

# Psychological debates

## Nature vs. Nurture

- **Nature** = all of the genetic and hereditary factors that influence who we are—from our physical appearance to our personality characteristics.
- **Nurture** = all the environmental variables that impact who we are, including our early childhood experiences, how we were raised, our social relationships, and our surrounding culture.
- Today, most experts recognize that both factors play a critical role. Not only that, they also realize that nature and nurture interact in important ways all throughout life.

## Freewill vs. determinism

- **Freewill** = we have a choice in how we behave. Mental illnesses can undermine this.
- **Determinism** = all behavior is decided already and therefore behaviour is predictable. Can be determined by genetics, environmental factors, society, personality etc.

## Reductionism vs. holism

- **Reductionism** = the belief that human behavior can be explained by breaking it down into smaller component parts. The best way to understand why we behave as we do is to look closely at the very simplest parts that make up our systems, and use the simplest explanations to understand how they work.
- **Holism** = the belief that human behaviour can be explained by looking at the whole picture.

