

Unit 7: Social Psychology & Stress  
Chapter 12

1. How is situationism different from dispositionism? Discuss.

Behaviors are said to be a product of both the situation and the person. These situations can involve an individual's cultural influences, social roles, and the presence of bystanders. Situationism is shown to be the view that our behavior and actions are determined by our immediate environment. On the other hand, dispositionism states that our behavior is regulated and influenced by internal factors.

2. Define social role and explain how the social role of a police officer might be different from the social role of a high school teacher.

A social role is stated to be a pattern of behavior that is supposedly expected of a person in a given setting or group. Social roles are identified and defined by shared cultural knowledge. It is shown to be given to an individual by everyone in a society and/or culture based on their role. Everyone in this given culture and/or society has raised expectations as to how a person in a given role must behave.

The social role of a police officer might be different from the social role of a high school teacher. Police officers are required to be involved in community building and crime prevention. A police officer is expected to have a sense of ethics. They are expected to behave ethically and with much integrity. They are expected to behave with much respect and knowledge. They are expected to have a sense of humility. On the other hand, a high school teacher is expected to present a passionate behavior. They are supposed to present themselves as trustworthy, reliable, and upright. They are expected to have an approachable, sociable, and practical behavior.

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11. Define social loafing. How could a professor change a group assignment to prevent social loafing?

Social loafing is stated to be the exertion of less effort by a person working together within a group. It is when an individual's performance cannot be evaluated separately from the group. In this case, group attendance can affect an individual's performance. Individual group members tend to allow other group members to pick up their slack and negligence. A professor could change a group assignment to prevent social loafing by assigning a role in each group project. In this case each student will have an assignment to complete in order to contribute to the group project.

18. Explain how you could use the foot-in-the-door technique of persuasion to convince someone to date you.

Foot-in-the-door is a persuasion strategy that has been shown to be effective in selling products and changing people's minds, attitudes, ideas, and/or behaviors. The foot-in-the-door technique has shown to be one effective strategy. Using this technique, the persuader causes and induces an individual to agree to give a small favor and/or buy a small gift or entity in order to later ask for something greater. It illustrates the principle of consistency. A small request can eventually turn into a large request. By using the foot-in-the-door technique of persuasion, the persuader can convince someone to date them. They can do this by persuading an individual to partake in an activity along with them. They can later ask the same individual to partake in a greater activity to make this individual feel like he or she is needed. They can make it seem urgent which pushes them to act faster. In this case the individual will spend more time working with the persuader. The persuader can then send signs and signals.

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22. Define instrumental aggression and provide a real-life example.

Aggression is when an individual seeks to cause harm or pain to another person. Aggression can have two forms depending on an individual's motives. One form of aggression is known as instrumental aggression. Instrumental aggression is said to be motivated by achieving a goal and does not necessarily involve intent to cause pain. An example of instrumental aggression consists of an individual using aggression as a tool to get what they want. A child may perhaps bully another child on the playground and make threats towards them in order to get their lunch money.

Chapter 14

47. Describe posttraumatic stress disorder.

Posttraumatic stress disorder is a condition and disorder in which an individual may have experienced a stressful or traumatic event. These events may perhaps be combat, natural disasters, and/or terrorist attacks. Posttraumatic stress disorder also known as PTSD was listed among the many anxiety disorders and is now listed among a group of Trauma-and-stressor-related-disorders. Symptoms may include memories of the traumatic event, flashbacks, avoidance of stimuli connected to the event. Symptoms may also include persistent negative emotional states, feelings of detachment from others, exaggerates startle response, and irritability.

49. What is positive psychology? Discuss.

Positive psychology is another way of saying the science of happiness. It is shown to be an area of study that seeks to identify and promote those qualities that lead to greater fulfillment in our lives. This field looks at an individual's strengths at a broader perspective. It looks at what makes

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and helps an individual to be happy and content with their lives. It moves away from any faults and problems.

50. Why is social support connected to better health outcomes? Discuss.

It is evident that happy people tend to have more friends, more high-quality relationships, and stronger social support. Social support is known to be connected to better health outcomes. I say this because an individual with greater social support is more prone to eating healthier and have healthier relationships and/or friendships. More support leads to more happiness, pleasure, and contentment.

53. Define and exemplify job burnout. Discuss.

Job burnout is an individual's general sense of emotional exhaustion and cynicism in relation to their jobs. It has shown to be more frequently amongst those who have careers in human service jobs. Job strain has shown to be one of the utmost risk factors leading to job burnout. This is most commonly observed in workers who are older between the ages 55-64, unmarried, and those who careers involve manual labor.

58. What are some risk factors for experiencing job burnout?

Some risk factors for experiencing job burnout may consist of heavy alcohol consumption, physical inactivity, being overweight, and having a physical or lifetime mental disorders. Depression frequently and habitually with job burnout.