

THE RELEVANCE OF CRITICAL THINKING IN PSYCHOLOGY

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ABSTRACT

The development of science and technology has brought many changes to the world today. This change occurred so quickly and affected various aspects of human life, both in the fields of economics, communication and people's mindset. In the past, traditional thought patterns still adhered to systems that were automatic and routine. We learn something, then we follow the learning procedure and it becomes a habit. Nowadays, this type of thinking is no longer sufficient, but requires a critical thinking pattern. Critical thinking is important in facing today's challenges, especially in these three areas, namely change, danger and complexity. All three are interrelated and carry implications for the importance of cooperation between various fields in resolving problems that arise. Likewise, psychology, as a field of science that studies human behavior, requires critical thinking skills to be able to present evidence-based arguments. By using a qualitative method based on literature study, this research will review the meaning of critical thinking in all its dimensions, then analyze its relationship to psychology, and explore what underlies critical thinking being so important and urgent in psychology, and finally the benefits of critical thinking for psychologists will be explained. and psychological scientists.

Keywords: critical thinking, relevance, psychology

1. PREFACE

Current developments in science and technology have had an impact and great influence not only in the economic, social and political fields, but also in the field of patterns think. Progress in the fields of economics and information technology has become increasingly rapid awakening human instincts to more aggressively fight for group interests and oneself without regard to universal values. This happens because of a change in pattern I don't think it's a top priority yet. The old mindset that prioritizes authoritarian principles, Unidirectional and defensive still dominate. As a result, education uses principles This also contributes to the formation of misguided thought patterns in wider society.

The field of psychology is no exception to the above phenomenon. During education at in the field of psychology, students are often still educated with old educational patterns prioritizing authoritarian, unidirectional and defensive principles as stated above. As a result, psychologists and psychological scientists emerged who thought similarly, so that they often still adhere to a less critical mindset in society.

For this reason, the time has come for critical thinking to be encouraged in psychology. Etymologically, criticism is understood as the activity of analyzing and evaluating something aims to increase understanding, broaden appreciation and help improve work. So critical thinking is generally used to indicate the level of cognitive expertise and intellectual dispositions required for various activities such as identifying, analyze, evaluate arguments, and formulate supporting reasons conclusion (Sihotang, 2019). So in this research we want to see what critical thinking is, how it is related (relevance) critical thinking with psychology, what important elements are there critical thinking, as well as the benefits of critical thinking skills in the psychology profession as well.

The problem to be answered is how critical thinking is related as a skill in presenting data-based arguments with psychology as a scientific discipline analyze human behavior? What benefits can be gained from critical thinking skills for the development of psychology? For this reason, we will first explain the meaning of thinking critical. Then it is explained what obstacles are faced in developing skills critical thinking and what elements are contained in critical thinking. Next will be discussed the relationship between critical thinking and psychology and the benefits of critical thinking in development of psychological science and in the work of psychologists and psychological scientists.

2. RESEARCH METHOD

This research method uses a qualitative method based on published literature studies approximately the last 10 years. Literature sources regarding critical thinking are used for analyze and explore the understanding and deep meaning of critical thinking. Then investigated the literature that reviews the relationship between critical thinking and psychology. The relationship is highlighted especially regarding the role and benefits that critical thinking skills provide for students psychologists and psychological scientists. All ideas are described descriptively, systematically and comprehensive.

3. RESULTS AND DISCUSSION

Understanding Critical Thinking

The phrase 'critical thinking' consists of the two words 'thinking' and 'critical'. Thinking is an activity someone's cognitive ability to consider and decide something. While the word 'critical' comes from the Greek *criticos* which means 'the one who differentiates'. The word critical is derived from The word *krites* means a person who gives a reasoned opinion. The term is commonly used to describe a follower who is at odds with or opposed to the object of criticism.

So the term critical thinking is usually used to indicate a level of cognitive expertise and intellectual dispositions necessary to perform activities such as identifying, analyze, debate arguments and claims (Sihotang, 2019; Tumanggor, 2019). Apart from its etymological understanding, critical thinking is also equipped with the opinions of several experts logic like John Dewey, Edward Glaser, and Robert Ennis. This third expert is used as a reference because of their expertise in the field of critical thinking logic. According to John Dewey thinking Critical as an active and careful consideration of a belief and form knowledge taken for granted. Dewey emphasized the critical character of liveliness someone is thinking. Edward Glaser developed critical thinking with comply with the following provisions. Glaze the pressure of a critical attitude on a person's expertise use reasoning methods in solving various scientific problems and issues knowledge (Fisher, 2013).

According to Glaser, there are two methods of thinking that need to be mastered as a characteristic of critical thinking, namely method deductive thinking and inductive thinking. In the deductive method of thinking one hones Thought by applying the principles of syllogism in arguing, whereas Inductive thinking method, people are trained to increase accuracy in observing symptoms and grouping them as a basis for concluding something. So according to Glaser People who think critically not only just talk, but also have a rational basis. Meanwhile, Robert Ennis defines critical thinking as reflective and ability to make decisions. Ellis's emphasis is on the reflection process. This means that a critical attitude does not only stop at proficiency in conclusions, but also at the ability to evaluate statements (Fisher, 2013).

From the three definitions put forward by these experts, a common thread can be found contains three essences of critical thinking, namely: carrying out continuous consideration Continuously, this active consideration is based on in-depth study and application methods of thinking and reflecting to produce valid, correct and conclusions strong. So critical thinking does not have a negative connotation, namely putting down or looking for weaknesses someone, but has a positive connotation, namely helping oneself to develop, as well help others to progress. So critical thinking means making yourself and others move forward together.

Elements of Critical Thinking

Everyone has the ability to think critically. It's just that there are people who not realizing what level his critical thinking skills are at. So think critically has levels ranging from low levels of thinking to higher levels. For example, there is a group of people who still have a low level of thinking, some still trying to move forward and there are also those who are already skilled at thinking. However, critical thinking has elements that are used in analyzing everything the arguments put forward. These elements are as follows (Sihotang, 2019; Paul & Elder, 2013): (a) *Goal*: Every activity we do, including thinking activities, always has a purpose objective. According to Susan Stebbing as quoted by Paul and Elder (2013), Logical thinking is thinking with a purpose. All thinking activities are goal-directed the. Whatever we think about always has a purpose; (b) *Point of view*: What we do is always related to our perspective. Objective What we want to pursue is always influenced by our point of view. By determining goals, we also have to think about our perspective on the situation around us; (c) *Concept*: Concept is something fundamental in our life. Just think maybe if there is a concept that we already have. The meaning of something This happens only when we create concepts and reason about them based on concept; (d) *Information*: Facts or data and information are important in doing something reasoning. We must be confident in the source of the information we obtain. Besides us we must critically use the information we have. We must not receive information just like that, but must always reflect critically. In other words, information needs to be constantly evaluated; (e) *Inference*: Inference is an important element in critical thinking. Concluding is an intellectual act by which we can analyze correctly whether or not something; (f) *Questions*: Questions come from critical thinking. In other words just critical thinking occurs when someone asks or questions something. There are two levels of questions namely practical questions and philosophical questions. Question philosophy leads to the essential things in humans, for example: Who we are, where is the purpose of human life? While simple/practical questions are questions which is directed towards practical matters; (g) *Assumptions*: Assumptions are something that is taken for granted, because it has been learned before and no longer needs to be questioned. Assumptions are part of the system confidence; (h) *Implication*: Critical thinking seeks to monitor one's thoughts, thereby drawing conclusions only what is implied in a situation. Implication is an important element in critical thinking because we must be able to distinguish between what is implied, and what which one is concluded. There are three types of implications, namely perhaps, possibly and definitely. We learn logic so that we are able to recognize the implications of our actions and decisions as well act accordingly.

Critical Thinking in Psychology

There is a lot of literature discussing critical thinking in psychology. But mostly writing which discusses how to teach critical thinking in psychology and methods effective to apply it in psychology education. To see how far you can think Critical thinking used in psychology can generally be seen from the literature regarding the impact or benefits of learning critical thinking on psychology students. Dunn et al. (2008), for example, argue that critical thinking is not a scientific activity, but rather refers to a set of thinking skills that promote intellectual focus,

motivation, and engagement with ideas. These thinking skills include the ability to recognize patterns to solve problems in a practical, creative, and scientific way; to get involved in psychological reasoning; and to adopt different perspectives when evaluating ideas or problems. Critical thinking also teaches students to think critically inside or outside class, as well as improving their ability to observe, infer, questioning, deciding, developing new ideas, and analyzing arguments. The aim of learning critical thinking for psychology students is to perfect their ability to describe, predict, explain, and control behavior. Lecturers of course need relevant classroom tools and strategies to improve critical thinking abilities of psychology students.

Bensley et al. (2010) conducted research on how effective critical thinking is for students psychology. In this research, a group of students were given thinking lessons critical thinking, and another group was not given critical thinking lessons. Then second The groups were compared to the extent of their analytical abilities. From the research results It was found that the group of students who received critical thinking lessons was much more good at providing critical analysis of psychology assignments compared to other groups did not receive critical thinking lessons (Davies, 2015).

Why is critical thinking important to psychology and research methods? Critical thinking allows researchers to go through the process of recognizing their assumptions, challenging them these assumptions, and looking for other possible ways of doing things. In applying critical thinking to research, you will understand that there are different types research question; and that these different types of questions require different types of design different studies (and consequently different methods) to answer them. If questions and design are inappropriate, then conclusions are drawn about the research will most likely be questionable, and possibly wrong. According to Sternberg and Halpern (2020) good scientific research also depends on critical thinking as factual knowledge; psychology is no exception to this rule. Even though critical thinking is important, psychology students rarely teach it this way how to think critically about the theories, methods and concepts they have to use. So they through their book *Critical Thinking in Psychology* show students and researchers how to think critically about key topics such as experimental research, statistical inference, case studies, logical fallacies, and ethical judgment. By using the latest research findings and new insights, the book provides a comprehensive overview about what critical thinking is and how to teach it in psychology (Bassham, 2011).

Benefits of Critical Thinking for Psychologists and Psychological Scientists

Critical thinking skills are not only needed by one particular discipline, however required by all scientific disciplines including psychology. Psychology as a branch science that studies human thoughts and behavior and how relationships between people are man. Like other scientific disciplines, psychology also has many branches such as clinical psychology, educational psychology, industrial and organizational psychology, social psychology, political psychology, cultural psychology, family psychology, sports psychology, etc. Every The branch of psychology also requires critical thinking skills. In general The following shows some of the benefits of critical thinking for psychologists and scientists psychology. *First*, critical thinking can be used as effective capital in solving problems various kinds of problems that arise in psychological research and intervention. *Second*, Critical thinking makes psychologists and psychological scientists more careful in drawing things conclusion, if strong foundations and arguments have not been found. *Third*, critical thinking is an effective means of knowing and understanding a culture diverse, so that we can more easily adapt to culture the. In cultural psychology, for example, Indonesian society is studied which has many cultures diverse. Critical thinking

competency in studying cross-cultural psychology will help us to better understand and recognize the differences or similarities of existing cultures. And also critical thinking will help us in responding to various things problems related to cultural diversity and finding solutions so that they can be avoided division or culture shock.

4. CONCLUSIONS AND RECOMMENDATIONS

Critical thinking skills are needed in all aspects of human life, including in field of psychology. Psychology as a scientific discipline that analyzes human behavior requires the ability to analyze existing phenomena and based on those phenomena provide assessments and considerations on human behavior. So the ability to think psychologists and psychological scientists need to be sharpened since they are still in education, so that they are able to overcome and solve various problems that arise within psychological research and intervention. With this critical thinking capital, it is possible errors in drawing conclusions and psychological analysis can be avoided. This research is still ongoing at the conceptual review level, for further research it may be necessary to carry out quantitative regarding the extent of the effectiveness of critical thinking skills in determining decisions and results of psychological analysis for psychologists and psychological scientists.

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