

PLUS ONE PSYCHOLOGY



**STUDY
MATERIAL**

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HIGHER SECONDARY NATIONAL SERVICE SCHEME

9) Two of the most sought after emerging disciplines which continuously borrow from Psychology are
and

Answers-Neuroscience and Computer Science.

10) Psychology is a
Science.

Answer-Bio-Social

11) Contributions of Neuroscientists like and Physicists like are important in understanding mind and behaviour.

Answers-Roger Sperry and Penrose

12) Studies by were on patients with blocked arteries and they were made to visualise that blood was flowing through blocked arteries.

Answer-Ornish

13) Use of generated by a person in his/her mind have been used to cure various kinds of phobias (irrational fears of objects and situations).

Answer-Mental Imagery or Images

14) A new discipline called has emerged which emphasises the role played by the mind in strengthening the immune system.

Answer-Psychoneuro-immunology.

15) The formal beginning of Modern Psychology is traced back to 1879 when the first Experimental Laboratory was established in Leipzig, Germany by

Answer-Wilhelm Wundt.

16) The Proponent of Structuralism was

Answer-Wilhelm Wundt

17).....was the procedure in which individuals/subjects in Psychological Experiments were asked to describe in detail their own mental processes or experiences.

Answer-Introspection

18)..... developed the functionalistic approach to the study of human mind.

Answer-William James

19)According to, consciousness as an ongoing stream of mental process interacting with the environment formed the core of Psychology.

Answer-William James

20)An influential educational thinker..... used Functionalism to argue that human beings seek to function effectively by adapting to their environment.

Answer-John Dewey

21)In the early 20th Century, a new perspective called emerged as a reaction to the Structuralism of Wundt.

Answer-Gestalt.

22)..... Psychology focused on the organisation of perceptual processes.

Answer-Gestalt.

23)Gestalt means

Answer-Whole

24) According to, Scientific Psychology must focus on what is observable and verifiable.

Answer-J.B.Watson

25)..... defined Psychology as a Study of Behaviour or Responses to Stimuli.

Answer-Watson

26)Behaviourism of Watson was further developed by many influential psychologists who are known as

Answer-Behaviourists

27) Most prominent among Behaviourists, was
who applied behaviourism to a wide range of situations and popularised the approach.

Answer-Skinner

28) One person who shook the world with his radical view of human nature is

Answer-Sigmund Freud

29)..... viewed human behaviour as a dynamic manifestation of unconscious desires and conflicts.

Answer-Sigmund Freud

30) Sigmund Freud founded
as a system to understand and cure psychological disorders.

Answer-Psycho-Analysis

31) The perspective in Psychology took a more positive view of human nature.

Answer-Humanistic

32) Humanists such as and
..... emphasised the free will of human beings and their natural striving to grow and unfold their inner potential.

Answers-Carl Rogers and Abraham Maslow.

33) Aspects of Gestalt Approach and Structuralism were combined and led to the development of the
perspective.

Answer-Cognitive

34)..... is the process of knowing.

Answer-Cognition

35)..... involves thinking, understanding, perceiving, memorising, problem solving and a host of mental processes.

Answer-Cognition

36)Some Psychologists view the human mind as an system like the Computer.

Answer-Information Processing

37)Modern Cognitive Psychology views human beings as actively constructing their minds through their exploration in to, their physical and social world and this view is called

Answer-Constructivism

38)Piaget's view of Child Development is considered as a theory.

Answer-Constructivist

39)According to, Children actively construct their own minds.

Answer-Piaget

40)..... took a view that mind is a joint cultural construction and emerges as a result of interaction between children and adults.

Answer-Vygotsky

41)..... investigates mental processes involved in acquisition, storage, manipulation and transformation of information received from the environment along with its use and communication.

Answer-Cognitive Psychology

42)..... focuses on the relationship between behaviour and the physical system, including the brain and the rest of the nervous system and genetics.

Answer-Biological Psychology

43)..... has emerged as a field of research where Psychologists and Neuro-Scientists are working together.

Answer-Neuropsychology

44)..... studies the physical, social and psychological changes that occur at different ages and stages over a life-span, from conception to old age.

Answer-Developmental Psychology

45) explores how people are affected by their social environments, how people think about and influence others.

Answer-Social Psychology

46)Cross-Cultural and Cultural Psychology examines the role of in understanding behaviour, thought and emotion.

Answer-Culture

47).....studies the interaction of physical factors such as temperature, humidity, pollution and natural disasters on human behaviour.

Answer-Environmental Psychology

48)..... focuses on the role of psychological factors(for example, stress, anxiety) in the development, prevention and treatment of illnesses.

Answer-Health Psychology

49)..... and deals with causes, treatment and prevention of different types of psychological disorders such as anxiety, depression, eating disorders and chronic substance abuse.

Answers-Clinical and Counselling Psychology

50).....work with people who have less serious problems.

Answer-Counselling Psychologists

51)Like, Psychiatrists also study the causes, treatment and prevention of psychological disorders.

Answer-Clinical Psychologists

52)One important distinction is that can prescribe medications whereas cannot.

Answers-Psychiatrists

Clinical Psychologist

53)..... deals with workplace behaviour, focusing on both the workers and the organisations that employ them.

Answer-Industrial/Organisational Psychology

54)..... studies how people of all ages learn.

Answer-Educational Psychology.

55)..... focuses on designing programmes that promote intellectual, social and emotional development of Children.

Answer-School Psychology

56)..... applies psychological principles to improve sports performance in enhancing their motivation.

Answer-Sports Psychology

57)Define Psychology.

Answer-The term Psychology is derived from two Greek Words, Psyche meaning Soul and Logos meaning Science or Study of a Subject.

Psychology is defined formally as a Science which studies Mental Processes, Experiences and Behaviour in different contexts.

58)What are Mental Processes?

Mental Processes or Functions are also called Cognitive Processes or Functions.

Mental Processes or Functions are terms which are used for the things that the Individual can do, with their minds. These include attention, perception, memory, thinking, imagination, reasoning, decision making, planning, problem solving, learning, language use etc.

59)What are Behaviours?

How do behaviours differ?

Behaviours are responses or reactions we make or activities we engage in.

BEHAVIOUR can be

1)SIMPLE OR COMPLEX

2)SHORT OR ENDURING(LONG)

3)OVERT
(OBSERVABLE)
OR COVERT
(INTERNAL)

4) VERBAL
(USING LANGUAGE)
OR NON-VERBAL.

60)When, where & by whom was the first Psychological Laboratory established?

THE FIRST LABORATORY OF PSYCHOLOGY WAS ESTABLISHED IN 1879 IN LEIPZIG, GERMANY BY WILHELM WUNDT.

61)What are the different Schools of Psychology and name the Proponents?

a)STRUCTURALISM-
WILHELM WUNDT.

b)FUNCTIONALISM-
WILLIAM JAMES.

c)GESTALT-
KOHLER, KOFKA & WERTHEIMER.

d)BEHAVIOURISM-
J.B.WATSON.

e)PSYCHO-ANALYSIS-
SIGMUND FREUD.

f)HUMANISTIC PERSPECTIVE-
CARL ROGERS AND ABRAHAM MASLOW.

g) COGNITIVE PERSPECTIVE-
JEAN PIAGET AND VYGOTSKY.

62)NAME THE BRANCHES OF PSYCHOLOGY.

a)COGNITIVE PSYCHOLOGY

b)BIOLOGICAL PSYCHOLOGY

NEURO-PSYCHOLOGY

c)DEVELOPMENTAL PSYCHOLOGY

d)SOCIAL PSYCHOLOGY

e)CROSS-CULTURAL AND CULTURAL PSYCHOLOGY

f)ENVIRONMENTAL PSYCHOLOGY

g)HEALTH PSYCHOLOGY

h)CLINICAL AND COUNSELLING PSYCHOLOGY

i)INDUSTRIAL/ ORGANISATIONAL PSYCHOLOGY

j)EDUCATIONAL PSYCHOLOGY
SCHOOL PSYCHOLOGY

k)SPORTS PSYCHOLOGY.

63)What are the emerging branches of Psychology?

a)Aviation Psychology

b)Space Psychology

c)Military Psychology

d)Forensic Psychology

e)Rural Psychology

f) Engineering Psychology

g)Managerial Psychology

h)Community Psychology

i)Psychology of Women

j)Political Psychology.

64)Name the major Disciplines linked to the Field of Psychology?

- a) PHILOSOPHY
- b)MEDICINE
- c)ECONOMICS, POLITICAL SCIENCE AND SOCIOLOGY.
- d)COMPUTER SCIENCE
- e)LAW AND CRIMINOLOGY
- f)MASS COMMUNICATION
- g)MUSIC AND FINE ARTS
- h)ARCHITECTURE AND ENGINEERING.

65)WHO ARE THE PSYCHOLOGISTS AT WORK?

- a) CLINICAL PSYCHOLOGISTS
- b)COUNSELLING PSYCHOLOGISTS
- c)COMMUNITY PSYCHOLOGISTS.
- d)SCHOOL PSYCHOLOGISTS
- f)ORGANISATIONAL PSYCHOLOGISTS.

CHAPTER 2

METHODS OF ENQUIRY IN PSYCHOLOGY

Fill in the blanks

1)The goals of a Psychological Research are,,, and of Knowledge.

Answers-Description, Prediction, Explanation, Control and Application

2)..... helps in distinguishing a particular behaviour from other behaviours.

Answer-Description

3)..... becomes more accurate with the increase in the number of persons observed.

Answer-Prediction

4)The third goal of Psychological Enquiry tries to know the causal factors or determinants of behaviour.

Answer-Explanation

5)..... refers to three things making a particular behaviour happen, reducing it or enhancing it.

Answer-Control

6)The final goal of Psychological Enquiry that is is to bring out positive changes in the lives of people.

Answer-Application

7)..... refers to the fact that if two or more persons independently study a particular event, both of them should arrive at the same conclusion.

Answer-Objectivity.

8)After identification of a problem, the Researcher proceeds by developing a tentative answer of the problem which is called

Answer-Hypothesis

9)In recent years, a different method called as has emerged which emphasises understanding over explanation and prediction.

Answer-Interpretive.

10) In Psychology, different types of data or information such as,,, and are collected.

Answers-Demographic Information, Physical Information, Physiological Data and Psychological Information.

11)..... is information generally including personal information like name, age, gender, birth order etc.

Answer-Demographic information

12)..... includes information about ecological conditions, mode of economy, housing conditions etc

Answer-Physical Information

13)..... collected includes data about height, weight, heart rate, level of fatigue etc.

Answer-Physiological Data

14)..... collected may relate to such areas as Intelligence, personality, interest, values, creativity, emotions etc.

Answer-Psychological Information

15) Psychologists use a variety of such as Observation, Experimental, Correlational, Survey, Psychological Testing and Case Study to collect Data.

Answer-Methods

16)..... is a powerful tool of psychological enquiry and it's an effective method of describing behaviour.

Answer-Observation

17) When Observations are done in a natural or real-life settings, it's called

Answer-Naturalistic Observation

18) When Observations are done in Controlled Laboratory situations, it's called

Answer-Controlled Laboratory Observation

19)When the Observer may become part of the group being observed, that Observation is called

Answer-Participant Observation

20)When the Observer may not become part of the group being observed, when the Observer observes the person or event from a distance, that Observation is called

Answer-Non-Participant Observation

21)..... are generally conducted to establish cause-effect relationship between two sets of events or variables in a controlled setting.

Answer-Experiments

22)Any Stimulus or Event which varies is called a

Answer-Variable

23)..... variable is that variable which is manipulated or altered or it's varied by the Researcher in the Experiment.

Answer-Independent

24)The variable on which the effect of independent variable is observed is called variable.

Answer-Dependent

25)There are many other or variables that influence the dependent variable but the researcher may not be interested in examining their effect.

Answer-Relevant or Extraneous Variables

26)There are Field Experiments, Laboratory Experiments andExperiments.

Answer-Quasi or as if experiments.

27)In experiments, the independent variable is selected rather than varied or manipulated by the Experimenter.

Answer-Quasi

28) In research, the relationship between two variables is determined for prediction purposes.

Answer-Correlational

29) The Co-efficients of Correlation are of three types:, and

Answers-Positive, Negative and Zero

30) A Correlation indicates that as the value of one variable increases, the value of another variable will also increase.

Answer-Positive

31) A correlation tells us that as the value of one variable increases, the value of the other variable decreases.

Answer-Negative.

32) When no correlation may exist between two variables, that is called Correlation.

Answer-Zero

33) Research came into existence to study opinions, attitudes and social facts.

Answer-Survey

34) The Survey Research uses different techniques such as,, and

Answers-Personal Interviews, Questionnaires, Telephonic Surveys and Controlled Observation

35) The method is one of the most frequently used methods for obtaining information from People and is used in diverse kinds of situations.

Answer-Interview

36) There are two broad types of Interviews: and

Answers-

Structured or Standardised and Unstructured or Non-standardised.

37)The list of questions prepared before hand in the Interview is called

Answer-Interview Schedule

38)The is the most common, simple, versatile and low cost self-report method of collecting information.

Answer-Questionnaire

39)A Psychological Test is a and instrument which is used to assess an individual's standing in relation to others on some mental or behavioural characteristics.

Answers-Standardised and Objective.

40)..... of the test refers to the consistency of scores obtained by an individual on the same test on two different occasions.

Answer-Reliability

41)..... of a test means what it intends or purports to measure.

Answer-Validity

42)..... is the normal or average performance of the group.

Answer-Norm

43)In theMethod, the emphasis is given on the in-depth study of a particular case.

Answer- Case Study

44)A is a valuable research tool in the field of Clinical Psychology and Human Development.

Answer-Case Study

45)Analysis of Data is done by using and Methods.

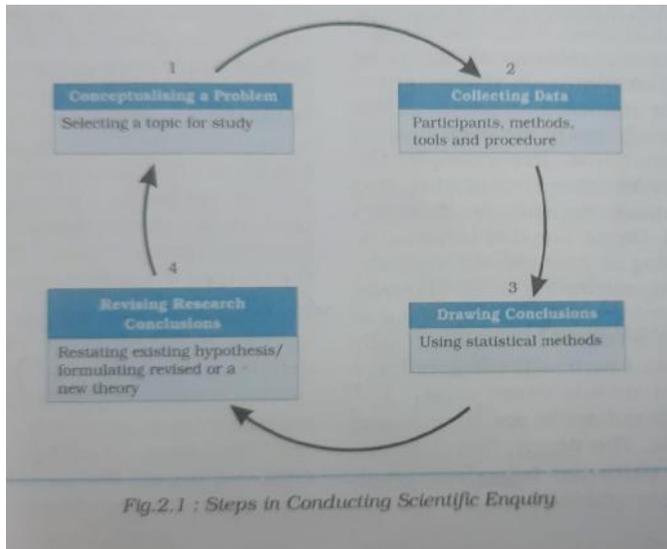
Answers-Quantitative and Qualitative.

46) One of the qualitative methods is
Answer-Narrative Analysis

47) What are the Goals (Aims) of Psychological Enquiry or Research?

- a) DESCRIPTION
- b) PREDICTION
- c) EXPLANATION
- d) CONTROL &
- e) APPLICATION.

48) What are the Steps in Conducting Scientific Enquiry?



- a) CONCEPTUALISING A PROBLEM
(Selecting a topic for Study)
- b) COLLECTING DATA
- c) DRAWING CONCLUSIONS
- d) REVISING RESEARCH CONCLUSIONS.

49) What are the different kinds of data or information collected in Psychology?

- 1) DEMOGRAPHIC

INFORMATION

2)PHYSICAL INFORMATION

3)PHYSIOLOGICAL
DATA

4)PSYCHOLOGICAL
INFORMATION.

50)What are the Important Methods in Psychology?

a)OBSERVATIONAL
METHOD

b)EXPERIMENTAL
METHOD

c)CORRELATIONAL RESEARCH

d)SURVEY RESEARCH

e)PSYCHOLOGICAL TESTING

f)CASE STUDY.

51)What are the Steps in Scientific Observation?

a)SELECTION

b)RECORDING

c)ANALYSIS OF DATA.

52)What are the different types of Observation?

1)NATURALISTIC OBSERVATION

2)CONTROLLED LABORATORY OBSERVATION

3)PARTICIPANT OBSERVATION

4)NON-PARTICIPANT OBSERVATION.

53)What is Experimental Methods and what are the different kinds of Experiments?

Experiments are generally conducted to establish the CAUSE-EFFECT relationship between two sets of events or variables in a controlled setting.

The different variables are

1)INDEPENDENT VARIABLE

2)DEPENDENT VARIABLE

3)EXTRANEOUS/ CONTROL/ RELEVANT VARIABLE.

The different kinds of Experiments are

1)FIELD EXPERIMENTS

2)LABORATORY EXPERIMENTS

3)QUASI EXPERIMENTS OR AS IF EXPERIMENTS.

54)What are the Techniques of controlling the Extraneous Variables?

a) ELIMINATION

b)HOLDING VARIABLES CONSTANT.

c) MATCHING

d)COUNTER BALANCING

e)RANDOM ASSIGNMENT.

55) What is Correlational Research? What are the three types of Correlation?

CORRELATIONAL METHOD IS THE METHOD WHICH IS USED TO DETERMINE/ FIND THE RELATIONSHIP BETWEEN TWO VARIABLES FOR PREDICTION PURPOSES.

THE THREE KINDS OF CORRELATION ARE

1)POSITIVE CORRELATION

2)NEGATIVE CORRELATION &

3)ZERO CORRELATION.

56)What is Survey Research? What are the different techniques for collecting information in Survey Research?

SURVEY RESEARCH IS THE METHOD WHICH IS USED TO STUDY OPINIONS, ATTITUDES AND SOCIAL FACTS.

CENSUS AND EXIT POLLS ARE GOOD EXAMPLES OF SURVEY METHOD.

THE TECHNIQUES USED FOR COLLECTING INFORMATION IN SURVEY RESEARCH ARE

- 1)PERSONAL INTERVIEWS
- 2)QUESTIONNAIRE SURVEY
- 3)TELEPHONE SURVEY
- 4)CONTROLLED OBSERVATIONS.

57)What is Interview and what are the broad types of Interview?

AN INTERVIEW IS A PURPOSEFUL ACTIVITY CONDUCTED TO DERIVE/ GET FACTUAL INFORMATION, OPINIONS AND ATTITUDES AND REASONS FOR PARTICULAR BEHAVIOUR ETC FROM THE RESPONDENTS.

THERE CAN BE TWO BROAD TYPES OF INTERVIEW.

- 1)STRUCTURED OR STANDARDISED.
- 2)UNSTRUCTURED OR UNSTANDARDISED.

58) What are the uses of Psychological testing and in what all contexts are Psychological Tests used?

PSYCHOLOGICAL TESTS ARE MAINLY USED FOR THE ASSESSMENT/ MEASUREMENT OF INDIVIDUAL DIFFERENCES.

PSYCHOLOGISTS HAVE CONSTRUCTED DIFFERENT TYPES OF TESTS FOR THE ASSESSMENT/ MEASUREMENT OF VARIOUS HUMAN CHARACTERISTICS SUCH AS INTELLIGENCE, APTITUDE, PERSONALITY, INTEREST, ATTITUDES, VALUES AND EDUCATIONAL ACHIEVEMENT ETC.

THESE TESTS ARE USED FOR VARIOUS PURPOSES SUCH AS PERSONNEL SELECTION, PLACEMENT, TRAINING, GUIDANCE AND DIAGNOSIS.

PSYCHOLOGICAL TESTS ARE USED IN MULTIPLE CONTEXTS INCLUDING EDUCATIONAL INSTITUTIONS, GUIDANCE CLINICS, INDUSTRIES AND DEFENCE ESTABLISHMENTS..

59) What is a Psychological Test? What are the Characteristics of a Good Psychological Test?

A PSYCHOLOGICAL TEST IS A STANDARDISED AND OBJECTIVE INSTRUMENT WHICH IS USED TO ASSESS/ MEASURE AN INDIVIDUAL'S STANDING IN RELATION TO OTHERS ON SOME MENTAL OR BEHAVIOURAL CHARACTERISTICS.

THE IMPORTANT CHARACTERISTICS OF A GOOD PSYCHOLOGICAL TEST ARE

1)OBJECTIVITY

2)STANDARDISATION

3)RELIABILITY

4)VALIDITY AND

5)NORMS.

60) What is Reliability and what are the two types of Reliability?

RELIABILITY OF THE TEST REFERS TO THE CONSISTENCY OF SCORES OBTAINED BY AN INDIVIDUAL ON THE SAME TEST ON TWO DIFFERENT OCCASIONS.

THE TWO TYPES OF RELIABILITY ARE

1)TEST- RETEST

RELIABILITY &

2)SPLIT-HALF RELIABILITY.

61) WHAT ARE THE DIFFERENT TYPES OF TESTS?

1)VERBAL, NON-VERBAL & PERFORMANCE TESTS.

2)INDIVIDUAL OR GROUP TESTS

3)SPEED AND POWER TESTS.

62) What is Case Study as a research tool?

In the Case Study Method, the emphasis is given on in depth study of a particular case. The case can be an individual with distinguishing characteristics.

A CASE STUDY employs multiple methods for collecting information such as INTERVIEW, OBSERVATION and PSYCHOLOGICAL TESTS.

Case Studies provide a narrative or detailed descriptions of the events that take place in a person's life.

63)How is Data Analysed?

We generally use two methodological approaches for the analysis of data.

1)QUANTITATIVE METHOD

2)QUALITATIVE METHOD

64)What are the limitations of Psychological Enquiry?

1)LACK OF TRUE ZERO POINT.

2)RELATIVE NATURE OF PSYCHOLOGICAL TOOLS

3)SUBJECTIVE INTERPRETATION OF QUALITATIVE DATA.

65) What are the Ethical Issues to be considered while conducting Psychological Enquiries?

Some of the aspects of ethical principles are

1)VOLUNTARY PARTICIPATION

2)INFORMED CONSENT

3)DEBRIEFING

4)SHARING THE RESULTS OF THE STUDY

5)CONFIDENTIALITY OF DATA SOURCE.

Chapter-3

THE BASES OF HUMAN BEHAVIOUR

Fill in the blanks.

1)The uniqueness of individuals results from the interaction of their
endowments and
demands.

Answers-Genetic and environmental

2)..... refers to gradual and orderly biological changes that results in a Species from their pre-existing forms.

Answer-Evolution

3)The weight of the human brain is about percent of the total body weight and it is the highest among all Species.

Answer-2.35

4)..... is the basic unit of our Nervous System.

Answer-Neuron

5)..... are specialised for reception, conduction and transmission of information in the form of electrochemical signals.

Answer-Neurons

6)The or is the main body of the nerve cell or neuron.

Answer-Soma or cell body

7)..... are the receiving ends of a neuron.

Answer-Dendrites.

8)Nerves are of two types:
..... and

Answers-Sensory and Motor

9)Sensory Nerves also called carry information from Sense Organs to Central Nervous System.

Answer-Afferent Nerves

10)Motor Nerves also called, carry information from the Central Nervous System to the Muscles and Glands.

Answer-Efferent Nerves

11)Information travels within the nervous system in the form of a

Answer- Nerve Impulse

12)The Nerve Fibre work according to the Principle.

Answer-All or None

13)The axon tip of a preceding neuron make functional connections or with the dendrites of another neuron.

Answer-Synapse.

14)The gap between the two neurons is called

Answer-Synaptic Cleft

15)The conduction of the neural impulse in the axon is while the nature of synaptic transmission is

Answers-Electro-Chemical and Chemical

16)The chemical substances in synaptic transmission are called

Answer-Neurotransmitters

17)The Nervous System is divided into nervous system and nervous system.

Answers-Central and Peripheral

18)The Central Nervous System is divided into and

Answers-Brain and Spinal Cord

19)The Nervous System is composed of all the neurons and nerve fibres that connect the Central Nervous System to the rest of the body.

Answer-Peripheral

20)The Peripheral Nervous System is divided into Nervous System and Nervous System.

Answers-Somatic and Autonomic

21)The Somatic Nervous System consists of two types of Nerves called and Nerves.

Answers-Cranial and Spinal

22)The Autonomic Nervous System has two divisions namely and

Answers-Sympathetic and Parasympathetic

23)TheNervous System deals with emergencies.

Answer-Sympathetic

24)The Division is mainly concerned with conservation of energy.

Answer-Parasympathetic

25)The brain is divided into, and Forebrain.

Answers-Hind brain, Mid brain and Fore brain

26)The regulates the basic life supporting activities like breathing, heart rate and blood pressure.

Answer-Medulla Oblongata

27)..... is involved in sleep mechanism particularly the sleep characterised by dreaming.

Answer-Pons

28)The posture and equilibrium of the body is maintained and controlled by the

Answer-Cerebellum

29)An important part of the Mid Brain known as the
..... is responsible for our arousal.

Answer-Reticular Activating System

30)..... plays a vital role in our behaviour regulating physiological processes involved in emotional and motivational behaviour.

Answer-Hypothalamus

31)..... is an egg-shaped structure of the fore brain working as a Relay Station receiving and sending sensory and motor signals.

Answer-Thalamus

32)Besides the hypothalamus, the limbic system comprises of
and

Answers-Hippocampus and Amygdala

33)The plays an important role in long term memory.

Answer-Hippocampus

34)The plays an important role in emotional behaviour especially aggression.

Answer-Amygdala

35) The two hemispheres of the brain are connected by a bundle of muscle fibres called

Answer-Corpus Callosum

36) The hemisphere controls language behaviour and the hemisphere is usually specialised to deal with Images, Spatial Relationships and Pattern Recognition.

Answers- Left Hemisphere and Right Hemisphere

37)The
lobe is mainly concerned with cognitive functions such as attention, thinking, memory, learning and reasoning.

Answer-Frontal

38)The lobe is mainly concerned with cutaneous sensations and their co-ordination with visual and auditory sensations.

Answer-Parietal

39)The lobe is primarily concerned with the processing of auditory information while the lobe is mainly concerned with visual information.

Answer-Occipital

40)The lobe is primarily concerned with the processing of auditory information.

Answer-Temporal

41)A is an involuntary action that occurs very quickly after its specific kind of stimulation.

Answer-Reflex

42)The
..... is known as the House Keeper of the Nervous System

43)The is a long rope-like collection of nerve fibres, which run along the full length inside the Spine.

Answer-Spinal Cord

44)What we learn from our Culture is calledand what we learn from another Culture is

Answers-Enculturation and Acculturation

.....

45)..... cultural transmission is from parents to children and
cultural transmission is from peers to peers.

Answers-Vertical and Horizontal

46)The Endocrine Gland is called the Master Gland.

Answer-Pituitary

47)Endocrine Glands are calledGlands.

Answer-Ductless Gland

48)The Gland produces THYROXIN that influences the metabolic rate.

Answer-Thyroid

49)Underproduction ofleads to Physical and Psychological Lethargy.

Answer-Thyroxin

50)Thegland has two parts, ADRENAL CORTEX and ADRENAL MEDULLA.

Answer-Adrenal

51)The Adrenal Cortex secretes a group of hormones called

Answer-Corticoids.

52)Adrenal Medulla secretes and

.....

Answers- EPINEPHRINE and
NOREPINEPHRINE

53)The Endocrine Gland secretes the hormone Insulin.

Answer-Pancreas.

54)The Endocrine Glands
refer to testes in Males and Ovaries in Females.

Answer-Gonads

55)The study of the Inheritance of physical and psychological characteristics from Ancestors is referred to as

.....

Answer-Genetics

56)There are pairs of Chromosomes in Human Beings.

Answer-23 pairs

57) are composed mainly of a substance called Deoxyribonucleic Acid.

Answer-Chromosomes

58) Change of a gene from one form to another is called

Answer-Mutation.

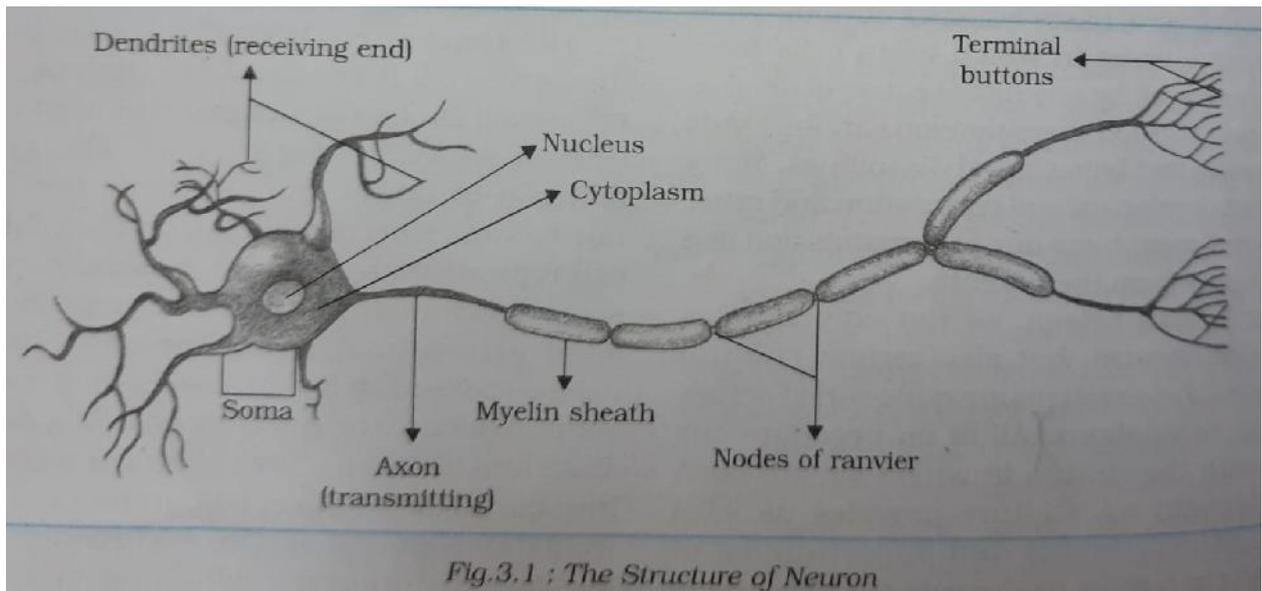
59)What are the three important features of modern human beings from their ancestors?

a)A bigger and developed brain with increased capacity for cognitive behaviours like Perception, Memory, Reasoning, Problem Solving and Use of Language.

b)The ability to walk upright with two legs.

c)A free hand with a workable opposing thumb.

60)Draw the Structure of a Neuron?



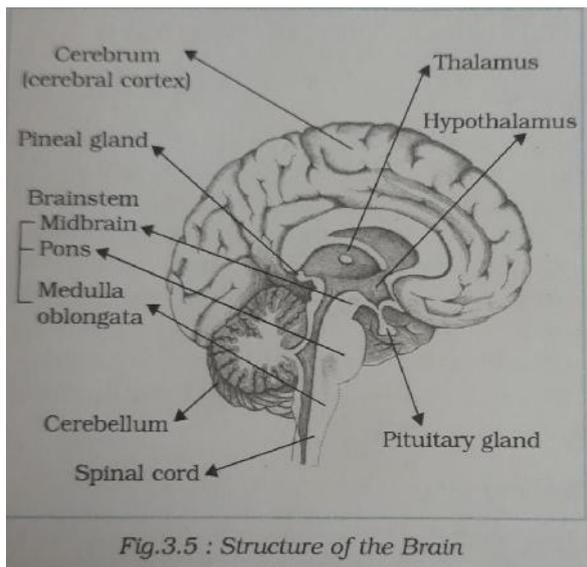
61)What are the three kinds of Neurons?

a)SENSORY NEURON
(AFFERENT NEURON)

b)MOTOR NEURON
(EFFERENT NEURON)

c)INTER-NEURON

62)Explain the Structure of the Brain and it's influence on Human Behaviour?



The brain can be divided into

- 1)HIND BRAIN
- 2)MID BRAIN
- 3)FORE BRAIN..

1)Hind Brain-

MEDULLA OBLONGATA-

Basic Life Supporting Activities like Breathing, Heart Rate and Blood Pressure.

PONS- It is involved in sleep mechanism particularly the sleep characterised by dreaming.

CEREBELLUM-

It maintains and controls posture and equilibrium of the body.

Mid Brain-

RETICULAR ACTIVATING SYSTEM(RAS)-
It's responsible for our arousal.

Fore Brain

HYPOTHALAMUS-
It regulates physiological processes involved in emotional and motivational behaviour. Also regulates and controls the internal environment of the body (heart rate, blood pressure, temperature) and regulates the secretion of hormones from various endocrine glands.

THALAMUS- It is like a Relay Station.

LIMBIC SYSTEM-

HYPOTHALAMUS,

HIPPOCAMPUS-
It plays an important role in LONG TERM MEMORY.

AMYGDALA-
It plays an important role in Emotional Behaviour.

CEREBRUM-
ALSO KNOWN AS CEREBRAL CORTEX.
It regulates all higher levels of Cognitive Functions such as Attention, Perception, Learning, Memory, Language Behaviour, Reasoning and Problem Solving.

TWO HEMISPHERES connected by CORPUS CALLOSUM.

LEFT HEMISPHERE -
It controls language behaviour.

RIGHT HEMISPHERE-
Deals with Images, Spatial relationships and Pattern Recognition.

CEREBRAL CORTEX has also been divided into four lobes.

1]FRONTAL LOBE

2]PARIETAL LOBE

3]TEMPORAL LOBE

4) OCCIPITAL LOBE

1) FRONTAL LOBE-

The frontal lobe is mainly concerned with cognitive functions such as Attention, Thinking, Memory, Learning and Reasoning but also exerts inhibitory effects on autonomic and emotional responses.

2) PARIETAL LOBE-

The Parietal Lobe is mainly concerned with cutaneous sensations and their co-ordination with visual and auditory sensations.

3) TEMPORAL LOBE-

The temporal lobes is primarily concerned with Auditory Information.

4) OCCIPITAL LOBE-

The Occipital is mainly concerned with visual information.

63) What is Culture?

Culture is a shared way of life of a group of socially interacting people and is transmitted from generation to generation through socialisation and related processes.

64) What are the two kinds of Cultural Transmission?

The two types of Cultural Transmission are

1) Vertical Cultural Transmission-

Cultural Transmission from Parents to Children.

2) Horizontal Cultural Transmission-

From peers to peers (age mates to age mates).

65) What is Enculturation?

Enculturation refers to all learning that takes place without direct, deliberate teaching.

Enculturation refers to all learning that occurs in human life because of its availability in our socio-cultural contexts.

The important element of Enculturation is learning by observation.

66) What is Socialisation and What are the agents of Socialisation?

Socialisation is a process by which individuals acquire knowledge, skills and dispositions which enable them to participate as effective members of groups and society. It is a process which continues over the entire life-span.

The important Socialisation Agents are

1)PARENTS

2)SCHOOL

3)PEER GROUPS

4)MEDIA INFLUENCES.

67)What is Acculturation and what are the Acculturative Strategies?

Acculturation refers to cultural and psychological changes resulting from contact with other cultures.

The Acculturative Strategies are

1)INTEGRATION

2)ASSIMILIATION

3)SEPARATION

4)MARGINALISATION.

Chapter-4

HUMAN DEVELOPMENT

Fill in the blanks

1)..... is the pattern of progressive, orderly and predictable changes that begin at conception and continue throughout life.

Answer-Development

2)Development is influenced by an interplay of,
..... and processes.

Answers-Biological, Cognitive and Socio-Emotional

3)The various processes of human development i.e biological, cognitive and socio-emotional are
in the development of a person throughout of life-span.

Answer-interwoven

4)..... is multi-directional.

Answer-Development

5)The variations in physical and psychological characteristics in Human Beings are due to the interaction of and

Answer-Heredity and Environment

6)The actual genetic material or a person's genetic heritage is known as

Answer-Genotype

7)..... is the way an individual's genotype is expressed in observable and measurable characteristics.

Answer-Phenotype

8)..... include physical traits such as height, weight, eye and skin colour and many of the psychological characteristics such as intelligence, creativity and personality.

Answer-Phenotypes

9)According to Bronfenbrenner, the various systems in a person's environment are and

Answers-Microsystem, Mesosystem, Exosystem, Macrosystem and Chronosystem.

10)According to Bronfenbrenner, the is the immediate environment/setting in which the individual lives.

Answer-Microsystem

11)The consists of relations between the contexts of the Microsystem.

Answer-Mesosystem

12)The includes events in social settings where the Child does not participate directly, but they influence the child's experiences in the immediate context.

Answer-Exosystem

13).....includes the culture in which the individual lives.

Answer-Macrosystem

14)..... involves events in the individual's life course and socio-historical circumstances of the time.

Answer-Chronosystem

15)..... has presented an ecological model for understanding the development of Children in the Indian Context.

Answer-Durganand Sinha.

16)It may be noted that certain patterns of certain behaviour and certain skills are learnt more easily and successfully during certain stages and these accomplishments of a person become the social expectations of that stage of development. They are known as

Answer-Developmental Tasks

17)The period from Conception to Birth is known as the

Answer-Prenatal Stage

18)The lasts for about 40 weeks.

Answer-Prenatal period

19)..... are environmental agents that cause deviations in normal development that can lead to serious abnormalities or death.

Answer-Teratogens

20)The newborn's movements are governed by which are automatic, built-in responses to Stimuli.

Answer-Reflexes

21)Some reflexes present in the new born such as, and persist(remain) through out their lives.

Answer-Coughing, Blinking and Yawning

22)..... stressed that Children actively construct their understanding of the world.

Answer-Jean Piaget

23)..... believed that a Child's mind passes through a series of stages of thought from Infancy to Adolescence.

Answer-Piaget

24)..... is the awareness that the objects continue to exist when not perceived.

Answer-Object Permanence

25)The close emotional bond of affection that develop between infants and their parents(caregivers) is called

Answer-Attachment

26)According to Erikson, the first year of development is the key time for the development and represents the stage of developing

Answer-Trust vs Mistrust

27)Early Physical Development follows two Principles namely and

Answers-Cephalocaudal and Proximodistal

28) Development proceeds i.e from the Cephalic or Head region to the Caudal or Head Region.

Answer-Cephalocaudally

29)Growth proceeds from the Centre of body and moves towards the Extremities or more distal regions known as the trend.

Answer-Proximodistal

30)..... Motor Skills during the early childhood years involve the use of arms and legs(involving movements of large muscles).

Answer-Gross

31)..... Motor Skills involve the movements of fine movements as in finger dexterity and eye-hand coordination.

Answer-Fine Motor Skills

32)The ability of the Child to engage in thought helps to expand her/his mental world.

Answer-Symbolic

33)A salient feature of preoperational thought is that is, Children see the world only in terms of their own selves and are not able to appreciate others' point of view.

Answer-Egocentricism

34)..... is the thinking attributing life-like qualities to inanimate objects.

Answer-Animism

35)The feature of pre-operational thought focusing on a single characteristic or feature for understanding an event is called

Answer-Centration

36)As the Child grows and is approximately between 7 and 11 years of age, thought is replaced by logical thought.

Answer-Logical Thought

37)According to, they pass through the various stages of Moral Development.

Answer-Lawrence Kohlberg

38)The term adolescence derives from the Latin word meaning "to grow into maturity".

Answer-Adolescere

39)..... is commonly defined as the Stage of Life that begins at the onset of puberty, when sexual maturity is attained.

Answer-Adolescence

40)Adolescents' thought becomes more, and

Answers-Abstract, Logical and Idealistic

41)Piaget believed that
..... appears between the age of 11 and 15.

Answer-Formal Operational Thought

42)Piaget called the logical thinking as
.....

Answer-Hypothetical Deductive Reasoning

43)According to David Elkind, and are the two components of Adolescent Egocentrism.

Answers-Imaginary Audience and Personal Fable

44)..... is adolescent's belief that others are as preoccupied with them as they are about themselves

Answer-Imaginary Audience

45)The is part of the Adolescents' egocentrism that involves their sense of uniqueness.

Answer-Personal Fable

46)..... is who you are and what your values, commitments and beliefs are.

Answer-Identity

47)Forming an is the developmental task of Adolescence.

48)According to Erikson, Adolescence is a period of

Answer-Identity Formation Vs Identity Crisis

49)The major challenges faced by Adolescents are,
..... and

Answers-Delinquency, Substance Abuse and Eating Disorders.

50)..... refers to a variety of behaviours ranging from socially unacceptable behaviour, legal offences to criminal acts.

Answer-Delinquency

51)It has been found that adolescents who are more vulnerable to, and are impulsive, aggressive, anxious, depressive and unpredictable, have low self-esteem and low expectation for achievement.

Answers-Drugs, Alcohol and Nicotin Use

52)....., and are Eating Disorders.

Answers-Anorexia Nervosa, Bulimia Nervosa and Binge Eating

53)..... is an eating disorder that involves relentless pursuit of thinness through starvation.

Answer-Anorexia Nervosa

54)..... is an eating disorder in which the individual follows a binge and purge eating pattern.

Answer-Bulimia Nervosa

55)In, two major tasks are exploring the possibilities for adult living and developing a stable life structure.

Answer-Early Adulthood

56)Some of the challenges of are retirement, widowhood, illness and death in the family.

Answer-Old Age

57)WHAT IS DEVELOPMENT?

DEVELOPMENT IS

THE PATTERN OF PROGRESSIVE, ORDERLY AND PREDICTABLE CHANGES THAT BEGIN AT CONCEPTION AND CONTINUE THROUGHOUT LIFE.

Development mostly involves changes-both growth and decline as observed during old age.

Development is influenced by an interplay of biological, cognitive and socio-emotional processes.

58)DESCRIBE THE LIFE-SPAN PERSPECTIVE ON DEVELOPMENT?

The Study of Development according to the LIFE-SPAN PERSPECTIVE (LSP)includes the following assumptions..

a)DEVELOPMENT IS LIFE-LONG.

Development takes place across all age groups starting from Conception to Old Age. It includes both gains and losses which interact in dynamic ways throughout the life-span.

b)THE VARIOUS PROCESSES OF HUMAN DEVELOPMENT(i.e biological, cognitive and socio-emotional)ARE INTERWOVEN IN THE DEVELOPMENT OF A PERSON THROUGHOUT THE LIFE-SPAN.

c)DEVELOPMENT IS MULTI-DIRECTIONAL.

Some dimensions or components of a given dimension of development may increase while others show decrement. For example, the experiences of adults may make them wiser and guide their decisions. However, with increase in age, one's performance is likely to decrease on tasks requiring speed such as running.

d) DEVELOPMENT IS HIGHLY PLASTIC

i.e within person, modifiability is found in Psychological Development, though plasticity varies among individuals. This means Skills and Abilities can be improved or developed throughout the life-span.

e)DEVELOPMENT IS INFLUENCED BY HISTORICAL CONDITIONS.

f)DEVELOPMENT IS THE CONVERN OF A NUMBER OF DISCIPLINES.

Different disciplines like PSYCHOLOGY, ANTHROPOLOGY, SOCIOLOGY AND NEURO-SCIENCES study human development, each trying to provide answers to development throughout the life-span.

g)AN INDIVIDUAL RESPONDS AND ACTS ON CONTEXTS which include what was inherited, the physical environment, social, historical and cultural contexts.

59) What are the factors influencing development?

THE FACTORS INFLUENCING DEVELOPMENT ARE HEREDITY AND ENVIRONMENT.

60)What is Genetics?

The Study of the Inheritance of a Physical and Psychological Characteristics from Ancestors is referred to as Genetics.

61)What is Genotype and Phenotype?

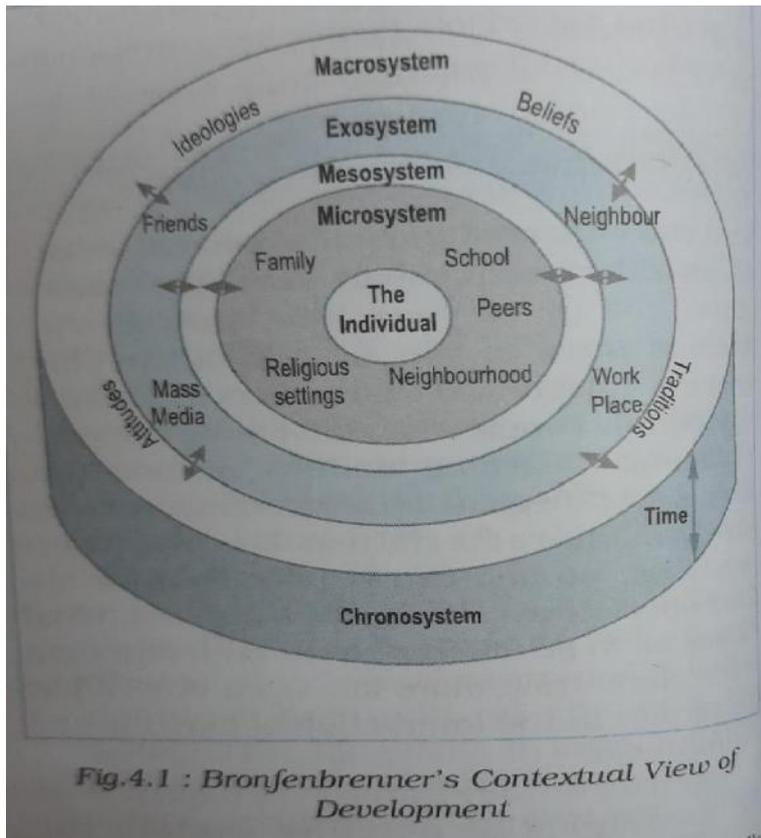
The Genotype-Phenotype distinction is drawn in Genetics.

Genotype is an organism's full hereditary information. The actual genetic material or a person's genetic heritage is known as Genotype..

Phenotype is the way an individual's Genotype is expressed in observable and measurable characteristics.

Phenotypes include physical traits such as height, weight, eye and skin colour and many of the psychological characteristics such as Intelligence, Creativity and Personality.

62)What is the context of Development according to BRONFENBRENNER?



URIE BRONFENBRENNER'S contextual view of development emphasises the role of environmental factors in the development of an individual.

It includes the following

a) MICRO-SYSTEM

b) MESOSYSTEM

c) EXOSYSTEM

d) MACROSYSTEM

a) MICRO-SYSTEM

(family, peers, teachers and neighbourhood).

b) MESOSYSTEM-consists of relations between a child's parents and teachers, a child's parents and friends.

c) ECOSYSTEM- It includes events on social settings where the child does not participate directly, but they influence the child's experiences in the immediate context. For example the transfer of father or mother may cause tension among the parents which might affect their interactions with the child or the general amenities(facilities)

available to the child like quality of schooling, libraries, medical care, means of entertainment etc.

d)MACROSYSTEM-includes the CULTURE in which the individual lives.

e)CHRONOSYSTEM-

Involves events in the individual's life course and socio-historical circumstances of the TIME.

63) WHAT ARE THE STAGES OF DEVELOPMENT?

1)PRE-NATAL STAGE

2)POST- NATAL STAGE

a)INFANCY

b)CHILDHOOD

c)ADOLESCENCE

d)ADULthood.

64)What is prenatal period?

The period from Conception to Birth is known as the Prenatal Period. Typically it lasts for about 40 Weeks.

65)What is prenatal period and what are the factors affecting prenatal stage?

The period from Conception to Birth is known as the Prenatal Period. Typically it lasts for about 40 Weeks.

The Genetic blueprint guides our development during the Prenatal Period and after birth. Both Genetic and Environmental factors affect our development during different periods of PRE-NATAL STAGE.

PRE-NATAL development is also affected by maternal characteristics, which include mother's age, nutrition and emotional state. Disease or infection carried by the mother can adversely affect prenatal development. For example, Rubella (German Measles), Genital Herpes and Human Immunodeficiency Virus (HIV) are believed to cause genetic problems to the new born.

Another source of threat to Prenatal Development is TERATOGENS-

Environmental agents which cause deviations in normal development that can lead to serious abnormalities or death.

Common TERATOGENS include drugs, infections, radiations and pollution.

Intake of drugs

(Marijuana, Heroin, Cocaine etc), Alcohol, Tobacco etc by women during pregnancy may have harmful effects on the foetus and increase the frequency of congenital abnormalities.

Radiations(such as X-rays) and certain chemicals near industrial areas can cause permanent change in the genes.

Environmental pollutants and toxic wastes like Carbon Monoxide, Mercury and Lead are also sources of danger to the unborn child.

[7:46 pm, 22/05/2022] Lekshmi Mother: 66)WHAT ARE TERATOGENS?

TERATOGENS ARE ENVIRONMENTAL AGENTS THAT CAUSE DEVIATIONS IN NORMAL DEVELOPMENT THAT CAN LEAD TO SERIOUS ABNORMALITIES OR EVEN TO DEATH IN THE PRE-NATAL STAGE.

Common TERATOGENS include drugs, infections, radiations and pollution.

67) What are the two Principles followed in early physical development of

THE TWO PRINCIPLES OF EARLY PHYSICAL DEVELOPMENT ARE

1)CEPHALOCAUDAL

2)PROXIMODISTAL

68) What are the two Motor Skills with regard to Motor Development in early Childhood?

THE TWO MOTOR SKILLS RELATED TO MOTOR DEVELOPMENT IN EARLY CHILDHOOD ARE

1]GROSS MOTOR SKILLS

2]FINE MOTOR SKILLS

69)What are the Characteristics of Cognitive Development in Early Childhood (2-7 yrs)

a]Object Permanence is attained.

b]Pre-Operational Thought

c]Symbolic Thought

d] Ego-Centricism

e]Animism or Animistic Thinking

e]Intuitive Thought

f]Centration.

70]What are the Characteristics Of Cognitive Development in Middle and Late Childhood(7-11 yrs)?

a]Intuitive Thought replaced by Logical Thought.

b]Concrete Operational Thought

c]Concrete Mental Operations are also Mental Actions that are reversible.

d]Concrete Operations allow the Child to focus on different characteristics(No Centration)

e]Decline of Ego-Centricism

f]Thinking becomes more flexible and Children can think about alternatives when solving problems.

g]The growing cognitive abilities of children facilitate the acquisition of language.

71)What are the Characteristics and Challenges Of Adolescence?

1]Physical Development-
Primary and Secondary Sexual Characteristics.

2] Cognitive Development-

Adolescent Thought becomes more abstract, logical and idealistic(ALI).

Adolescent Thought is Formal Operational Thought according to Jean Piaget.

The Adolescent Thought becomes more systematic and thinking involves various alternatives and seeks solutions to problems. Piaget called this type of logical thinking- Hypothetical Deductive Reasoning.

Adolescents also develop a special kind of Ego-Centricism.

According to DAVID ELKIND,
IMAGINARY AUDIENCE & PERSONAL FABLE are the components of Adolescent Ego-Centricism.

FORMING AN IDENTITY OR IDENTITY FORMATION IS THE DEVELOPMENTAL TASK OF ADOLESCENCE.

According to Erikson, ADOLESCENCE is the period of Identity Formation Vs Identity Crisis.

SOME OF THE MAJOR CHALLENGES FACED BY ADOLESCENTS ARE

1] DELINQUENCY

2]SUBSTANCE ABUSE

3]EATING DISORDERS

a) ANOREXIA NERVOSA

b)BULIMIA NERVOSA.

ANOREXIA NERVOSA is an eating disorder involving deliberate refusal of food.

BULIMIA NERVOSA is an eating disorder in which the individual follows a binge and purge eating pattern. The bulimic goes on an eating binge then purges by self-induced vomiting or using a laxative at times alternating it with fasting.

ANOREXIA NERVOSA and BULIMIA NERVOSA are primarily female disorders more common in urban families.

Chapter-5

SENSORY, ATTENTIONAL & PERCEPTUAL PROCESSES

Fill in the blanks

1)The information collected by our forms the basis of all our knowledge.

Answer-Sense Organs

2)Besides the five external sense organs, we have also two deep senses called the and systems.

Answers-Kinesthetic and Vestibular

3)The initial experience of a stimulus or an object registered by a particular sense organ is called

Answer-Sensation

4)..... is the discipline which studies the relationship between stimuli and the sensations they evoke.

Answer-Psychophysics

5)The minimum value of a stimulus required to activate a given sensory system is called

Answer-,Absolute Threshold or Absolute Limen

6)The smallest difference in the value of two stimuli that is necessary to notice them as different is called

Answer-Difference Threshold or Difference Limen

7)The innermost layer contains the photoreceptors rods and cones.

Answer-Retina

8)The divides the eye into two unequal chambers namely aqueous chamber and vitreous chamber.

Answer-Lens

9)The process of accommodation of the lens is regulated by the

Answer-Ciliary Muscles

10)..... are the receptors for (scotopic) night vision.

Answer-Rods

11)..... are the receptors for photopic(day light) vision.

Answer-Cones

12)The Cones are highly concentrated in the central region of the Retina surrounding the or the Yellow Spot.

Answer-Fovea.

13)The process of getting adjusted to different intensities of light is called

Answer-Visual Adaptation

14)..... refers to the process of adjusting to bright light after exposure to dim light.

Answer-Light Adaptation

15)..... refers to the process of adjusting to a dimly illuminated environment after exposure to bright light.

Answer-Dark Adaptation

16)The rods have a photo-sensitive chemical substance called or visual purple.

Answer-Rhodopsin

17)..... is a property of chromatic colours.

Answer-Hue

18)..... is a psychological attribute that refers to the relative amount of hue of a surface or object.

Answer-Saturation

19)..... is the perceived intensity of light.

Answer-Brightness

20)The effect of a visual stimulus persisting for some time even after removal of that stimulus from the visual field is called

Answer-After Image

21)..... is a general measure of stimulus magnitude.

Answer-Amplitude

22)..... refers to the highness or lowness of a sound.

Answer-Pitch

23)..... is the nature or quality of a sound.

Answer-Timbre

24)The process through which certain stimuli are selected from a group of others is generally referred to as

Answer-Attention

25)..... refers to " effort allocation".

Answer-Attention

26)..... can be selective, sustained and divided.

Answer-Attention

27)Sustained Attention is also called

Answer-Vigilance

28)The process by which we recognise, interpret and give meaning to the information provided by sense organs is called

Answer-Perception

29)The process of organising visual field into meaningful wholes is known as

Answer-Form Perception

30) Perception of the objects as relatively stable in spite of changes in the stimulation of sensory receptors is called

Answer-Perceptual Constancy

31) Misperceptions resulting from misinterpretation of information received by our sensory organs are generally known as

Answer-Illusion

32) Some perceptual illusions are Universal and some are

Answer-Personal

33) Muller-Lyer illusion and Vertical-Horizontal illusion are examples of

Answer-Geometric illusions

34)..... is the illusion experienced when some motionless pictures are projected one after another at an appropriate rate.

Answer-Phi-Phenomenon

35) What is Visual Adaptation?

The process of getting adjusted to different intensities of light is called Visual Adaptation.

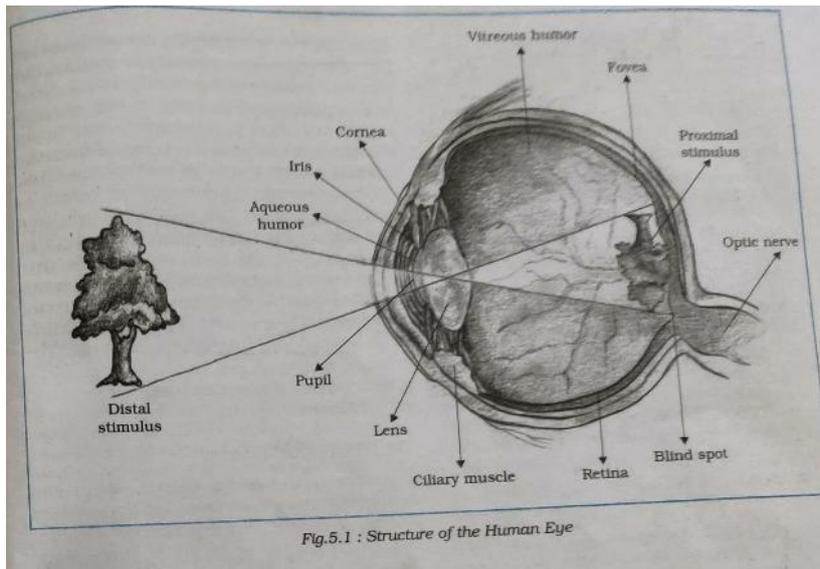
36) What is Light Adaptation?

Light Adaptation refers to the process of adjusting to bright light after exposure to dim light. This process takes nearly a minute or two.

37) What is Dark Adaptation?

Dark Adaptation refers to the process of adjusting to a dimly illuminated environment after exposure to bright light. This may take half an hour or even longer depending on the previous level of exposure of the Eye to light.

38) Explain the Structure of Eye with the help of the diagram?



Our Eye is made up of three Layers.

The outer layer there is the transparent CORNEA and a tough SCLERA that surrounds the rest of the Eye. It protects the Eye and maintains its shape.

The middle layer is called CHOROID which is richly supplied with blood vessels.

The inner layer is known as RETINA. It contains the photoreceptors(RODS and CONES) and an elaborate network of interconnecting Neurons.

The Eye is compared with a Camera. For example both the Eye and Camera have a Lens. The Lens divides the Eye into two unequal Chambers called ACQUEOUS CHAMBER and VITREOUS CHAMBER.

The ACQUEOUS CHAMBER is located between the LENS and the CORNEA. It is smaller in size and filled with a water-like substance called ACQUEOUS HUMOR.

The VITREOUS CHAMBER is located between the LENS and the RETINA. It is filled with a jelly-like protein called VITREOUS HUMOR. These fluids help in holding the LENS at its appropriate place and in proper shape. These also allow enough flexibility for the occurrence of the process of ACCOMODATION- a process through which a LENS changes its shape in order to focus the objects at varying distances. This process is regulated by the CILIARY MUSCLES which are attached to the LENS.

The CILIARY MUSCLES flatten the lens to focus on the distant objects and thicken it, to focus the near objects. Like a Camera, the Eye also has a mechanism to control the amount of light entering into it.

The IRIS(disc-like coloured membrane lying between CORNEA and the LENS) serves this purpose.It controls the amount of light entering the Eye by regulating pupil dialation. In dim light, the pupil dialates, in bright light, it contracts.

RETINA is the inner most part of an Eye. It is made up of RODS and CONES. RODS are receptors for scotopic vision(NIGHT VISION) and CONES are the receptors for photopic vision (DAY LIGHT VISION).

Each Eye contains about 100 million RODS and about 7 million CONES. The CONES are highly concentrated in the central region of the RETINA surrounding the FOVEA, which is a small circular region of the size of a Pea. It's known as the YELLOW SPOT. It is the region of maximum visual acuity.

Besides photoreceptors, RETINA also contains a bundle of the AXON that forms the OPTIC NERVE which leads to the Brain. The OPTIC NERVE leaves rhe RETINA from the area that has no photoreceptors. In this area, visual sensitivity is completely absent. This area is called BLIND SPOT.

39)What is Attention? What are the Attentional Processes?

THE PROCESS THROUGH WHICH CERTAIN STIMULI ARE SELECTED FROM A GROUP OF OTHERS IS GENERALLY REFERRED TO AS ATTENTION.

ALERTNESS,CONCENTRATION AND SEARCH ARE THE PROCESSES RELATED TO ATTENTION.

ALL THESE ACTIVITIES REQUIRE SOME KIND OF EFFORT ON THE PART OF PEOPLE. ATTENTION IS ALSO CALLED EFFORT ALLOCATION.

40)WHAT ARE TWO TYPES OF ATTENTION?

SELECTIVE AND SUSTAINED ATTENTION.

Sometimes we can also attend to two different things at the same time. It's called DIVIDED ATTENTION.

41)What is Selective Attention and What are the factors affecting Selective Attention?

SELECTIVE ATTENTION is concerned with the selection of a limited number of stimuli or objects from a large number of stimuli.

a)EXTERNAL FACTORS are related to the features of stimuli.

1)THE SIZE, INTENSITY AND MOTION OF STIMULI APPEAR TO BE IMPORTANT DETERMINANTS OF ATTENTION.
LARGE, BRIGHT AND MOVING STIMULI APPEAR TO BE IMPORTANT DETERMINANTS OF ATTENTION.

2)STIMULI WHICH ARE NOVEL AND MODERATELY ALSO EASILY CATCH OUR ATTENTION.

3)STUDIES INDICATE THAT HUMAN PHOTOGRAPHS ARE MORE LIKELY TO BE ATTENDED TO, THAN THE PHOTOGRAPHS OF INANIMATE OBJECTS.

4) RHYTHMIC AUDITORY STIMULI ARE MORE READILY ATTENDED TO THAN VERBAL NARRATIONS.

5)SUDDEN AND INTENSE STIMULI HAVE A WONDERFUL CAPACITY TO DRAW ATTENTION.

b)INTERNAL FACTORS lie within the individual. These may be divided into

1)MOTIVATIONAL FACTORS

AND

2)COGNITIVE FACTORS.

1)MOTIVATIONAL FACTORS relate to our biological and social needs.

2) COGNITIVE FACTORS INCLUDE FACTORS LIKE INTEREST, ATTITUDE AND PREPARATORY SET.

42)What are the theories of SELECTIVE ATTENTION?

1)FILTER THEORY-
BROADBENT

2)FILTER ATTENUATION THEORY-
TREISMAN.

3)MULTI-MODE THEORY-
JOHNSTOB AND HEINZ.

43)What is Sustained Attention and what are the factors affecting Sustained Attention?

SUSTAINED ATTENTION REFERS TO OUR ABILITY TO MAINTAIN ATTENTION ON AN OBJECT OR EVENT LONGER DURATIONS. IT IS ALSO CALLED VIGILANCE.

Some people have to concentrate on a particular task for many hours. AIR TRAFFIC CONTROLLERS AND RADAR READERS provide us with good examples with this Phenomenon.

FACTORS AFFECTING SUSTAINED

1)SENSORY MODALITY

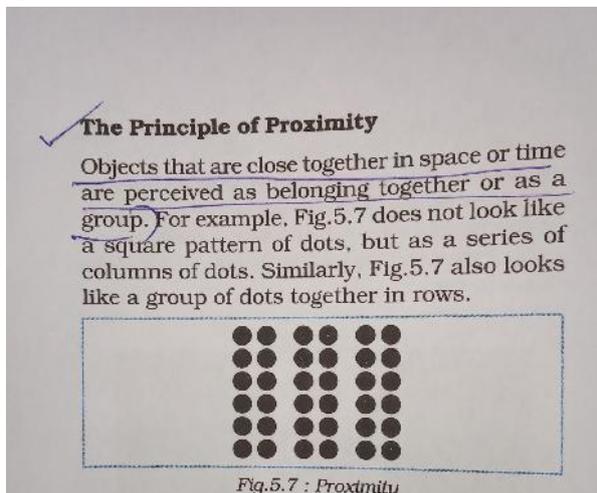
2)CLARITY OF STIMULI

3)TEMPORAL UNCERTAINTY

4)SPATIAL UNCERTAINTY.

44)What are the Principles of Perceptual Organization?

1) THE PRINCIPLE OF PROXIMITY(closeness)



2) THE PRINCIPLE OF SIMILARITY

The Principle of Similarity

Objects that are similar to one another and have similar characteristics are perceived as a group. In Fig.5.8 the little circles and squares are evenly spaced both horizontally and vertically so that the proximity does not come into play. Instead, we tend to see alternating columns of circles and squares.

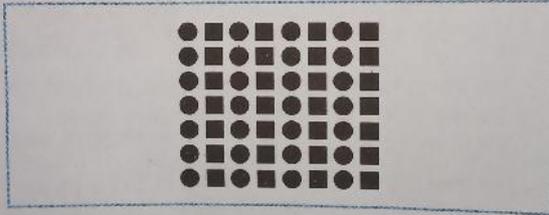


Fig.5.8 : Similarity

3) THE PRINCIPLE OF CONTINUITY

The Principle of Continuity

This principle states that we tend to perceive objects as belonging together if they appear to form a continuous pattern. For instance, we are more likely to identify two lines *a-b* and *c-d* crossing than to identify four lines meeting at the center *p*.

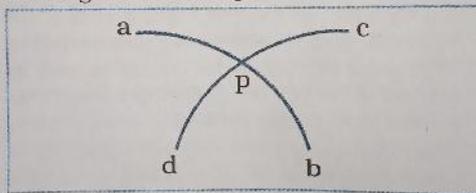


Fig.5.9 : Continuity

4)THE PRINCIPLE OF SMALLNESS

The Principle of Smallness

According to this principle, smaller areas tend to be seen as figures against a larger background. In Fig.5.10 we are more likely to see a black cross rather than a white cross within the circle because of this principle.



Fig.5.10 : Smallness

5) THE PRINCIPLE OF SYMMETRY

The Principle of Symmetry

This principle suggests that symmetrical areas tend to be seen as figures against asymmetrical backgrounds. For example, in Fig.5.11 the black areas are seen as figures (as they have symmetrical properties) against their white asymmetrical background.

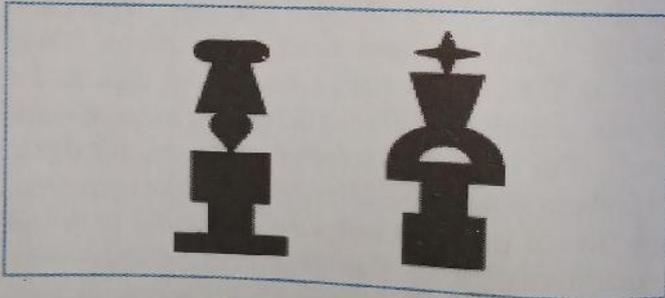


Fig.5.11 : Symmetry

6) THE PRINCIPLE OF SURROUNDEDNESS

The Principle of Surroundedness

According to this principle, the areas surrounded by others tend to be perceived as figures. For example, the image in Fig.5.12 looks like five figures against the white background rather than the word 'LIFT'.

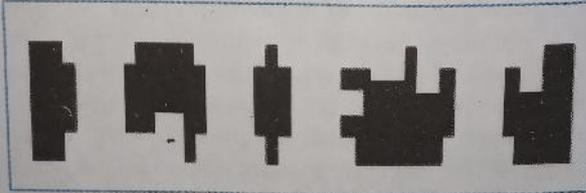


Fig.5.12 : Surroundedness

7)THE PRINCIPLE OF CLOSURE

The Principle of Closure

We tend to fill the gaps in stimulation and perceive the objects as whole rather than their separate parts. For example, in Fig.5.13 the small angles are seen as a triangle due to our tendency to fill the gaps in the object provided by our sensory input.

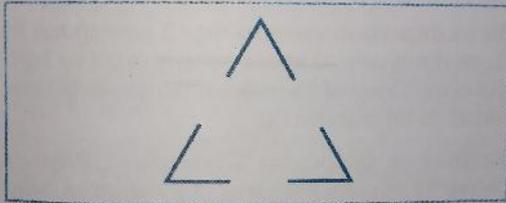


Fig.5.13 : Closure

45)Name the Monocular Cues or Psychological Cues?

Monocular Cues of depth perception are effective when the objects are viewed with only one eye. These cues are often used by Artists. So they are also called Pictorial Cues.

Some important Monocular Cues are

- a)Relative Size
- b)Interposition or Overlapping
- c)Linear Perspective
- d)Aerial Perspective

e)Light and Shade

f)Relative Height

g)Texture Gradient.

46) Name the Binocular Cues or Physiological Cues?

Some important cues to depth perception in three dimensional space are provided by both the eyes.

The three important Binocular Cues are

a)Retinal or Binocular Disparity

b) Convergence

c)Accommodation

47)What are the different Perceptual Constancies?

a)Size Constancy

b)Shape Constancy

c)Brightness Constancy

48)Name some important visual illusions.

a)Geometric Illusion

b)Apparent Movement Illusion.

Chapter-6 LEARNING

Fill in the blanks

1)..... may be defined as any relatively permanent change in behaviour or behaviour potential produced by experience.

Answer-Learning

2)Behavioural Changes that occur due to learning are relatively

Answer-Permanent

3)The simplest kind of learning is

Answer-Conditioning

4)Classical Conditioning was first investigated by

Answer-Ivan Pavlov

5)Operant/Instrumental Conditioning was first investigated by

Answer-B.F Skinner

6)..... Reinforcement involves Stimuli that have pleasant consequences.

Answer-Positive

7)Responses that lead organisms to get rid of painful stimuli or avoid and escape from them provide
Reinforcement.

Answer-Negative

8)When a desired response is reinforced everytime it occurs, we call it
Reinforcement.

Answer-Continuous

9)..... Reinforcement occurs when a desired response is reinforced intermittently.

Answer-Partial

10)..... is found to produce greater resistance to extinction.

Answer-Partial Reinforcement

11)..... in the delivery of reinforcement leads to poorer level of performance.

Answer-Delay

12)..... are stimuli that increase the rate or probability of the responses that precede.

Answer-Reinforcers

13)The Reinforcers may be primary and

Answer-Secondary

14)AReinforcer is biologically important since it determines the organism's survival.

15)A Reinforcer is one which has acquired the characteristics of the Reinforcer because of the Organism's experience with the environment.

Answer-Secondary

16)..... means disappearance of a learned response due to the removal of reinforcement from the situation in which the response used to occur.

Answer-Extinction

17)Generalisation is due to, while Discrimination is a response due to

Answers-Similarity and Difference.

18)The phenomenon of responding similarly to similar stimuli is called

Answer-Generalisation

19)..... occurs after a learned response is extinguished.

Answer-Spontaneous Recovery

20)..... and his colleagues in a series of experimental studies investigates Observational Learning or Social Learning or Modelling.

Answer-Bandura.

21)In Learning, there is a change in what the learner knows rather than what he/she does.

Answer-Cognitive

22)..... performed a series of experiments to study about Insight Learning.

Answer-Kohler

23)In Learning, a new behaviour is learned but not demonstrated until reinforcement is provided for displaying it.

Answer-Latent Learning

24)..... made an early contribution to Latent Learning.

Answer-Tolman

25)..... is a mental representation of the spatial locations and directions.

Answer-Cognitive Maps

26)..... is different from Conditioning and is limited to Human Beings.

Answer-Verbal Learning

27)..... first demonstrated Verbal Learning, experimentally.

Answer-Bousfield

28)A is a Category that is used to refer to a number of objects and events.

Answer-Concept

29)Psychologists have studied two types of Concepts namely and
....

Answers-Artificial Concepts and Natural Concepts

30)..... Concepts are those that are well-defined and the rules connecting the features are precise and rigid.

Answer-Artificial

31)..... Concepts or Categories are usually ill-defined.

Answer-Natural

32)A is defined as the ability to perform some complex task smoothly and efficiently.

Answer-Skill

33) According to,
Skill Learning passes through three phases namely Cognitive, Associative and Autonomous.

Answer-Fitts

34)Finally Skill Learning attains with minimum demands on conscious effort.

Answer-Automaticity

35)..... of learning or training refers to the effects of prior learning on new learning.

Answer-Transfer

36)Transfer is considered to be if the earlier learning facilitates current learning.

Answer-Positive

37)Transfer is considered to be if new learning is retarded.

Answer-Negative

38)Absence of facilitative or retarding effect on new learning means

Answer-Zero Transfer

39)..... may be defined as a Learner's consistent way of responding to Stimuli in the context of learning.

Answer-Learning Style

40)..... is a general term which refers to a group of heterogeneous group of disorders manifested in terms of difficulty in the acquisition of learning, reading, writing, speaking, reasoning and mathematical activities.

Answer-Learning Disability

41)What is Learning?

LEARNING MAY BE DEFINED AS ANY RELATIVELY PERMANENT CHANGE IN BEHAVIOUR OR BEHAVIOUR POTENTIAL PRODUCED BY EXPERIENCE..

Changes due to practice and experience which are relatively permanent are illustrative of learning.

42)What are the different kinds of Learning?

1) CLASSICAL CONDITIONING

2)INSTRUMENTAL OR OPERANT CONDITIONING

3) OBSERVATIONAL LEARNING
OR SOCIAL LEARNING

4) COGNITIVE LEARNING

5) VERBAL LEARNING

6) CONCEPT LEARNING

7) SKILL LEARNING.

43) What is Conditioning and what are the two types of Conditioning?

THE SIMPLEST KIND OF LEARNING IS CALLED CONDITIONING.

TWO TYPES OF CONDITIONING HAVE BEEN IDENTIFIED.

THE FIRST ONE IS CALLED CLASSICAL CONDITIONING AND THE SECOND IS CALLED INSTRUMENTAL/ OPERANT CONDITIONING.

44) Who is the Proponent of Classical Conditioning?

IVAN P. PAVLOV

45) WHAT ARE THE FACTORS INFLUENCING LEARNING A CONDITIONED RESPONSE (CR)?

1) TIME RELATIONS BETWEEN STIMULI

a) SIMULTANEOUS
CONDITIONING
(forward conditioning)

b) DELAYED CONDITIONING
(forward conditioning)

c) TRACE CONDITIONING
(forward conditioning)

d) BACKWARD CONDITIONING

2)TYPE OF UNCONDITIONED STIMULI (appetitive and aversive)

3)INTENSITY OF CONDITIONED STIMULI.

46)Who is the Proponent of Operant/ Instrumental Conditioning?

B.F SKINNER

47)What are the phases or stages of Skill Acquisition?

According to Fitts, Skill Learning passes through three phases or stages namely

a) COGNITIVE

b)ASSOCIATIVE

c) AUTONOMOUS.

48)WHAT ARE THE THREE TYPES OF TRANSFER OF LEARNING OR TRAINING?

a) POSITIVE TRANSFER

b) NEGATIVE TRANSFER

c)ZERO TRANSFER.

49)WHAT ARE THE FACTORS FACILITATING LEARNING?

1)CONTINUOUS vs PARTIAL REINFORCEMENT

2) MOTIVATION

3) PREPAREDNESS FOR LEARNING.

50)What is Learning Disability?What are the Symptoms of Learning Disabilities?

Learning is a general term which refers to a heterogeneous group of disorders manifested in terms of difficulty in the acquisition of learning, reading, writing, speaking, reasoning and mathematical activities.

Symptoms of Learning Disabilities

- a) Difficulties in writing letters, words and phrases, reading out text and speaking appear quite frequently.
- b) Learning Disabled Children have disorders of attention.
- c) Poor space orientation and inadequate sense of time are common symptoms.
- d) Learning Disabled Children have poor motor co-ordination.
- e) These Children fail to understand and follow oral instructions for doing things.
- f) They misjudge relationships and also fail to learn and understand body language.
- g) Learning Disabled Children usually show perceptual disorders.
- h) Large number of learning -disabled children have Dyslexia. They quite often fail to copy letters and words.

Chapter-7 HUMAN MEMORY

Fill in the blanks

1)..... refers to retaining and recalling information over a period of time.

Answer-Memory

2)Memory is conceptualised as a process consisting of three independent though interrelated stages called, and

Answer-Encoding, Storage and Retrieval

3)..... is the process by which information is recorded and registered for the first time so that it becomes usable by our memory system.

Answer-Encoding

4)..... is the process through which information is retained and held over a period of time.

Answer-Storage

5)..... refers to bringing the stored information to his/her awareness so that it can be used for performing various cognitive tasks.

Answer-Retrieval

6)Stage Model of Memory was proposed by and

Answer-Atkinson and Shiffrin

7)According to the Stage Model the three memory systems are, and

Answer-Sensory Memory, Short-Term Memory and Long-Term Memory.

8)Visual Sensory Memory is called

Answer-Iconic Memory

9) Auditory Sensory Memory is called.....

Answer-Echoic Memory

10) Control Processes of Short-Term Memory are
....., and.....

Answers-Selective Attention, Maintenance Rehearsal and Chunking.

11) From the STM, information enters the Long Term Memory through

Answer-Elaborate Rehearsals

12) The levels of processing of Memory was proposed by
.....

Answer-Craik and Lockhart

13) One major classification within Long-Term Memory is that of and
.....

Answer-Declarative and Procedural(Non-declarative)

14) According to Tulving, Declarative Memory can be either or.....

Answer-Episodic or Semantic.

15)..... contains biographical details of our lives.

Answer-Episodic Memory

16)..... is the memory of general awareness and knowledge.

Answer-Semantic Memory

17) The first systematic attempt to understand the nature of forgetting was made by
.....

Answer-Hermann Ebbinghaus

18) Interference can bewhich means what you learnt earlier interferes with the recall of the subsequent learning.

Answer-Pro-Active

19) Interference can be which refers to difficulty in recalling what you have learnt earlier because of learning a new material.

Answer-Retroactive.

20) Memory Improving Strategies are called

Answer-Mnemonics

21) What is Memory ?

MEMORY REFERS TO RETAINING AND RECALLING INFORMATION OVER A PERIOD OF TIME.

22) What are the 3 independent though interrelated Stages of Memory?

a) ENCODING

b) STORAGE

c) RETRIEVAL

a) ENCODING

Encoding is the first stage which refers to a process by which information is recorded and registered for the first time so that it becomes usable by our memory system.

b) STORAGE

Storage is the second stage of memory. Storage refers to the process through which information is retained and held over a period of time.

c) RETRIEVAL

Retrieval is the third stage of memory. Retrieval refers to bringing the stored information to his/ her awareness so that it can be used for performing various cognitive tasks such as problem solving or decision making.

23)Who proposed the Information Processing Model or the Stage Model of Memory?

ATKINSON and SHIFFRIN..

24)What are the 3 Memory Systems according to the Stage Model?

1)SENSORY MEMORY

VISUAL SENSORY MEMORY-
ICONIC MEMORY

AUDITORY SENSORY MEMORY-
ECHOIC MEMORY

Storage Capacity of Sensory Memory-Large

Duration-less than one second

2) SHORT-TERM MEMORY

Store Capacity-Small

Duration-less than 30 seconds

3)LONG-TERM MEMORY-
Permanent

Storage Capacity-Unlimited

Duration-Upto a lifetime.

25)How does information travel from one store to another?

According to ATKINSON and SHIFFRIN, the CONTROL PROCESSES which function to monitor the flow of information through various memory stores are

1)SELECTIVE ATTENTION

2) MAINTENANCE REHEARSAL

3)CHUNKING

4) ELABORATIVE REHEARSAL.

26)WHAT IS THE CAPACITY OF SHORT TERM MEMORY THROUGH CHUNKING?

7 + or - 2.

5 to 9.

27)What are the major classification of Long Term Memory?

DECLARATIVE MEMORY &

PROCEDURAL MEMORY(NON-DECLARATIVE MEMORY)

TULVING HAS PROPOSED ANOTHER CLASSIFICATION AND HAS SUGGESTED THAT THE DECLARATIVE MEMORY CAN EITHER BE EPISODIC OR SEMANTIC.

28)What are the reasons for FORGETTING?

1) FORGETTING DUE TO TRACE DECAY

2) FORGETTING DUE TO INTERFERENCE.

INTERFERENCE COULD BE

a)PROACTIVE(forward moving)which means what you have learnt earlier interferes with the recall of your later learning.

b)RETROACTIVE (backward moving)which refers to the difficulty in recalling what you have learnt earlier because of learning a new material.

3) FORGOTTING DUE TO RETRIEVAL CUES.

29)What are MNEMONICS?

MNEMONICS ARE MEMORY IMPROVING STRATEGIES.

30)What are MNEMONICS? WHAT ARE THE IMPORTANT MNEMONICS?

MNEMONICS ARE MEMORY IMPROVING STRATEGIES.

MNEMONICS AND SOME SUGGESTIONS GIVEN FOR MEMORY IMPROVEMENT.

1)MNEMONICS USING IMAGES

a)THE KEYWORD METHOD

b)THE METHOD OF LOCI

2)MNEMONICS USING ORGANISATION

a)CHUNKING

b)FIRST LETTER TECHNIQUE.

Suggestions to improve Memory

a)Engage in Deep Level Processing.

b)Minimise Interference

c)Give yourself enough Retrieval Cues.

THOMAS AND ROBINSON have identified another strategy to help students in remembering more which they are called the methods of PQIRST. This stands for

PREVIEW,
QUESTION,
READ,
SELF-RECITATION and
TEST.

Chapter-8 THINKING

Fill in the blanks.

1)..... is the base of all cognitive activities or processes and is unique to human beings.

Answer-Thinking

2).....involves manipulation and analysis of information received from the environment.

Answer-Thinking

3)The building blocks of thoughts are and

Answers-Mental Images and Concepts

4)Mental is a mental representation of a sensory experience.

Answer-Image

5)A Concept is a mental representation of a

Answer-Category

6)..... is thinking that is goal-directed.

Answer-Problem Solving

7)....., and are obstacles to Problem Solving.

Answers-Mental Set, Function Fixedness and Lack of Motivation

8)The kind of reasoning that begins with an assumption is called reasoning.

Answer-Deductive

9)Reasoning that is based on specific facts and observation is called reasoning.

Answer-Inductive

10)In, we draw conclusions, form opinions, evaluate events, objects, based on knowledge and available evidences.

Answer-Judgment

11)In, we sometimes choose among options based on choices of personal significance.

Answer-Decision Making

12)Besides Novelty, Originality is also an important characteristic of

Answer-Creative Thinking

13)J.P Guilford, a Pioneer in Creativity Research proposed two types of Thinking,..... and

Answers-Convergent and Divergent

14)Divergent Thinking Abilities generally include,,and

Answers-Fluency, Flexibility, Originality and Elaboration

15)Osborn's can be used to increase fluency and flexibility of ideas to open-ended situations.

Answer-Brainstorming

16)The Proponent of Linguistic Relativity Hypotheses(language determines the contents of thought) is

Answer-Benjamin Lee Whorf

17)..... believed that thought not only determines language, but also precedes it.

Answer-Jean Piaget

18)Linguist put forth the innate proposition of development of language.

Answer-Noam Chomsky

19)What is Thinking?

THINKING IS A HIGHER MENTAL PROCESS THROUGH WHICH WE MANIPULATE AND ANALYSE THE ACQUIRED OR EXISTING INFORMATION. Such manipulation and analysis occurs by means of abstracting, reasoning, imagining, problem-solving, judging and decision making.

20)What are the Building Blocks of Thought?

a)MENTAL IMAGES

An image is a mental representation of a sensory experience.

b)CONCEPTS

A Concept is a mental representation of a Category.

21)What is a Prototype?

PROTOTYPE is the best representative member of the Category.

22)What is Problem Solving?

What are the obstacles in Problem Solving?

PROBLEM SOLVING IS A THINKING THAT IS GOAL-DIRECTED.

THE OBSTACLES TO PROBLEM SOLVING ARE

1)MENTAL SET

2) FUNCTIONAL FIXEDNESS

3)LACK OF MOTIVATION.

23)What are two kinds of REASONING?

1) DEDUCTIVE REASONING

2) INDUCTIVE REASONING.

24) What is Creative Thinking?

CREATIVE THINKING IS THE THINKING INVOLVING THE PRODUCTION OF NOVEL AND ORIGINAL IDEAS OR SOLUTIONS TO PROBLEMS.

25) What are the two types of Thinking in Creative Thinking according to J.P Guilford?

1) DIVERGENT THINKING

2) CONVERGENT THINKING.

26) What are the Characteristics of Divergent Thinking/ Creative Thinking?

1) FLUENCY

2) FLEXIBILITY

3) ORIGINALITY

4) ELABORATION.

27) What are the Stages of Creative Thinking?

1) PREPARATION

2) INCUBATION

3) ILLUMINATION

4) VERIFICATION.

28) What are the Barriers to Creative Thinking?

a) Habitual

b) Perceptual

c) Motivational

d) Emotional

e) Cultural.

Chapter-9 MOTIVATION AND EMOTION

1)What is Motivation?

The Concept of Motivation focuses on explaining what 'moves' behaviour. The term Motivation is derived from the Latin word *MOVERE* referring to movement of activity.

MOTIVATION IS THE PROCESS THAT INITIATES, GUIDES AND MAINTAINS GOAL-DIRECTED BEHAVIOUR.

Motivation describes the wants or needs that directs behaviour toward a goal.

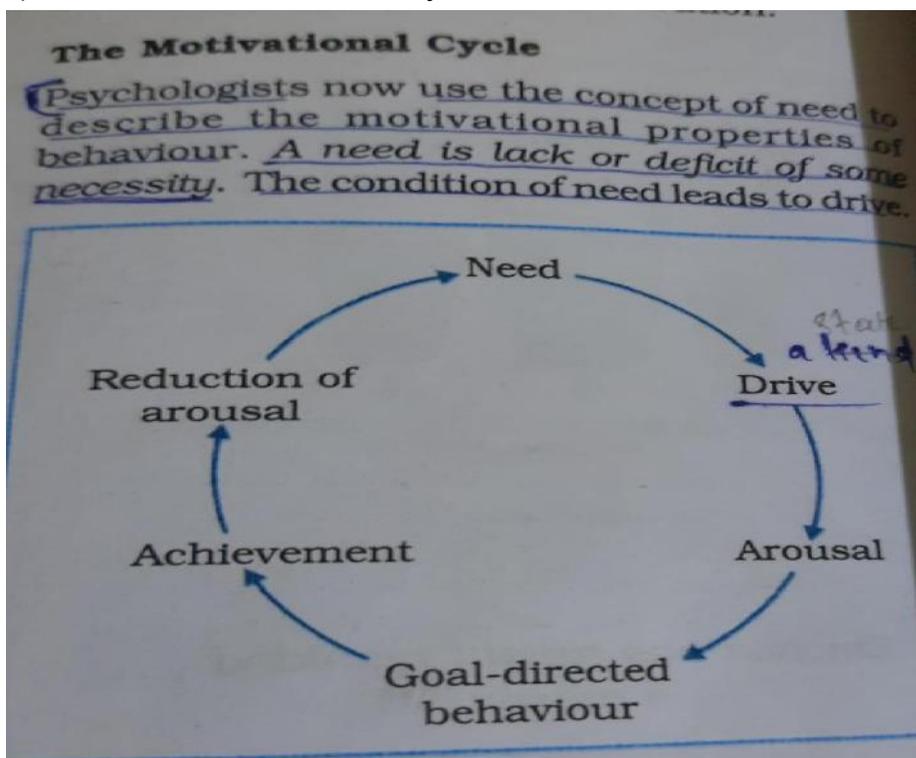
Motivation is one of the determinants of behaviour. Instincts, Drives, Needs, Goals and Incentives come under the broad cluster of Motivation.

MOTIVATION IS OF TWO TYPES-

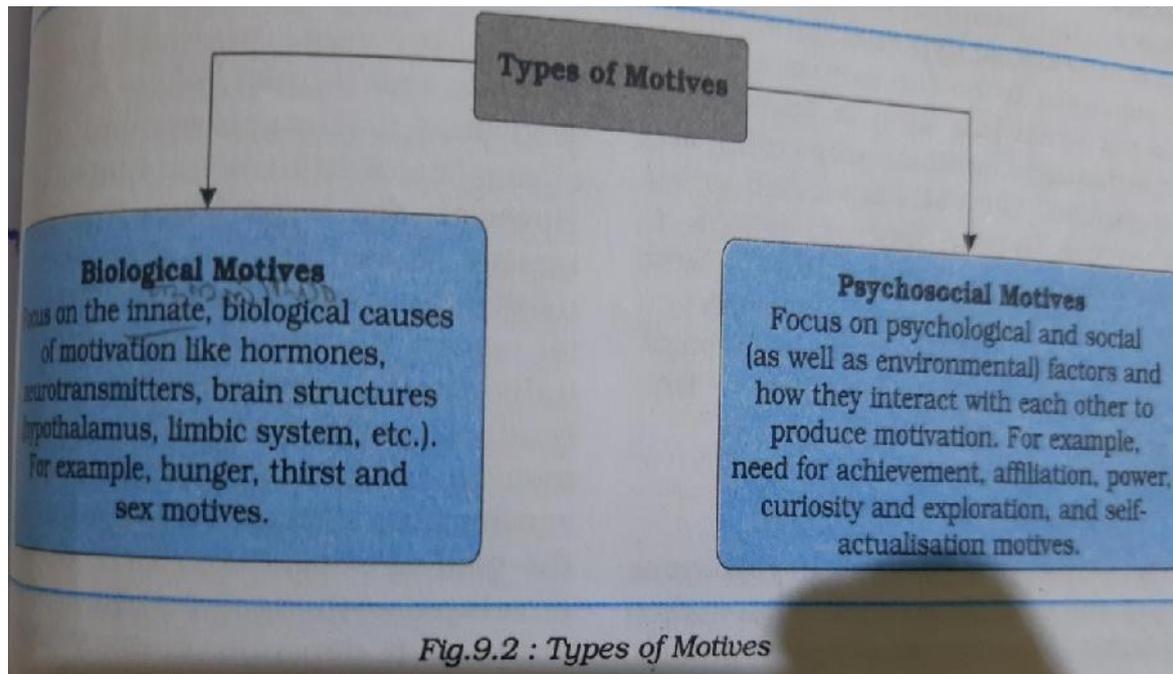
1)INTRINSIC MOTIVATION

2)EXTRINSIC MOTIVATION.

2)Draw the the Motivational Cycle.



3)What are the different PSYCHO-SOCIAL MOTIVES?



1)NEED FOR ACHIEVEMENT

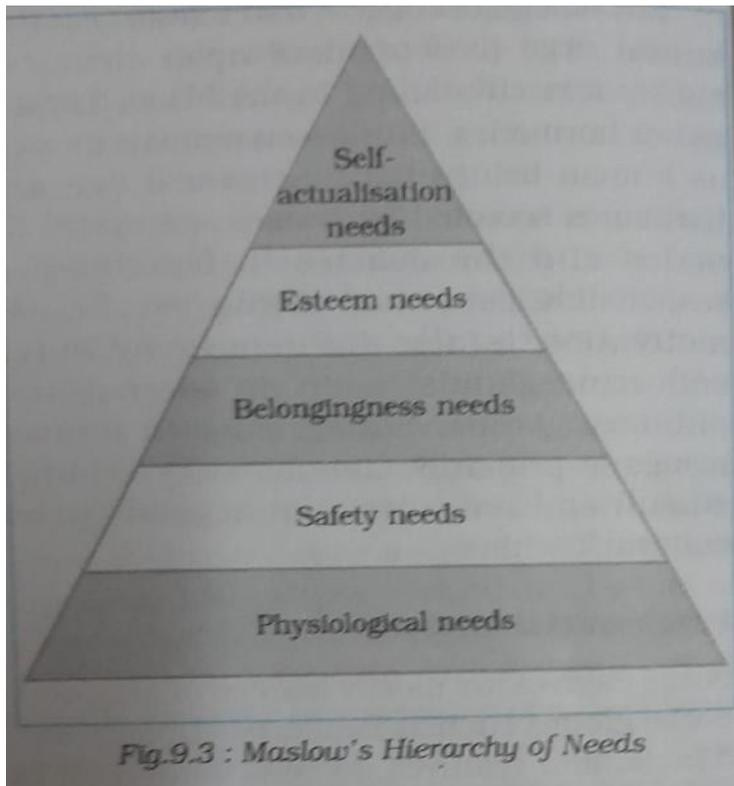
2)NEED FOR AFFILIATION

3)NEED FOR POWER

4)CURIOSITY AND EXPLORATION

5)SELF-ACTUALISATION MOTIVES.

4)Explain Maslow's Hierarchy of Needs Theory?



Maslow's model can be conceptualised as a Pyramid in which the bottom of this Hierarchy represents basic physiological needs or biological needs which are basic to Survival such as Hunger, Thirst etc. Only when these needs are met, the need to be free from threatened danger arises. This refers to the Safety Needs of Physical and Psychological Nature. Next comes the need to seek out other people, to love and to be loved. After these needs are fulfilled, the individual strives for esteem i.e the need to develop a sense of self-worth. The next higher need in the hierarchy reflects an individual's motive towards the fullest potential i.e SELF-ACTUALISATION. A self-actualised person is self-aware, socially responsive, creative, spontaneous, open to novelty and challenge. She/he also has a sense of humour and capacity for deep interpersonal relationships

5)WHAT ARE THE DIFFERENT KINDS OF CONFLICTS?

1)APPROACH-APPROACH CONFLICT

2)AVOIDANCE-AVOIDANCE CONFLICT

3)APPROACH-AVOIDANCE CONFLICT.

6)How would you manage NEGATIVE EMOTIONS?

Examples of negative emotions are FEAR, ANXIETY, DISGUST, JEALOUSY, ANGER etc.

Effective Emotion Management is the key to effective social management. The following tips are useful for the effective balance of emotions..

- 1) ENHANCE SELF-AWARENESS.
- 2) APPRAISE THE SITUATION OBJECTIVELY
- 3) DO SOME SELF-MONITORING.
- 4) ENGAGE IN SELF-MODELLING
- 5) PERCEPTUAL REORGANISATION AND COGNITIVE RESTRUCTURING.
- 6) BE CREATIVE
- 7) DEVELOP AND NURTURE GOOD RELATIONSHIPS
- 8) HAVE EMPATHY
- 9) PARTICIPATE IN COMMUNITY SERVICE.
- 7) HOW WOULD YOU MANAGE YOUR ANGER?

The major source of anger is the frustration of motives. Anger is not a reflex, rather it's a result of our thinking. Anger is a result of your thinking and hence is controllable by your own thoughts only.

CERTAIN KEY (IMPORTANT) POINTS IN ANGER MANAGEMENT ARE AS FOLLOWS.

- 1) RECOGNISE THE POWER OF YOUR THOUGHTS.
- 2) REALISE YOU ONLY CAN CONTROL IT.
- 3) DO NOT ENGAGE IN SELF-TALK THAT BURNS. DO NOT MAGNIFY NEGATIVE FEELINGS.
- 4) DO NOT ASCRIBE INTENTIONS AND ULTERIOR MOTIVES TO OTHERS.

5)RESIST HAVING IRRATIONAL BELIEFS ABOUT PEOPLE AND EVENTS.

6)TRY TO FIND CONSTRUCTIVE WAYS OF EXPRESSING YOUR ANGER.

7)LOOK INWARD NOT OUTWARD FOR ANGER CONTROL.

8)GIVE YOURSELF TIME TO CHANGE. IT TAKES TIME AND EFFORT TO CHANGE A HABIT.

8)NAME THE POSITIVE EMOTIONS?

EXAMPLES OF POSITIVE EMOTIONS ARE HOPE, JOY, HAPPINESS, EXCITEMENT, CONTENTMENT, CREATIVITY, COURAGE, OPTIMISM, CHEERFULNESS, GRATITUDE, ETC.

9)WHAT IS POSITIVE PSYCHOLOGY?

POSITIVE PSYCHOLOGY CONCERNS ITSELF WITH THE STUDY OF FEATURES THAT ENRICHES LIFE LIKE HOPE, HAPPINESS, CREATIVITY, COURAGE, OPTIMISM, CHEERFULNESS ETC.

10)WHAT ARE THE WAYS FOR ENHANCING POSITIVE EMOTIONS?

Positive emotions such as hope, joy, optimism, contentment and gratitude energise us and enhance our sense of emotional well being.

VARIOUS WAYS OF ENHANCING POSITIVE EMOTIONS ARE

1)PERSONALITY TRAITS OF OPTIMISM, HOPEFULNESS, HAPPINESS AND POSITIVE SELF-REGARD.

2) FINDING POSITIVE MEANING IN DIRE CIRCUMSTANCES.

3)HAVING QUALITY CONNECTIONS WITH OTHERS AND SUPPORTIVE NETWORK OF CLOSE RELATIONSHIPS.

4)BEING ENGAGED IN WORK AND GAINING MASTERY.

5)A FAITH THAT EMBODIES SOCIAL SUPPORT, PURPOSE AND HOPE, LEADING A LIFE OF PURPOSE.

6)POSITIVE INTERPRETATIONS OF MOST DAILY EVENTS..