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PSY101

18 April 2023

Short Answers Ch 10

9. One way anger is communicated by body language is when a person clenches their jaw/ fists or they can have a face full of displeasure. Typically someone who is angry will slam objects and cause a fuss.

11. Mood and Emotions are two words that are used interchangeably but have two different meanings and context. Emotions can be triggered by an event or experience. Emotions refers to a short-term intense feeling of either positive or negative. Emotions can be mixed of both positive and negative. Mood on the other hand is the long term feelings we have. Moods have no long term trigger and can last days, weeks, or months.

14. Extrinsic motivation is a type of motivation that is driven by external factors such as punishment or a reward. An example of extrinsic motivation is when a parent tells a child if they do a chore they will receive an allowance. Or if they don't complete the chore, they are grounded.

16. Gender dysphoria is used to describe the psychological stress one can feel when their gender identity doesn't match their birth gender. People with gender dysphoria typically want to be treated as the opposite gender and may dress as the opposite gender as well. Treatment can consist of counseling, hormonal therapy, and even surgery.

25. Constant alcohol consumption can interrupt homeostasis and the brain reward system. When alcohol is consumed, it activates the reward system in the brain and dopamine is released.

Overtime, the brain becomes desensitized to the effects of alcohol and requires more consumption in order to maintain the same amount of dopamine release.

Chapter 11

47. Phrenology is a 19th century theory that suggested that certain parts of the human brain were responsible for specific personality traits and abilities. The theory was first proposed by German physician Franz Joseph Gall. During the 19th century, phrenology was used to justify several societal beliefs and practices as well as support the ideas of racial superiority. As time went on, human understanding of the brain increased and the theory was quickly disproved.

48. According to Alfred Adler, there are three fundamental social tasks that everyone must experience. One is social interest. This refers to someone's ability to be concerned for the welfare of others and strive towards the common good. Another fundamental social task is occupation. This social task refers to someone's ability to contribute to society through work. The last fundamental social task is love and marriage. This is someone's ability to form intimate relationships with others. Adler believed that those who could form strong healthy relationships will be happier in their lifetime.

55. Projection is a defense mechanism when an individual has a hard time processing their own emotions and accuses someone else of undesirable traits or emotions, but there is no evidence to prove otherwise. Sublimation is also a defense mechanism where an individual takes their negative emotions and turns them into something socially normal or acceptable.

56. Reaction formation is a psychological defense mechanism that involves someone acting in the opposite manner than which they truly feel. An example of this is when someone who

despises another, but treats them with respect and may go out their way to do something nice for them.

61. The idea of collective consciousness was first introduced by Swiss psychiatrist Carl Jung. Jung believed that there is a vast knowledge pool that is shared by everyone, even our ancestors. Only some people are allowed access to this knowledge. People who are more in tune with their unconscious mind have easier access to the knowledge.