

Tenicka Clunis

Professor: Stephen Maret

PSY101-General Psychology

Date: 4/16/2023

Chapter 10

23. Caveats for using set-point theory to explain weight:

A). Individual difference: set-point theory suggests that individuals have a genetically predetermined weight range that their body strives to maintain. However, individual difference in genetics, metabolism, lifestyle, and other factors can impact an individual's set-point weight. Therefore, set-point theory may not fully explain weight variations among different individuals.

B). Environmental influence: set-point theory focuses on internal regulatory mechanisms, but external environmental factors such as access to food, cultural norms, and socioeconomic status can also significantly impact an individual's weight. These external factors may override or interact with the internal set-point, making it less reliable as the sole explanation for weight changes.

24. Good way to prepare for giving a speech based on arousal-performance relationship:

A good way to prepare for giving a speech is to aim for moderate arousal levels. This can be achieved through techniques such as controlled breathing, mindfulness, and positive self-talk. Avoiding excessive caffeine or other stimulants that can increase arousal to very high levels is also recommended. Practicing the speech multiple times to increase familiarity and confidence, and seeking social support from friends or colleagues can also help regulate arousal levels and optimize performance.

25. Principle of homeostasis to explain alcohol addiction:

Homeostasis refers to the body's tendency to maintain a stable internal balance. In the case of alcohol addiction, repeated alcohol consumption disrupts the body's homeostatic mechanisms, leading to tolerance and dependence. With regular alcohol use, the body adapts to the presence of alcohol and adjusts its internal balance accordingly. When alcohol intake is stopped abruptly, the body goes into withdrawal, as it tries to restore the disrupted balance. This can result in intense cravings and physiological symptoms, driving individuals to continue drinking in order to restore homeostasis, leading to addiction.

26. Three motives: Achievement, Affiliation, and Intimacy:

A). Achievement: Achievement motivation refers to the drive to excel, succeed, and accomplish goals. It involves setting challenging goals, taking risks, and experiencing a sense of accomplishment upon achieving them. Examples of achievement motives include striving for academic success, pursuing a challenging career, or engaging in competitive sports.

B). Affiliation: Affiliation motivation refers to the need for social connections and relationships with others. It involves seeking social interaction companionship, and acceptance from others. Examples of affiliation motives include forming close friendships, seeking romantic relationships, and participating in social or group activities.

C). Intimacy: Intimacy motivation refers to the desire for close, emotional, and meaningful connections with others. It involves forming deep bonds, sharing personal experience, and establishing trust and emotional intimacy. Examples of intimacy motives include forming romantic relationships, developing close relationships with family members or close friends, and engaging in activities that foster emotional closeness.

27. Comparison of James-Lange theory, Cannon-Bard theory, and Schachter-Singer two-factor theory of emotion:

A). James-Lange theory: According to James-Lange theory, emotions are the result of physiological responses to external stimuli. It proposes that emotions are experienced after the body responds physiologically to a stimulus. For example, a person sees a snake, the body responds with increased heart rate and sweating, and then the person feels fear.

B). Cannon-Bard theory: The Cannon-Bard theory suggests that emotions and physiological responses occur simultaneously and physiological responses are separate processes that are not causally linked. For example, a person sees a snake, and at the same time, they experience fear and their body responds with increased heart rate and sweating.

C). Schachter-Singer two-factor theory: The Schachter-Singer two-factor theory suggests that emotions are the result of a combination of physiological arousal and cognitive appraisal of the situation. It proposes that physiological arousal is a general state that is labeled as a specific emotion based on cognitive appraisal of the situation. For example, a person experiences physiological arousal in the form of increased heart rate and sweating, and then interprets the situation cognitively, labeling the emotion as fear or excitement based on their appraisal of the situation on their appraisal of the situation.

Comparison:

While James-Lange theory proposes that emotions are solely the result of physiological responses, Cannon-Bard theory and Schachter-Singer two factor theory suggest that emotions can occur independently or in combination with physiological responses.

Cannon-Bard theory suggests that emotions and physiological responses occur simultaneously and independently, while Schachter-Singer two-factor theory proposes that cognitive appraisal plays a role in the labeling of emotions. Schachter-Singer two-factor theory emphasizes the role of cognitive appraisal in the emotional experience, whereas James-Lange theory and Cannon-Bard theory focus more on physiological responses.

Contrast:

James-Lange theory suggests a linear sequence of physiological response followed by emotion, while Cannon-Bard theory and Schachter-Singer two-factor theory propose that physiological responses and emotions can occur independently or simultaneously.

Cannon-Bard theory proposes that emotions and processes, while Schachter-Singer two-factor theory emphasizes the role of cognitive appraisal in the emotional experience. Schachter-Singer two-factor theory suggests that cognitive appraisal plays a key role in emotional labeling,

whereas James-Lange theory and Cannon-Bard theory do not emphasize cognitive appraisal as strongly.

Chapter 11:

47). Phrenology is a pseudoscientific theory that originated in the late 18th century and became popular in the 19th century. It proposed that the shape and size of a person's skull could reveal their personality traits and mental abilities. The founder of phrenology was Franz Joseph Gall, a German physician, who believed that the brain was composed of 27 organs, each responsible for a particular personality trait or ability. He claimed that the size of these organs could be determined by the bumps and depressions on the skull's surface.

Phrenology gained widespread popularity in the 19th century, and many practitioners began offering phrenological readings to people who wanted to learn about their own or someone else's character. However, the theory faced severe criticism from scientists and intellectuals who argued that there was no empirical evidence to support the claims of phrenology, and it had fallen out of favor and was widely regarded as a pseudoscientific practice.

48). According to Alfred Adler, a prominent Austrian psychologist and founder of individual psychology, all of us must experience three fundamental social tasks in our lives. These tasks are:

Work: Adler believed that work is essential to our well-being and helps us feel useful and productive in society. He believed that everyone should have a sense of purpose and contribute to society through their work.

Love: Adler emphasized the importance of social relationships in our lives. He believed that healthy relationships with friends, family and romantic partners are crucial to our emotional well-being.

Community: Adler believed that we must feel connected to something greater than ourselves, such as a community or a cause. He believed that this sense of belonging helps us with responsibility and purpose.

Adler's ideas were influential in the development of humanistic psychology, which emphasizes the importance of individual choice, personal growth, and self-actualization.

49). The Myers-Briggs Type indicator is a personality assessment tool based on the theories of Carl Jung. It was developed by Katharine Cook Briggs and her daughter Isabel Briggs Myers in the early 20th century. The MBTI is designed to measure dichotomies:

- Extraversion (E) vs. Introversion (I): How people prefer to direct their energy.
- Sensing (S) vs. Intuition (N): How people prefer to take in information.
- Thinking (T) vs. Feeling (F): How people prefer to make decisions.
- Judging (J) vs. Perceiving (P): How people prefer to organize their world.

By taking the MBTI assessment, individuals receive a four-letter code representing their personality type. The MBTI has been widely used in corporate settings, career counseling, and personal development.

However, the MBTI has been criticized for lacking scientific validity and reliability. Some studies have found that the MBTI scores are not stable over time, and that the four dichotomies are not mutually exclusive.

50). William H. Sheldon was an American psychologist who developed a theory of personality based on body types. He proposed that there were three basic body types, which he called “somatotypes”: endomorphs, mesomorphs, and ectomorphs.

Sheldon believed that each somatotype was associated with a particular personality type. Endomorphs, who were round and soft, were said to be sociable and relaxed. Mesomorphs, who were muscular and competitive. Ectomorphs, who were thin and fragile, were said to be introverted and intellectual.

Sheldon’s ideas about the influence of body types on personality have been largely discredited by modern psychologists.

