienced by a man. For Husserl as like Kant and Descartes, learning depends on instinct and pith goes before observational information. The embodiment of phenomenology is to comprehend awareness and the items towards which it is coordinated. As such, the quintessence of phenomenology is to comprehend anything that is experienced and attempt to concoct elucidated comprehension of anything which is equipped for being experienced. As per Husserl, phenomenological rationality is the better answer for have a bound together psychology research. Experience is constantly open to something that is not the experience

itself. In psychology research, it would imply that we swing to conduct and the conduct is additionally coordinated towards something that is itself not conduct, purposefulness joins them with something else to move towards unification phenomenology with mental topics.

The strategy for phenomenological psychology science is principally gotten from phenomenology. It is a dialog with the person to get individual to reveal oneself to somebody in all its appearance and intricacy. The beginning stage of phenomenological savants is that human encounters show a significant structure. In this way the point of phenomenologists is to reveal these structures and safeguard them from being covered in the

huge number of human encounters. Phenomenologists depict these structures with the assistance of logical explanation strategy which is basically recognized from the strategies for the sciences. In this argumentative strategy, phenomenologists show comprehensiveness and need of their depiction of forces. These essential structures of individual turn into the establishment of exact exploration.

Husserl utilizes lessening and distinct ways to deal with discover the essentials. This methodology is considered as exploratory as it is deliberate, methodological and basic. The lessening is to make information as sure as could be expected under the circumstances. Husserl makes a qualification between naturalistic state of mind and phenomenological disposition. As indicated by him, the naturalistic state of mind can be mistaken while phenomenological mentality is the better and it even comprehends the naturalistic disposition. In naturalistic state of mind, we know about the items however in phenomenological mentality, we know about the path in which articles are displayed to us. That is to say, the reducing is a kind of mindset where we see the thing just in light of this technique for presentation. Thus phenomenological psychology research oversees what is displayed to mindfulness however not with their presence since presence obliges the substance of cognizance. Phenomenological psychology research hopes to study comprehension in its huge structure and limit. It is to give a defense and premise to observational psychology science, and in addition a system for investigation of cognizance.

The existential phenomenologists dismiss the supernatural or eidetic lessening. They are principally inspired by the existential introduction of person toward world. Sartre presented existential analysis as his strategy for comprehension human inspiration driving the demonstrations. He additionally utilizes interpretative and persuasion way to deal with study existential introduction of person towards world. For Merleau-Ponty, the fundamental strategy for phenomenological psychology science is the technique for depiction. Notwithstanding this, he prescribes that different strategies and systems proper for the investigation of man's experience and connection to himself, to others and to the world could be constantly looked for and created. As indicated by him, the phenomenological psychology research is arranged towards understanding man in every one of his angles. Its essential interest lies in human experience and its subjective investigation. It additionally concentrates on human conduct however it is against the select limitation of the topic of psychology research to conduct and its control. It rejects any philosophical suppositions concerning the way of cognizance, with the exception of its purposefulness. It especially restricts the empiricists' tabula rasa idea of awareness, the associationistic perspective, and every reductionist tendencie. It supports and accentuates the all encompassing way to deal with

the investigation of mental issues. Merleau-Ponty needs to cross over any barrier in the middle of psyche and body dichotomy. In expansive, phenomenological psychology science is that any psychology science which considers individual involvement in its topic and which acknowledges and utilizes phenomenological depiction unequivocally or certainly can be called phenomenological psychology research. It is stood out from psychology research which concedes just target perception of conduct and rejects phenomenological depiction in its strategy.

Phenomenological psychology research is not just assumes a part of intercession in the middle of reasoning and psychology research significantly however it have likewise presented another methodology in comprehension human identity in the field of psychology science. Phenomenological psychology research has got its own particular significance in the setting of real level headed discussions in the field of psychology science. Phenomenological psychology research has advanced the order of psychology research by indicating out the constraints of Wundt's test psychology science, Watson's behaviouristic psychology science and Gestalt psychology research. Phenomenological psychology science set forward the need of significant communication in the middle of logic and psychology science in comprehension person comprehensively.

Wilhelm Wundt's exploratory psychology research made an endeavor to free psychology science from rationality. He derided the philosophical investigation of mental procedures being theoretical in character. He likewise dismisses the accentuation of the anatomical investigation to think about the mental wonders by physiologists. John Watson the originator of behaviorism saw psychology research as a target investigation of conduct in this manner its technique must be observational ones. He supplanted the strategy for thoughtfulness with the exploratory technique for perception and confirmation through lab experimentation rather rationalists' strategies for perception and rationale. Behaviorists received investigative approaches to study and reach determinations about human thought and conduct. Along these lines, psychology research had moved far from its past relationship with reasoning and continued to nearer and nearer ties with the approach of material science. The proclivity with the common sciences turned out to be so close now and again; it was difficult to see where psychology research closures and physiology begins. In any case, at specific purpose of time, Gestalt therapists understood that this physiological experimental technique has its confinement in application to psychical marvel. Physical sciences consider man as an animal delivered by and completely represented as far as encompassing nature. In this association, man is seen as a connection in the chain of grandiose advancement, as a life form subordinate upon and dictated by an organic substratum, while in the observational sciences

of man, man is seen under the part of the originator and elaborator of a world in which he lives, works and stays. It is obvious from the examination that somewhat acquiring the technique for material science, psychology research ought to plan its own strategies suited to the issues pertinent to it. Husserl, the phenomenologist additionally landed at this conclusion through his own particular theory. So he conceived his new psychology science called phenomenological psychology research. Husserl fundamentally saw German and Austrian psychology research for their employments of the exact or experimental techniques. As per him, the exploratory psychology research revealed an incredible number of certainties about human and creature conduct. Notwithstanding, these realities were seen just inside the slender viewpoint emerging from gullible naturalistic perspective. Since psychology research is worried with the comprehension of individual and the universe of individual, psychology research can nor be simply expressive and nor absolutely exploratory. In any case, both techniques must be corresponding to each other. Husserl's goal was to connect exact psychology research with phenomenology by building up another and extraordinary mental control called phenomenological psychology science. Sartre and Merleau-Ponty conveyed further the undertaking of Husserl in their existential phenomenology.

The school of behaviorism is being one of the predominant schools of psychology science was utilizing the investigative methodology as the most fitting technique in psychology research. In spite of the fact that there was disappointment in the camp of psychology research about the utilization of experimental techniques not a lot could have been done in light of the fact that the behaviouristic and psychoanalytic schools overwhelmed the whole train of exact psychology. Sartre and Merleau-Ponty have attempted to demonstrate the screw up of psychoanalytic and behaviouristic schools in comprehension person through their investigation of oblivious inclinations and negligible conduct separately.

Sartre is disparaging of affectedness of psychology science to be sure science in its way to deal with experience. As indicated by Sartre, psychology science tries to draw upon the assets of experience alone. In so far as psychology research cases to be a science which could outfit just an entirety of heteroclitic realities and the larger part of which have no connections between them. Be that as it may, for Sartre, phenomenology is the investigation of marvels, not of actualities. A wonder is what reports itself to us; its world is accurately its unconstrained appearance itself must be addressed and depicted as it shows up. It doesn't assist stand for whatever else. It doesn't cover up or speak to any more profound reality. The entire of man can be found in a specific human disposition. Hence we consider feeling to be the illustration of human reality. It assembles itself and guides itself sincerely to the world. A phenomenologist,

along these lines, can address man about his feelings furthermore can scrutinize the feelings concerning man's quintessence. For man to ek-sist intends to take one's being upon oneself in some existential mode, in a few or other introduction toward the world. Be that as it may, the experimental psychology science of those days taking after the strides of physicist considered a specific psychical circumstance so as to bare it of all significance. As indicated by them, a truth is nothing, it is without significance. They never need to connect any intending to it. For phenomenologists, then again, every last human act is basically important. They contemplate the significance of the diverse types of man's existential introduction towards the world. Feeling has no significance for conventional therapists as a reality which is cut off from the importance giving network. Yet, Sartre says that feeling is not a minor mischance nor it is an impact of human reality yet it is this reality has its own particular structure, law, which means and sense. In this manner feeling is a sorted out type of human presence.

As indicated by Sartre, psychology research ought to characterize involvement with much more noteworthy precision than physical sciences. He utilizes deliberateness as the spine for his psychology research and his psychology research is the way to his cosmology. Truth be told, the idea of imaging cognizance as the locus of probability, pessimism and need rises as the model for awareness when all is said in done (being-for-itself) in Being and Nothingness. In this, he portrays the particular capacity of cognizance to make a universe of unrealities, or "creative ability" and its noetic correlative, the fanciful.

Merleau-Ponty, another noticeable existential phenomenologist has sympathy toward psychology research from the viewpoint of phenomenological psychology research. He is disparaging of logical investigation in the field of psychology research. For Merleau-Ponty, every investigative perception and speculations are at last in view of the immediate, prompt, unconstrained experience of regular life, which phenomenology reveals. This supposition is key to phenomenological psychology research. Merleau-Ponty sees science as:

the entire universe of science is based upon the world as specifically experienced, and on the off chance that we need to subject science itself to thorough investigation and touches base at an exact appraisal of its importance and extension, we should start by reawaking the fundamental experience of the universe of which science is the second-arrange expression.

For phenomenologists, experience is an 'in-connection to' wonder, and it is characterized by characteristics of directedness, encapsulation, and experience, which are evoked by the term 'being on the planet'. As indicated by

Merleau-Ponty, it is important to comprehend the 'being on the planet' of individuals to have a significant comprehension of them. For him, this implies seeing individuals as being on the planet as a corresponding association with their reality and others. He likewise acknowledges that individuals are affected by their general public which gives a typical dialect and additionally numerous behavioral desires. Notwithstanding, individuals build up a feeling of organization that turns into their inside for decision and obligation. Additionally, their dynamic decisions likewise impact culture and prompt other option blueprints. The conduct is a structure in this way it is important to have a comprehension of the auxiliary example of conduct for comprehension people. It is conceivable with the phenomenological approach which begins its examination with promptly given encounters and its enlightening nature of investigation. At the end of the day, in Merleau-Ponty's plan of psychology research find the body subject as essential intends to get to the universe of recognition.

Merleau-Ponty holds that in comprehension individuals, an advisor or scholar needs to overcome no less than two dualisms. To begin with is Cartesian part of body and psychology that has been especially underscored by scholarly psychology science in their endeavors to discover the reasons for conduct. The second dualism is the part between the individual and the general public, which is progressively a result of the last 50% of the twentieth century as scholar moved from identity toward social constructionism. For Merleau-Ponty, these dualisms endeavor to establish that individuals are essentially a result of their way of life. While, Merleau-Ponty receives a methodology that values the individual's record of his or her explanations behind and how the world appears to him or her and additionally it prompts welcome the social setting in which he or she is installed.

Phenomenological psychology science comprehends individual encounters as wonders. It contends against the patterns of psychology science that attention just on target perception of conduct by barring one's close to home encounters. The encountering subject can be thought to be the individual or self. The maxim of phenomenological psychology research is 'going to things themselves'. As such, phenomenological psychology research permits the marvel to show itself in awareness. Phenomenological psychology research is tuned in to phenomenology. Phenomenologists view awareness as instantly given and its legitimacy depends on the idea of purposefulness. It investigates human involvement in all its feature with no philosophical biases.

Phenomenological psychology science might be considered as another methodology or introduction in mental investigation rather a school or hypothetical frameworks of psychology science, for example, associationalism, functionalism, analysis or behaviorism. There is no much contrast between phenomenological

psychology research and observational psychology science in the item which they concentrate rather the distinction is in their way of way to deal with the topic. Regardless of these distinctions, Husserl sees that phenomenological psychology research ought to stay in contact with observational psychology science as a characteristic exact science and ought to be attached to rationality as an eidetic, aprioric science.

The study concentrates on two contemporary French existential logicians, Jean-Paul Sartre and Maurice Merleau-Ponty who have fundamentally mediated into the level headed discussions of psychology science all in all and have improved the phenomenological psychology research specifically. They both perspective a person as extraordinary with awareness and do every last behavioral movement deliberately. In spite of the fact that Sartre and Merleau-Ponty being existential phenomenologists have the shared trait on numerous records yet approach the mental issues in an unexpected way.

The works of phenomenologists have affected analysis, behaviorism, Gestalt psychology research, subjective behaviorism and advisors of various schools. The dialog in the middle of phenomenology and psychology research has been occurring yet it is still not clear how the two orders identify with each other. The part of the issue is that both controls have grown unpredictably with contending viewpoints and thus couldn't be incorporated effortlessly. The present study is an endeavor to show how these two fields are associated from the commitments of Sartre and Merleau-Ponty by improving both reasoning and psychology science.

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