

Tenicka Clunis

PSY 101: General Psychology

Professor:

Date: 2/20/2023

Short answer Question

Chapter 4:

1. The fore stage typically involved in attempting to induce a hypnotic state are:
 - A) Induction: This is the process of helping the subject to relax and enter into a trance-like state. This can involve verbal instructions, guided imagery, or physical relaxation techniques.
 - B) Deepening: This is the process of deepening the subject's trance and creating a more profound state of relaxation. This can involve counting down, progressive muscle relaxation, or visualizing a soothing setting.
 - C) Focusing: This is the process of directing the subject's attention to a particular thought or feeling. This can involve guided imagery or visualizations, or even talking about a particular subject or memory.
 - D) Emergence: This is the process of slowly bringing the subject out of the hypnotic state. This can involve counting from one to five, or returning the subject to its original focus or position before the hypnosis.

2.

Hypnosis is different from meditation in that it is a technique for inducing a trance-like state of deep relaxation, while meditation is a practice of focusing the mind on a particular object of thought. Hypnosis is used as a therapeutic tool to access the subconscious mind, while meditation is a practice used to increase awareness and achieve emotional and mental clarity.

Hypnosis is a method that can be used to generate a trance-like state in which the subject experiences profound relaxation and heightened suggestibility. During this condition, the

subconscious mind is more receptive to suggestions made by the conscious mind. It is employed in psychotherapy as a means of gaining access to the unconscious mind and effecting constructive transformation. Many have had success using it to get over their fears, give up smoking, better manage their pain, lower their levels of stress and anxiety, and more.

6.

Consciousness can be described as a state of being aware of one's surroundings, thoughts, feelings, and experiences, two different kinds of awareness are commonly recognized: phenomenal awareness and access awareness.

Phenomenal awareness refers to the subjective experience of consciousness. This kind of awareness is based on the raw sensory information that is received by our brains, and it is often described as "what it is like" to experience something. For example, the phenomenal awareness of seeing the color red is the subjective experience of the sensation of seeing red. It is a quality of our conscious experience that cannot be fully captured by objective descriptions of the physical properties of light and color.

Access awareness, on the other hand, refers to the ability to direct our attention to specific aspects of our conscious experience. This kind of awareness involves the cognitive focus on, manipulating, and using the information that we are aware of. For example, access awareness allows us to direct our attention to a particular object in our visual field, or to remember a phone number that we just heard.

8.

A class of sleep disorders known as parasomnias involves unusual actions, movements, or perceptions when a person is asleep. They might be as basic and innocent as chatting in your sleep, or they can be more serious like sleepwalking.

The fact that the no-REM sleep-the phase of sleep when the body is in a state of profound relaxation and the brain is not actively dreaming-is when all parasomnias take place is what unites them all. In contrast, sleep disorders happen when the brain is actively dreaming while you're asleep.

Sleepwalking is one kind of parasomnia that includes getting out of bed and moving about while you're asleep. Sleepwalkers run the risk of hurting themselves by running into things or tumbling down steps, which may be deadly

9.

Alcohol is a psychoactive drug that may affect the body in a variety of ways physically. These are a few short-term physical impacts of alcohol use:

Alcohol might make it difficult for you to make judgments and coordinate your actions, which can make you more likely to get into mishaps and sustain injuries. Alcohol may delay your reflexes, making it more difficult for you to respond swiftly to circumstances that call for rapid answers

Dehydration: since alcohol is a diuretic, it causes more urine to be produced, which may result in dehydration. Alcohol may make your skin flush, which may indicate an intolerance or allergy to the substance. It can also make your heart beat faster. However, prolonged alcohol use may have more harmful bodily consequences, such as liver damage, high blood pressure, and an increased risk of cancer. It's crucial to consume alcohol in moderation and to get support if you feel you're having trouble reining it in.

Chapter 5

33.

Perception is the way we interpret and make sense of the information we receive from the world around us. Culture refers to the shared beliefs, values, customs, behaviors, and artifacts that characterize a group or society. Culture plays a significant role in shaping our perceptions, as it influences what we pay attention to, and how we respond to them.

One way in which culture influences perception is through language not only helps us communicate with others but also shapes the way we think about the world. Different cultures have different worlds and concepts of the same things, and this can lead to differences in perception. For example, in some cultures, the color blue is perceived as a shade of green, while in other cultures, it is seen as a distinct color. Similarly, some cultures have multiple words for different types of snow, which reflects their close relationship with the environment.

Another way in which culture influences perception is through social norms and expectations. These norms and expectations shape our behavior and can influence how we interpret events. For example, in some cultures, it is considered rude to look someone directly in the eye, while in other cultures, it is a sign of respect. This can lead to different interpretations of facial expressions and body language, which can affect social interactions.

35.

The optic nerve is formed by a bundle of nerve fibers that emerge from the back of each eye. These fibers carry visual information from the retina to the brain, allowing us to see and process visual images. The optic nerve is responsible for transmitting the signals of the light-sensitive cells of the retina, called rods, and cones, to the brain's visual centers for processing.

Explanation:

The optic nerve is a crucial component of the visual system, responsible for transmitting visual information from the eyes to the brain. The optic nerve is formed by a bundle of nerve fibers that originate from the back of the eye. These fibers come together to form the optic chiasm, where they cross over to the opposite side of the brain. From there, the fibers continue to the visual cortex, the part of the brain responsible for processing visual information.

The optic nerve carries signals from two types of light-sensitive cells in the retina: rods and cones. Rods are responsible for detecting light and dark and are more sensitive in dim lighting

conditions. Cones, on the other hand, are responsible for detecting color and are more sensitive in brighter lighting conditions. There are three types of cones, each sensitive to a particular range of wavelengths of light: blue, green, and red. The combination of signals from these cones allows us to see the full spectrum of colors in the visual world.

The optic nerve is essential for visual perception. As it carries visual information from the eyes to the brain for processing. Damage or injury to the optic nerve can result in vision loss or blindness.

36.

The trichromatic theory of color vision, also known as Young-Helmholtz theory of color vision, also known as the Young-Helmholtz theory, suggests that there are three types of color receptors or cones in the retina that is each sensitive to a particular range of wavelengths of light: blue, green, and red. According to this theory, all colors can be created by combining these three primary colors in varying proportions. The trichromatic theory explains how humans can be created by combining these three primary colors in varying proportions. The trichromatic theory explains how humans are able to perceive and distinguish different colors in the visual world. This theory was proposed by Thomas Young in 1802 and refined by Hermann Von Helmholtz in 1850.

40.

Depth perception is the ability to figure out how far away something is from you and from others things in the environment. It is a very important visual skill that let us see the world accurately in three dimensions. The brain uses different visual cues to figure out how far away an object is. This is called depth perception.

Binocular disparity is one of the most important things that your eyes tell you about depth. This refers to how the slight distance between the eyes causes each eye to see a slightly different image. The brain uses this difference to figure out how far away something is. For example, when you look at something close by, like a book, your eyes come together to focus on it, and the brain uses the difference between what each eye sees to figure out how far away the book is.

41.

There are both chemical and neurological processes going on when we taste something. When we eat, the chemicals in the food touch our taste buds, which are groups of cells on the tongue and other parts of the mouth. These cells are in charge of recognizing sweet, sour, salty, bitter, and umami tastes (savory)

There are receptors on the taste buds that react to certain chemicals in food. When these chemicals attach to the receptors, they send a message to the brain through the nervous system. The signal is then sent to the gustatory cortex of the brain, which is in charge of processing information about taste.

Besides the taste buds, there are other things that affect how we perceive taste. For example, the smell is a very important part of being able to taste. Volatile molecules are released when we

chew food. These molecules stimulate the olfactory receptors in the nose, which sends a message to the brain. This information, along with the information from the taste buds, is used by the brain to make an overall sense of flavor.

The chemical and neurological processes that are involved in taste are also affected by things like genes, age, and health. For example, because of differences in genes, some people are more sensitive to certain tastes than others. Age can also change how people taste, and as people get older, their sense of taste often gets worse. Also, some health conditions or medications can change how you perceive taste or how sensitive you are to taste.

Overall, taste perception is a complicated process that involves a lot of different chemical and neurological processes, as well as other things like smell, genetics, and health.

Reference:

<http://www.openstax.org/details/psychology>

Video Lecture and Video Clips