Review of: "On the Meaning of Psychological Concepts: Is There Still a Need for Psychological Concepts in the Empirical Sciences?"

Andrzej Brodziak[1]

1 Państwowa Wyższa Szkoła Zawodowa w Nysie

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The review of the article "On the Meaning of Psychological Concepts: Is There Still a Need for Psychological Concepts in the Empirical Sciences?" by Mika Suojanen

I think, in the shortest terms the author's message can be expressed as follow:

[Even though introspection has been considered unreliable for studying psychological processes since the late 19th century, it does not mean that external behavior is the only measure of psychology. Psychological concepts are important as they relate to real phenomena, such as introspection and memory. Wittgenstein's conclusions regarding these concepts are incorrect.

While introspection may not be the perfect tool for analyzing the mental processes, it remains a crucial source of our knowledge about psychology. A challenge in psychology is the lack of direct access to other minds. Despite this, we believe in other minds based on our own introspective experiences. It is important to understand that the empirical method primarily provides information about external behavior, not internal mental states.]

I think that the author's perceived need to present detailed argumentation justifying the above conclusions stems from people's (including researchers) not fully realizing several basic findings. I believe that, it will be useful to first conduct a brief overview of the processes realized by the human brain.

As the principal processes realized by the human brain, we should probably enumerate:

1. Sensory Processing and Integration:
The brain is continuously inundated with sensory information from the external environment. Through specialized receptors in our eyes, ears, skin, nose, and tongue, raw data in the form of light, sound, touch, odor, and taste are collected. These signals then traverse dedicated neural pathways, where the brain processes and interprets them, allowing us to construct our perception of the world.

2. Motor Coordination and Execution:
Originating from the motor cortex and extending through the spinal cord, motor neurons control every voluntary muscle movement, from the nuanced motions of our fingers to the coordinated strides of walking. The cerebellum plays a pivotal

role in refining these movements, ensuring they are smooth and precise.

3. Cognitive Functions and Problem Solving:

The prefrontal cortex is the hub for higher-order cognitive functions. It aids in decision-making, problem-solving, planning, and abstract thinking. When faced with a challenge, the brain assesses potential solutions, predicts outcomes, and makes decisions based on stored memories and current sensory input.

4. Memory Storage and Retrieval:

The brain it is also a vast storage system. The hippocampus is instrumental in the formation of new memories, while various regions of the cortex are involved in their long-term storage. When called upon, the brain can retrieve these memories, often combining them with current sensory data to aid in decision-making or to reminisce about the past.

5. Emotional Processing:

The amygdala, along with other limbic system structures, oversees our emotional responses. Moreover, the brain decodes and responds to the emotions of others, an essential component of human empathy and social interaction. Sexual desire is also a phenomenon triggered by the brain. The brain makes us sometimes fall in love with someone.

6. Homeostatic Regulation:

Beyond cognition, the brain regulates numerous physiological processes to maintain homeostasis. The hypothalamus, for example, monitors and adjusts body temperature, hunger, thirst, and circadian rhythms.

7. Language and Communication:

Broca's and Wernicke's areas, located in the cerebral cortex, are essential for producing and understanding language, respectively. They allow us to decode complex linguistic structures and communicate our thoughts, feelings, and ideas to others.

8. Self – awareness.

The awareness of our existence, thoughts, and surroundings, in general is a product of brain processes what we discuss her in this article in details.

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Regarding functions no. 3,4,7, and 8, we should be aware that the situation, throughout evolutionary development, has changed significantly since the "addition of language to the brain" (mastering the skill of using language). Earlier, there was only the "external reality" and its counterpart in the brain in the form of stored images (which we can recall from memory) and some mental operations on those images. Since the "integration of language," besides experiencing reality, we generate…. **opinions and comments.**

And now,.... psychological concepts are precisely such "opinions and comments" - but not about objects and situations in the external world, but about processes occurring internally, inside our heads.

We know to what extent the skill of using language helps people to modify, improve their actions in reality, but also to sometimes mishandle reality. Therefore, it can be assumed that using language regarding what happens inside our brain

sometimes accurately captures the essence of matters and sometimes misses the mark.

To conclude my statements, I would recommend the remarks of Cormac McCarthy. He emphasized that in the course of evolution, the human species has only recently been using language. According to Cormac McCarthy (see .. his novel “Stela Maris”), speech fields in the human brain are a strange "supplement, overlay". Since then, the brain, apart from images and emotions, produces narratives, opinions. Animals that don't speak supposedly don't suffer from psychiatric illnesses. Madness is possible if one has command over language.

To summarize my statement, I want to say that the article by Mik Suojanen is interesting and useful.

with cordial greetings
Andrzej Brodziak