The cognitive revolution: From information processing to embodied cognition.

Sarah Kheloui*

Department of Psychology and Educational Sciences, University of Algarve, Portugal

Introduction

The field of psychology has experienced significant transformations and paradigm shifts over the years, and one of the most notable revolutions is the transition from the traditional view of cognition as information processing to the more contemporary perspective of embodied cognition. This journey has reshaped our understanding of how the human mind operates and interacts with the world around us. In this exploration, we will delve into the key concepts and developments that have marked this cognitive revolution. We will trace its evolution from the early days of cognitive science to the emerging theories of embodied cognition, offering insight into the fundamental changes in our understanding of the mind [1, 2].

The cognitive revolution was born in the mid-20th century as a response to the limitations of behaviorism and the desire to understand mental processes. At the heart of this movement was the idea that the mind could be viewed as an information-processing system, analogous to a computer. Researchers like George A. Miller and Ulric Neisser were pioneers in this paradigm shift. They argued that the mind could be studied using an information processing model, which involved acquiring, storing, and manipulating information to make sense of the world. The information processing model proposed that cognitive functions, such as perception, memory, and problem-solving, could be understood by breaking down complex mental processes into a series of discrete stages. Cognitive psychologists used computer analogies to describe mental operations, likening the brain to a central processing unit (CPU) that processes information input from the environment [3, 4].

The cognitive revolution had a profound impact on psychology. It led to the development of new research methods and experimental techniques. Cognitive psychology emerged as a distinct field, focusing on studying cognitive processes and mental representations. Researchers explored topics such as memory, language, decision-making, and problem-solving from a cognitive perspective. This shift paved the way for the development of cognitive theories and therapies. As cognitive psychology developed, it faced challenges. Critics argued that the information processing model oversimplified the complexities of the human mind. They pointed out that human cognition is not just about processing information but is also intertwined with emotions, perceptions, and bodily experiences [5, 6].

This criticism paved the way for the evolution of embodied cognition. Embodied cognition represents a significant departure from the traditional cognitive science approach. This emerging perspective suggests that the mind is not confined to the brain alone but is intricately linked to the body and its interactions with the environment. Researchers in embodied cognition emphasize the importance of sensory experiences, emotions, and physical interactions in shaping human cognition.Embodied cognition argues that our understanding of abstract concepts is rooted in concrete bodily experiences. Metaphors such as "warm heart" and "heavy burden" illustrate how physical experiences shape our thinking and language [7, 8].

Sensorimotor Experience: Embodied cognition highlights the role of sensory and motor experiences in cognition. The way we perceive, move, and interact with the world affects our mental processes and decision-making.The Role of Emotions: Emotions are considered an integral part of cognitive processes in the embodied cognition framework. Emotional states influence our perception, memory, and decision-making.The shift towards embodied cognition has practical implications in various fields, including education, therapy, and artificial intelligence. Educators are incorporating more experiential learning methods, and therapists are using embodied techniques to address psychological issues. In artificial intelligence, researchers are developing robots and AI systems that can better interact with humans by understanding the importance of embodied experiences [9, 10].

Conclusion

The cognitive revolution, from information processing to embodied cognition, reflects the dynamic nature of psychology as a field. The traditional view of the mind as a computer has evolved into a more holistic understanding of cognition as deeply intertwined with the body and the environment. This shift has brought about new ways of thinking about perception, language, and emotions, with practical implications for how we approach education, therapy, and technology. As we look to the future, the exploration of embodied cognition continues to redefine our understanding of the human mind, challenging old paradigms and opening doors to novel insights. This cognitive revolution reminds us that the study of psychology is an ever-evolving journey, one that is rich with opportunities for exploration and discovery. By embracing the embodied cognition perspective, we move closer to a more

***Correspondence to:** Sarah Kheloui, Department of Psychology and Educational Sciences, University of Algarve, Portugal, E-mail: Sarah45@Kheloui.edu.in

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comprehensive understanding of the complex relationship between the mind, the body, and the world in which we live.

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