

M.A PSYCHOLOGY SEMESTER-2 (CC5- COGNITIVE PSYCHOLOGY)

TOPIC: THINKING AND ITS TYPES

Dr. Saba Farheen

UGC NET, UGC PDF, Rajasthan SET, PhD

Part Time Assistant Professor

Department of Psychology, Patna University

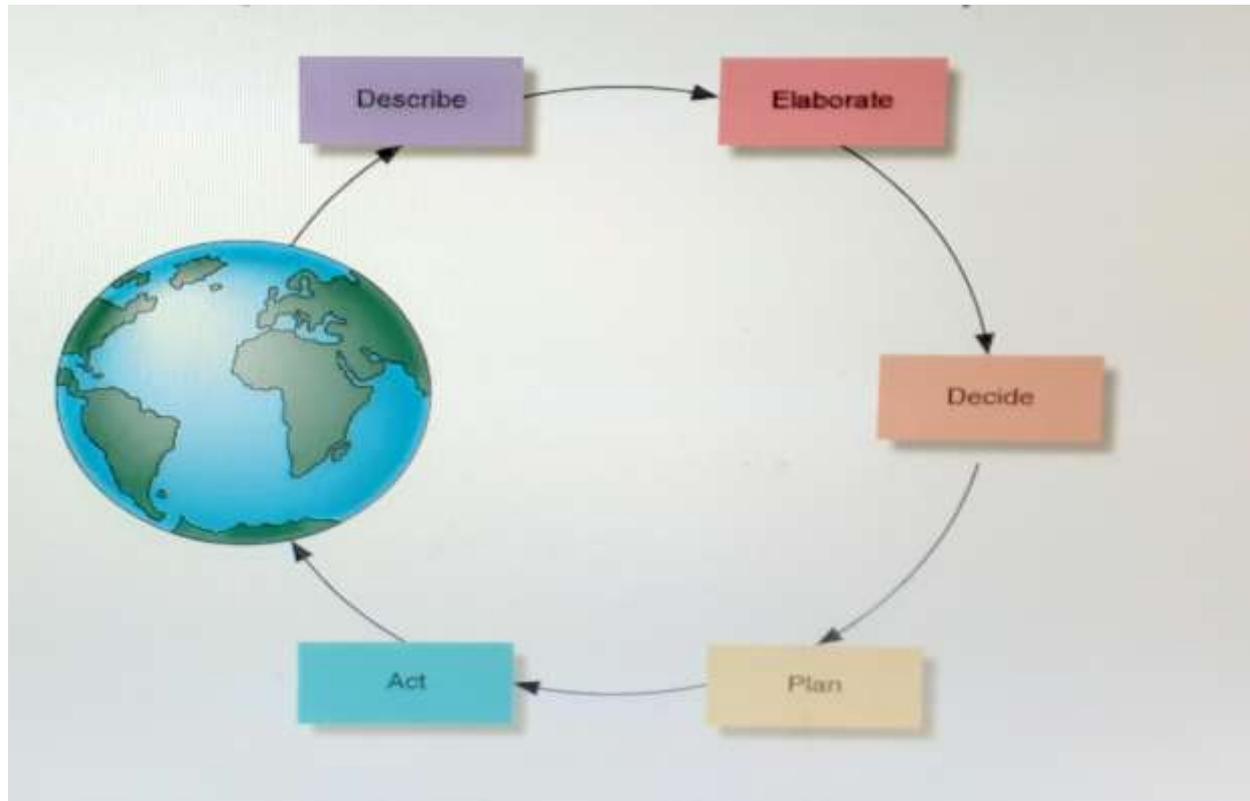
Email id- sabapupatna786@gmail.com

THINKING AND ITS TYPES

- **Cognition** is a general term that refers to the mental activities involved in acquiring, retaining, and using knowledge. In the most general sense, thinking is involved in all conscious mental activity, whether it is acquiring new knowledge, reasoning, planning ahead, or daydreaming.
- Thinking is the systematic transformation of mental representations of knowledge to characterize actual or possible states of the world, often in service of goals. A mental representation of knowledge is an internal description that can be manipulated to form other descriptions.
- The study of thinking includes several interrelated subfields that reflect slightly different perspectives on thinking- Reasoning, Judgment, decision making and problem solving. The philosopher Aristotle said that the human being is the thinking animal.



- **The circle of thinking-** Thinking involves five main operations or functions: to describe, to elaborate, to decide, to plan, and to guide action. Thinking is the highest and most complex form of human behavior.



CHARACTERISTICS OF THINKING:-

1. Thinking typically involves conscious awareness.
2. Thinking varies in the extent to which it is directed.
3. The amount and nature of the knowledge used in different thinking tasks vary enormously.
4. Thinking involves a mediating process. It fills the gap between the situation and the response we make to it.
5. Some thinking involves problem solving, while some does not.
6. Some thinking is verbal and involves language. One can think in the absence of language.
7. Thinking is symbolic in nature. It can be without the presence of objects and situations.
8. Thinking is a sub-vocal speech.
9. Thinking is cognitive.
10. Thinking is directed and results in behavior.



MODELS OF THINKING:

1. Freudian model of thinking- According to Freud, thinking is closely related to basic human motives which is the satisfaction of bodily needs. Where these needs are not fully satisfied, memory of them is brought into play. This memory is associated with the kind of excitation that actual food, warmth and get in touch with evoke. Freud proposed about primary and secondary thought processes. While secondary thought embraces rational conscious thought of which we are normally aware, primary thought processes are normally unconscious. There seem to be three separate levels of thinking:

- **Preconscious thought**, which comprises those thoughts and ideas which are not engaging our consciousness at the moment, to which we are currently not paying attention but which nevertheless exist for us.
- **Conscious thought**, to which we are currently paying attention and on which we are engaging our minds.
- **Unconscious thought**, which remains inaccessible to our consciousness but which nevertheless plays a part in determining our behaviour.



2. Piaget's view about thinking- Piaget said that when something new manifests itself in an individual's environment his or her mind is thrown into a state of imbalance or disequilibrium. This is uncomfortable, so there is motivation to find a new balance. This new balance occurs through version, which takes the form either of assimilation or else of accommodation. With assimilation, an object or a thought is understood in conditions of the concepts or actions (schemata) which the child already possesses.

3 Behavioristic model of thinking- Watson viewed thinking as sub vocal speech. He tried to explain thinking as a sort of a complex stimulus-response (SR) connection or habit. His pointed that these sub-vocal movements that we make in talking to ourselves were the substance of thought. According to him, thought consisted mainly of implicit language habits, including not only speech, but other movements without such as gestures, writing etc. Skinner later viewed thinking as private behaviour as opposed to overt behaviour, and said that it was similarly subject to incentive control and reinforcement.



5. Gestalt model of thinking- When Kohler done experiment on the chimpanzee, he saw the principle of isomorphism, the notion that the mind always attempts to restructure the elements of a problem so that the brain fields adopt good form, or Pragnanz, as the Gestalt psychologists described it.

6. Cognitive model of thinking- Cognitive approaches to thinking have attempted to examine the mental processes which occur during thinking. Miller et al. (1960) recommended heuristic strategies. The complexities of a problem might be simplified through working out a series of rules of thumb. But this did not guarantee that a solution to the problem. A computer could then be programmed to deal with it. They are very accurate and efficient calculators and solvers of logical problems, are not capable of original and creative thinking. But human brains are not computers and the process of thinking for problem solving is different from computers.



TYPES OF THINKING: THERE ARE MANY TYPES OF THINKING. SOME ARE AS FOLLOWS:-

1. Directed thinking- It is a systematic and logical attempt to reach a specific goal or answer, such as the solution to a math problem. This kind of thinking depends on symbols, concepts, and rules. Directed thinking is deliberate and purposeful. It is through directed thinking that we solve problems, formulate and follow rules, and set and achieve goals.

2. Non-directed thinking (Autistic thinking)- This type of thinking is effected by our needs, feelings and wishes. It is also called the Primary process thinking. It consists of a free flow of thoughts with no particular plan and depends more on images rather than reality. Non-directed thinking is usually rich with imagery and feelings such as daydreams, fantasies, and reveries. People often engage in non-directed thought when they are relaxing or escaping from boredom or worry. This kind of thinking may provide unexpected insights into one's goals and beliefs. Scientists and artists say that some of their best ideas emerge from drifting thoughts that occur when they have set aside a problem for the moment.



3. Conceptual Thinking- It is the ability to understand a situation or problem by identifying patterns and connections and addressing key underlying issues. It involves using past professional or technical training and experience, creativity and intuitive process that lead to a potential solution.

4. Focused Thinking- It begins with a clear starting point and has a specific goal.

5. Unfocused Thinking- It involves day dreaming or unintentionally saying to mind so many different and less important issues.

6. Convergent Thinking- This type of thinking is cognitive processing of information around a common point. In other words, it is an attempt to bring thoughts from different directions into a common conclusion.



7. Divergent Thinking- This type of thinking starts from a common point and moves outward into a variety of perspectives.

8. Critical Thinking- It focuses on the importance of something existent. It involves precise, persistent and objective analysis. It is convergent thinking.

9. Creative Thinking- It generates something new or different. It involves having a difficult idea that is better than the previous idea.

10. Inductive Thinking- This is the process of reasoning from parts to whole, from examples to generalizations.

11. Deductive Thinking- This type of thinking moves from the whole to its parts, from generalizations to examples.



12. Metacognition- It is thinking about thinking. When we tackle an algebra problem and cannot solve it, thinking about our strategy may cause us to change to another strategy.

13. Logical thinking- It is thinking that employs valid reasoning to reach a correct conclusion. Logical thinking is the foundation of rational thought, thought that fits the real world and allows us to function well in it. There are two basic kinds of reasoning involved in logical thinking: inductive reasoning and deductive reasoning.

14. Counterfactual Thinking- It involves bringing alternative events and conditions that might have been produced different outcomes into mind. It is defined as the tendency to imagine other outcomes in a situation than the ones that actually occurred- to think about “what might have been”. It is closely related to availability heuristics.



CRITICAL THINKING	CREATIVE THINKING
LEFT BRAIN	RIGHT BRAIN
ANALYTICAL	GENERATIVE
VERBAL	VISUAL
LINEAR	ASSOCIATIVE
RATIONAL	INTUITIVE
LOGICAL	METAPHORICAL
OBSERVING	IMAGINING
CONVERGENT	DIVERGENT
VERTICAL	LATERAL
PROBABILITY	POSSIBILITY
REDUCING	EXPANDING
FACTS	STORY
DISTINCTION	RELATIONS
PLAN	IMPROVISE
SEGMENTED	CONTEXTUAL
REASONING	PERCEPTION
FOCUSED	DIFFUSE
JUDGMENTAL	NON-JUDGMENTAL

