

# The Reference and Enlightenment of Constructive Dialectics to the Solution of Psychological Crisis

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**Abstract:** The development of psychology is in a split crisis. This crisis is manifested in the fragmentation of research topics, the divergence of research methods and the opposition of guiding ideology among practitioners. The integration and division of psychology is a hot topic in the discussion of western theoretical psychology. As a methodology, dialectical pluralism provides a new perspective for the integration and development of scientific psychology. On the basis of summarizing the predecessors' understanding of the crisis, the analysis shows that the psychological crisis is the manifestation of the self-identity crisis in the development of psychology. Its essence lies in the lack of the identity of psychology, and the root cause comes from the establishment of psychology. The initial theoretical basis. Dialectical pluralism provides a “buffer zone” for these competing theories, thus avoiding the fragmentation of psychology disciplines and theories, and becomes a new perspective to examine the integration and division of psychology.

## 1. Introduction

Psychology has a long history, a short history and an uncertain future [1]. It emphasizes the situationality, multidimensionality and relativity of psychological life, which has positive enlightenment for the contemporary development of psychology and is a positive force for promoting the progress of psychology [2]. Some people think that the development of psychology is facing a new crisis today after the crisis of constructivism and behaviorism psychology. This crisis is different from the previous two, directly threatening the survival of psychology [3]. The antagonistic situation among psychological practitioners is also worrying that practitioners with different views have been arguing for a long time, and even that non-clinical workers who are strangers in special research have continued to lose their identity as psychosomatic workers [4]. We have reason to think that scientist psychology includes any branch of psychology and branch of psychology that attempts to study psychology by empirical, direct, reductive, quantitative, mechanical and objective methods, and the research orientation that holds this view [5]. Therefore, psychological researchers have been actively discussing the causes and Countermeasures of repeatability in recent years. The results of these efforts are not only changing the pattern of psychological research, but also providing a good reference for other research fields to cope with the problem of repeatability.

## 2. A Preliminary Understanding of Psychological Crisis

As early as the birth of psychology, psychology can not be called a science, because psychology has only “a series of rough facts” and no “consistent” theory. However, it is difficult for a single research team to conduct large-scale repetitive experiments in the whole field of psychology research. The external factors causing the crisis of psychology mainly refer to historical and social factors. The historical factors mainly refer to the influence of the two world wars on the development of psychology, while the social factors refer to the influence of the development of modern science and society on psychology [6]. Just as there are very few pure and pure

psychologists in the history of psychology, there are not many pure and pure theoretical researchers. The vast majority of the influential theoretical schools in psychology are not pure and pure. Theoretical researcher. Therefore, it is said that mainstream psychology is facing a crisis. It is not to be completely negated as some people think, but to actively explore the best solutions and ways of its development. Psychology is a “science of crisis” because “there has never been a kind of psychology that is purely endorsed by all scholars.” This requires us not to look at and evaluate an orientation in isolation, but to examine them in the context of the entire psychology and in connection with other orientations.

The crisis in the first sense is from the perspective of vertical--that is, the frequent changes of the psychology school. These problems are in fact the basic problems in the construction of psychological research and theoretical systems. Focusing on these issues is undoubtedly a good thing for the development of psychology. In the period when a scientific paradigm shifts to another paradigm, there is always the emergence of an “abnormal” that cannot be solved in the original paradigm, which triggers a “crisis”, which in turn triggers a scientific revolution to resolve the crisis [7]. But in fact, there are many kinds of science, each of which has its own uniqueness and manifestation, and will not be identical with other disciplines, which is the basis for their existence and the embodiment of their existence value. Because many psychologists recognize this point, there are various schools and movements of scientist psychology. Of course, in the short history of psychology for a hundred years, school changes often occur, and there have been more than a dozen schools around. Therefore, in the changes of different schools, small revolutions occur from time to time, and psychology has been in crisis with the repetition of anomalies.

### **3. Crisis Solution Based on Constructive Dialectics**

The history of science shows that in a certain period of scientific development, especially when no theory is superior to other theories on the whole, the coexistence of multiple competing theories is a universal law in the discipline. Some scholars regard the development of dialectical pluralism as a pursuit of pluralism of psychological concepts, which is more constructive than the discrete fragmentation psychology is facing at present [8]. Old things that have completed their own development process and lost their existence value often do so. Solve the problems or difficulties encountered, and then have a leap-forward development or qualitative leap. The tension and competition between psychological theories are unavoidable, which is the manifestation of disciplinary progress and differentiation, but it also emphasizes that psychology should be a science accompanied by integration and division [9]. In general, new things often do. Since psychology is a new subject, it is normal for it to fall into a certain dilemma or crisis in development according to the twisted development principle of materialist dialectics. The theory of humanistic psychology and the theory of super-personal psychology developed on the basis of it all run through the idea of integration, and many integrated schools including integrationist theory directly focus on the psychological Learn how to integrate. Although it is impossible to completely reintegrate all the macro and micro theories of psychology, its proposal provides at least a new perspective for theoretical psychology.

It is generally believed that the crisis of psychology mainly lies in the differentiation and division of disciplines. The early ideas of dialectical pluralism can be traced back to the dialectical psychology theory of American theoretical psychologist Royce. Royce is a psychologist with a tendency to pluralism. He elaborates a theoretical method of constructing and evaluating psychology, which he calls “constructive dialectics” [8]. His attempts to assess the reproducibility of psychology research have demonstrated the self-reflection of psychologists and the self-correction in scientific research. On the issue of human nature, from the perspective of biology and culture, humanistic psychologists hold that human nature is embodied in two aspects: one is human biology, the other is human spirit. We should see the nature and characteristics of “pluralism” in psychology. He also believes that the current psychology attaches too much importance to the accumulation of empirical data and neglects the study of integrated theory. In this regard, we can not understand that psychology has no need to exist and develop, nor need to taboo

medical treatment, ignoring the problems of psychology [10]. Because psychology has many unrelated knowledge elements, as well as mutual distrust, inconsistency, cumbersome and controversial. Discipline differentiation does not mean that the traditional field of psychology will be encroached on by other disciplines, and the branches of differentiation may not be separated from psychology.

The development of psychology is influenced not only by the philosophy of science, but also by the research orientations within the discipline system of psychology. Therefore, the theoretical system of psychology will change with the progress of science and the passage of time, including the integration or division of psychology. Generally speaking, this is often the case with new things. Psychology has not been an independent subject for a long time and is a new subject. Therefore, according to the twisting development principle of dialectical materialism, it is normal to encounter various difficulties and fall into certain difficulties or crises in its development. We believe that this crisis is not so much a crisis of two cultural divisions as it is a manifestation of the problem of scientism psychology itself. The former is only a superficial phenomenon, and the latter is a deeper reason. From this point of view, the psychological crisis is a normal phenomenon in the development of psychology. It does not indicate that psychology has lost its existence value, has no development prospects, but only shows that mainstream psychology has encountered difficulties or obstacles temporarily and is in trouble. Psychology is capable of making a modest transition between pluralism and unity, avoiding the extreme division of psychology. That is to say, based on the human beings of their own research objects, on the basis of recognizing various attributes of human beings, establish their own research methods, research fields and research problems.

#### **4. The Reference and Enlightenment of Constructive Dialectics to Alleviate Psychological Crisis**

In the study of contemporary theoretical psychology, Royce's constructive dialectics undoubtedly conforms to the reality of psychological pluralism and has certain reference and enlightenment significance for the development of theoretical psychology. Humanistic psychologists advocate the compatibility of "scientific objectivity" and "home objectivity". That is to say, we do not deny the use of the "scientific objective" criterion in the pursuit of the universality and objectivity of knowledge. However, we believe that the objectivity achieved under the conditions of active intervention, value-free and emotional detachment is only applicable to the study of natural things. This common theoretical basis is, first of all, the grasp of the essence of the subject object and the orientation of the subject. Obviously, psychology is lacking in this respect. From a theoretical perspective, the development of psychology requires that each theory maintains mutual competition and maintains a moderate tension. As constructive dialectics believes, in moderate tensions, it is possible to establish a time of mutual understanding between theories. No matter how many new disciplines are in some traditional fields of research psychology or new problem areas, only specialized psychology departments can focus on the relationship between heart and body, the relationship between psychological processes and so on. The grasp of internal regularity. Only this development is achieved through our correct understanding and resolution of the dilemmas or crises faced by psychology. The development of psychology needs to integrate multidisciplinary integration, focusing on the interaction and mutual penetration of experience and theory.

The philosophical view of humanism is opposite to positivism, emphasizing the human experience or the diversity and richness of the world of life. Since psychology is not and cannot be a natural science in a complete sense, and does not fully comply with the standards of natural science, it is inevitable that psychology will be regarded as a non-scientific subject when it is viewed with the standards of natural science. This is because empirical research itself relies on philosophical assumptions, so empirical research itself is not sufficient to integrate competing theories, while individual theoretical research is too subjective, lacks scientific support, and cannot independently integrate various theories. . However, since the disciplinary system of humanistic psychology is not constructed in a targeted manner to save the crisis of psychological division, it is constructed from the opposite perspective of the psychoanalytic school and the behaviorist school,

which makes its theory. Not acting solidly and comprehensively. The lack of these two aspects leads to the direct and blind orientation of natural science objects and disciplines to enable psychology to obtain its own theoretical basis, and this inappropriate way makes psychology into crisis. In addition, after the linguistic turn of philosophy of science, it is generally believed that the generation of knowledge depends on various contextual factors such as language, culture, politics and economy and their interaction. It is only a far-fetched way to blame the slow development of psychology entirely on the prevalence of positivist psychology. While we reflect on positivist psychology, it is also necessary to reflect on humanistic psychology.

This diversification should not only provide a solution to the psychological crisis, but also avoid the extreme integration and splitting of psychological research. In addition, a pluralistic psychology should not be regarded as static, but as a communicative and understandable basis between integration and division. Empirical natural sciences have accumulated such a large amount of empirical knowledge materials that it is inevitable to organize these materials systematically and carefully in every field of research according to their internal links. It is also inevitable to establish the correct relationship between knowledge fields. This philosophy holds that human experience includes not only the experience of perception and science as positivism calls it, but also the experience of aesthetics, ethics, politics and even religion. Therefore, this dialectical pluralism can provide an effective methodological method for the development of psychology, and help psychologists to have a more complete and rich understanding of complex psychological phenomena. Many people regard psychological crisis or predicament as the fact that it has no future, and thus denies that psychology is science and is largely related to it. Therefore, the integration attempt of humanistic psychology can be regarded as a useful measure to design the future development of psychology and lead to thinking based on the review of the path done by previous psychology, but for the construction of psychology discipline system. In terms of the arduous and complicated work of this foundation, it is still not up to the task.

## 5. Conclusion

Psychology as a subject is still very young, the research topics are scattered, the research methods are divided, and the guiding ideology is also the normal phenomenon in the early stage of the discipline development. Before rethinking the uniqueness of one's own objects, blindly believe that the method of natural science based on the exploration of physical properties can complete the exploration of the human mind, thus causing psychology to lose identity due to differences between research tasks and methods. Maybe we must jump out of the circle of scientist psychology and re-examine scientist psychology in a different way of thinking. Therefore, just as we can't separate the relationship between different parts of psychological phenomena, we can't separate the relationship between different research orientations. We should start from the system theory and take effective measures to link or integrate them. It is the most important task for theoretical psychologists to determine the internal research problem domain of the development of psychology and the external research problem domain formed by psychology adapting to society.

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