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Short Answer Questions

Chapter 12

7.

Overall, I feel as though an “individualist culture’ really allows others to be dependent on themselves considering the fact that, when relying on others, it is often considered “embarrassing”. Independence is highly valued not only from those individual people but from others around them which sometimes can influence others as well which isn’t always a bad thing. The specific characteristics on an individualist would be considered as an individual whose rights take center stage. Additionally, it is looked at as ones where their Independence is highly valued and that the simple fact of being dependent isn’t what they are “viewed” as considering the fact that people always see them as people who tend to be self-reliant.

6.

In my own words, I would describe the field of social psychology to be the scientific aspect that pinpoints the aspect of nature and the actual causes of why individuals behave the way that they do. The beauty of human behavior as influenced by other people is also a very powerful thing to look at and think about when discussing social psychology.

14.

The three components of attitude can be identified as the affective component which focuses on feelings, the behavioral component which focuses on the effect of the attitude on behavior, and lastly, the cognitive component which is based on belief and knowledge. An example of an affective component would be that “I am feeling very angry because my sister ate my cheesecake that I left in the fridge that I was looking forward to eating all day.” An example of the behavioral component would be “I will avoid spiders because if I see one I will scream.” Lastly, an example of cognitive component would be “I believe spiders are dangerous and I’ve always believed that.”

Chapter 14

47. Post Traumatic stress disorder has an abbreviation of PTSD and can be defined as the mental health condition that's ALWAYS triggered by a terrifying event but you either enduring it or being witness to it. You can typically have a lot of flashbacks which are very scary when having PTSD.

46.

The two parts of the body that serve as the body’s systems to handle stress can be identified as the hypothalamic-pituitary-adrenal axis and the autonomic nervous system. They collaborate with other vital centers that all work together to create a successful adaptive response against stress and allows you to remain composed in stressful situations.

60.

The effects that a stressful job is often overlooked but a job that is stressful can lead to very bad health conditions such as, anxiety, high blood pressure, a weakened immune system, as well as heart disease and a heart attack may happen if stress at work doesn't stop. Many times the doctor will advise someone to stop working a job if it seems as though the health effects will be fatal or life-threatening.