**Behaviourism**

Behaviourism was the primary paradigm in psychology between 1920s to 1950 and is based on a number of underlying assumptions regarding methodology and behavioural analysis. Behaviourism is based on physical sciences and controlled experiments. It is primarily concerned with observable and measurable aspects of human behaviour. It investigates how environment affects learning and also the cause and effect between variables. Behaviourism regards all behaviour as a response to a stimulus, while cognitive processes and the free will is neglected. Behaviourism believes, when we are born, we are 'Tabula rasa' (blank slate) and according to John Watson anyone can learn anything. Behaviourism model often oversimplifies problems. Although Skinner's ideas on operant conditioning are able to explain some maladaptive behaviour and illnesses, they are lacking in applicability to the more complex human behaviours of language and memory. there are two types of learning: classical conditioning (Pavlov), when people learn to associate (pair) two stimuli when they occur together and operant conditioning (Skinner), when the consequences of the behaviour can reinforce (strengthen) or punish (weaken) the behaviour. Modern-day behaviourism is a thriving field, which has an aim of applying interventions based upon the principles of learning theory to improve socially significant behaviours and to demonstrate that the interventions employed are responsible for the improvement of behaviour. Many findings are based on animal researches, however there are some differences between animal and human learning. Behaviourism can be effectively used together with other approaches to get a wider understanding of the behaviour and it can be used to change abnormal behaviour. E.g. CBT is effective treatment for many mental illnesses, but behaviour therapies could be just sticking plasters; they might not solve the problem. Some treatments are not very effective. Aversion therapy can have ethical issues because of the high level of discomfort and stress involved.