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Chapter 4 Questions

2. Hypnosis and Meditation are two different ways of relaxing the mind. Hypnosis is a controlled relaxation method performed by a hypnotherapist. Using different visualizations and relaxation techniques, hypnosis can help people take control of their subconscious mind to change their thoughts and feelings.

Meditation is another form of relaxation performed alone without another person's assistance. Some meditation techniques focus on breathing or the visualization of a person's 'happy place'. The purpose of meditation is to find inner peace in one's self.

9. Alcohol has many different short and long-term effects on the body. In the short term, alcohol can cause nausea, dehydration, vomiting, headaches, impaired coordination, slurred speech, and slowed reaction time. Some long-term effects are liver damage, heart disease, and an increase in certain types of cancers.

11. There are a multitude of effects that come with the use of psychedelic drug use. These drugs alter a person's thoughts, feelings, and perceptions. Psychedelics cause a person to hallucinate and see things that are not actually real. Some physical effects of psychedelic drugs include increased heart rate, dilated pupils, nausea, vomiting, and muscle weakness.

13. Withdrawal is the psychological and physical reaction that occurs when someone stops using a substance that they have been using for an extended period of time. For example, when an alcoholic stops drinking, they may experience sweating, shaking, anxiety, and insomnia.

20. Smoking can be one of the most difficult things to quit using. Cigarettes and vapes contain nicotine which is a highly addictive substance and can be very difficult to break the physical addiction to it. It can also be challenging to break away from the social aspect of smoking. Some people smoke as a way to cope with stress. Withdrawals from nicotine can cause anxiety, irritability, and difficulty in concentration.

Chapter 5 Questions

35. The optic nerve is a bundle of nerve fibers that connects the retina of the eye to the brain. The optic nerve sends visual information from the eye to the brain where it is processed and interpreted.

36. The trichromatic theory of color vision states that the human eye contains three types of color-sensitive cones that are sensitive to different waves of light. This is why humans are able to perceive a wide range of colors. The theory was proposed by Thomas Young in 1802 and further refined by Hermann von Helmholtz in 1852.

39. Sensory adaptation is the process where the sensitivity of the senses decrease over time when exposed to consistent stimulus. It allows us to focus on new stimuli and ignore those that

are not important. An example is when you go into someone's house and notice the smell. After a few minutes, you won't notice it anymore because you adapted to the stimulus of the smell.

46. Depth perception is the ability to perceive the world accurately and judge the distance between objects. A few examples of depth perception is when your driving and its necessary to judge the distance between yourself and other cars. As well as in sports such as baseball where you need to accurately judge the distance between yourself and the ball.

60. If we can get to a point in medicine where we can eliminate blindness and deafness, we definitely should cure everyone and give them the gift of sight and hearing. It should be a natural human right for people to experience sight and hearing. This service should be offered to anyone who wants a procedure done.