

Joannie Jeanlouis
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UNIT 6 SHORT ANSWER QUESTIONS

- 1) the components of Maslow's hierarchy of needs some versions of the pyramid, cognitive and aesthetic needs are also included between esteem and self-actualization. Others include another tier at the top of the pyramid for self-transcendence. At the base of the pyramid is physiological which is paired with food, water, shelter, and warmth. Secondly is security. Security ensures the safety and employment assets. Next, we have social which ties into family, friendships, intimacy, and an overall sense of belonging. Then is esteem which has to do with one's self-worth, accomplishments, and confidence. Lastly, at the top tier of the pyramid is self-actualization which is someone's inner fulfillment that equates to an individual's full potential.

- 3) The basolateral complex has dense connections with a variety of sensory areas of the brain. It is critical for classical conditioning and for attaching emotional value to learning processes and memory. The nuclei of the basolateral is located dorsolateral to the medial nucleus and is involved in processing information about stimulus motivational value.

5) The amygdala plays a role in processing emotional information and sending that information on to cortical structures. It is composed of various subnuclei, including the basolateral complex and the central nucleus.

8. Kiana is homeless. This could prevent her from achieving self-actualization because self-actualization, which is a need that essentially equates to achieving one's full potential, and it can only be realized when needs lower on the pyramid have been met which is achieving physiology, that is food, water, shelter, and warmth. Therefore, Kiana is homeless reveals that she does not have these things. Self-actualization reflects the humanistic emphasis on positive aspects of human nature.

16. Gender dysphoria is a diagnostic category in the fifth edition of the "Diagnostic and Statistical Manual of Mental Disorders" that describes individuals who do not identify as the gender that most people would assume they are. This dysphoria must persist for at least six months and result in significant distress or dysfunction to meet DSM-5 diagnostic criteria. In addition, it describes a sense of unease that a person may have because of a mismatch between their biological sex and their gender identity. This sense of unease or dissatisfaction may be so intense it can lead to depression and anxiety and have a harmful impact on daily life.

CHAPTER 11

47. Phrenology was derived from the theories of the idiosyncratic Viennese physician Franz Joseph Gall (1758-1828). Phrenology was based on two scientific claims. The first is that the shape of a person's skull mirrored that of their brain and the second is that the shape of a person's brain could provide information about a person's intelligence and behavioral tendencies.

61. The collective unconscious is a universal version of the personal unconscious, holding mental patterns, or memory traces. Carl Jung was interested in exploring the collective unconscious and introduced it. The collective unconscious also allows us to make quick decisions, often without knowing where they came from in the first place. The collective unconscious governs intuition and reflex, among other important functions.

62. Both Freud and Skinner are influential psychologists. Freud believed that childhood experiences could lead to emotional problems in adulthood and Skinner proved that behavior that produces pleasurable consequences is likely to be repeated in which produces negative consequences. The contrasts between both psychologists are Freud's theory concentrates on the inner person meanwhile Skinner focuses on the outer appearance and behavior of an individual. B. F. Skinner, a strict behaviorist, believed that environment was solely responsible for

all behavior, including the enduring, consistent behavior patterns studied by personality theorists. He also proposed that we demonstrate consistent behavior patterns because we have developed certain response tendencies. Skinner disagreed with Freud's idea that personality is fixed in childhood. He argued that personality develops over our entire life, not only in the first few years.

67. Congruence is the consistency between a person's emotional state with the broader situations and circumstances being experienced by the individual. We experience congruence when our thoughts about our real self and ideal self are very accurate. This allows us to have a greater sense of self-worth and a productive lifestyle.

at that time. To contrast, incongruence occurs when the individual's reactions or emotional state appear to be against the situation.

68. The Five Factor Model is effective as opposed to Cattell's 16 factors which is too broad. its five factors referred to as the Big Five personality traits. It is the most popular theory in personality psychology today and the most accurate approximation of the basic trait dimensions. Researchers have found that conscientiousness increases through young adulthood into middle age, as we become better able to manage our personal relationships and careers.

