

Short Answer Questions-Unit4

PSY 101

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Chapter 10

9. How might you express anger through body language?

When I get very angry, I react calm. I show a normal face and talk slowly. I don't yell or get crazy.

16. Define and exemplify gender dysphoria.

Gender dysphoria is diagnostic category in DSM5 for individuals who do not identify as the gender associated with their biological sex. There are many gender dysphoria in entertainment or fashion and beauty business, and I have some male friends who identify opposite sex around me. They are man physically, but they think of feel like woman. They treat me like their same gender friend. They never think I am the opposite gender, and they never have romantic feelings for me.

40. Watch the video “The Search for Happiness” below and then answer the following questions: What makes you happy? What makes people happier, something they do for personal pleasure or something they do to help others? Why might a national index of well-being, as Diener proposes, be useful and important?

I feel happy when I meet people I love, when I have a job that I love, when I eat what I love, when I watch NFL or MLB games, when I have good sleep, and when I feel Jesus closer to me. I

think people can feel happiness in many different ways. For example, most of my Japanese friends or my family don't understand my happiness. I can praise Him. They don't understand why I study the bible or go to church. But when I pray with them, they look happy. Sometimes they cry while I am praying with them.

I think the national index of well-being is useful and important. Because my country Japan is 62nd place, and their ranking is getting worse every year. Suicide number in Japan is very high too, over 80 people give up their life every day. I believe it is related to the national index of well-being. People are not happy in Japan, but Japanese government does not admit it. They try not to show the result of the ranking. So this ranking is very important for Japanese to see reality. After the Second World War, Japanese citizens have been educated that making a lot of money is success. And they had been concentrating to make a lot of money, and they started to forget love. That is the reason why I started Japanese Bible study Class on online 4 years ago. They need to hear "good news," and hear the way of real happiness. There are many churches in Japan, but churches are not a familiar place for Japanese, Now I have 100 members in my class, and most of them are non-christian. I hope some of them will find another happiness through my class.

Chapter 11

74. What challenges do you think Karen Horney experienced as the first woman trained as a Freudian psychoanalyst?

At that time, psychology research was probably conducted mainly by men in Europe, so the research up to that point should have been nothing more than "men's imagination" regarding women. Freud, in particular, he was advocating his doctrine in psychosexual, Karen Horney was probably thinking in her mind, "What a stupid imagination about women!" However, I do not think that the male researchers at that time accepted the opinions and research of women. I think it was difficult for male psychologists to recognize the gender difference between men and women. My home country, Japan, is a "male society". It is still very difficult to get the opinions

and feelings of women accepted. In fact, in graduate school, female researchers are considered to be inferior to male researchers in various fields. I am a woman, so It's very understandable that she fled to America.

77. As a Christian, what reaction do you have to this chapter? Elaborate and give examples.

Personality was a very interesting class to me. Because I am leading a organization of child abuse prevention in Japan. Some parents love their child, but some parents cannot love their child. I had been wondering why two different parents' personalities are here.

As a Christian, people should think that we do not have to worry because God created each of us with God's purpose. But in reality, whether people are a Christian or a non-Christian, especially when people are young, they may be wondering what they were born into. However, I think there is a big difference between countries that have the idea of the Bible and those that do not at the bottom.

For example, in Japan, where the Christian population is less than 1%, suicides of children and adolescents are much higher than in other countries. If Japanese people could have an idea that "God created people for some purpose," they probably can ask God "What was I born in this world for?", before choosing to commit suicide.

Every Wednesday morning, I lead a 30-minute online bible class for Japanese people, but many of the participants say that they are given some new ideas from the bible class every week. I pray that Japanese pastors and Christians will take more positive action and that the Gospel will spread throughout Japan.

82. Watch the video “Personality and the Brain” below and then answer the following questions: Are our personality traits fixed or can we change? What does this case suggest regarding brain-mind connections?

I don't think that our personality traits are fixed, and I think we can change. As the man in this video shows, sometimes a talent people didn't know appeared. There are still many things we don't understand about how our brain works. It may happen that our talent is hidden and not exposed. On the contrary, the talent we thought was actually different, and we might have another talent. Also, I believe our personality will change.

For example, it was written in the comment section of the teacher in my "School report" to my parents when I was in kindergarten and elementary school, "Kyoko is always quiet and can't give her opinion. She needs to have more confidence." However, later I was changed by the words from a teacher and my classmates. I started to have confidence and I became a member of the student government. I became comfortable to be a leader, and I became not to be afraid of public speech. I think that people have hidden talents and personalities.