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PSY101: General Psychology: OA

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## **Short Answer Unit 6**

### **1. List and discuss the components of Maslow's hierarchy of needs.**

#### **Level 1 The Physiological**

Physiological needs are related to human biological maintenance, and include food, sleep, water, rest, and health. If these physiological needs are not satisfied, higher level needs cannot be pursued.

#### **Level 2 The Security**

When the physiological needs are met, safety needs are expected to be guaranteed in the individual's environment, such as predictability, order, certainty, and tidiness. The need for safety is an important factor in a child's life, and marital quarrels, divorce, or the death of parents undermine a child's sense of security.

#### **Level 3 The Social**

When the physiological needs and safety needs are satisfied, the need for one's position in the family, affection for others, and the need for belonging is craved. There is also a desire to give and receive love. If you are loved, you will feel that you are valuable, and if you are not loved, you will have a sense of worthlessness and hostility, which can lead to neurosis or mental illness.

#### **Level 4 The Esteem**

It is a need that emerges when the belonging and love needs of the previous stage are met. This need arises from having a positive evaluation of oneself and feeling that oneself is respected, trusted, and valued. If this need is not met, it causes feelings of inferiority, helplessness, frustration, and self-abasement.

## **Level 5 The Self-Actualization**

When all of the previous levels of needs are satisfied, the need for self-actualization appears to achieve everything one desires by maximizing one's potential. However, there are cases in which self-actualization cannot be achieved due to low-level physiological needs or safety needs.

### **5. What are the components of the amygdala? Discuss.**

Amygdala is an almond-shaped brain region that exists in the cerebral limbic system. It controls emotions, plays an important role in learning and remembering fear.

The amygdala is an organ composed of more than 10 nuclei, divided into three main parts: basolateral nuclei, cortical nuclei, and central nuclei, and receives information from various areas. First, information from the body's sensory organs is sent to the basal outer nucleus of the amygdala, which is transmitted to the cerebral cortex to create an emotional experience. Among sensory signals, olfactory signals enter the inner core of the cortex of the amygdala. Sensory signals that enter the amygdala connect to the central core and send back signals to the autonomic nervous system, which then goes to the hypothalamus and causes physiological reactions, such as stress hormone secretion or awakening

### **6. Explain and apply the Cannon-Bard theory.**

The theory is that the experience and physiological expression of emotions can occur independently. Cognitive judgments about emotional situations can be made even if physiological changes cannot be detected, such as fleeing before a physiological reaction occurs, or laughing when touching the left frontal lobe-assisted motor cortex during brain surgery. When you are stressed or angry during a meeting, your heart rate increases, your blood pressure rises, and you sweat. However, just as this phenomenon causes the same reaction when fever occurs, emotions cannot be known by physiological physical conditions.

## **11. How is an emotion different from mood?**

### Emotion

Emotions are reactions triggered by certain external stimuli.

Emotions contain two concepts: 'external stimulation' and 'internal response'.

For example, external stimulation refers to things that stimulate emotions, such as feeling happy through actions such as seeing pretty flowers, seeing good people, or eating delicious food.

Internal reactions don't just mean emotional things. It appears in various ways such as physical response, physiological response, and cognitive response. For example, when you see a traffic accident in front of you, your heart is pounding or you feel depressed, and you can recall bad memories in the past.

In this way, emotions can be said to be internal reactions immediately triggered by external stimuli.

### Mood

Emotions are immediate internal responses to external stimuli. So emotions don't last long.

But mood is influenced by a variety of factors, not something specific, like emotions.

The weather, sunlight, hormones, temperatures, brain conditions, physical health, and other things affect mood. Instead of changing your mood because of something specific, various factors work together to form your mood. Thinking 'I feel refreshed all day' is an expression of the overall mood.

Saying that you feel better after eating delicious food is an expression of emotion. If you got depressed quickly after being scolded by your mother for poor test results after eating, this is also an emotional reaction. In this way, emotions are immediate and non-persistent, while feelings are characterized by persistence.

**51. Explain the difference between cardinal, central, and secondary traits according to Gordon Allport.**

**Cardinal Traits**

As a basic trait with the most common consistency that is widespread throughout an individual's life, Allport called it the dominant passion or the "ruler of emotion."

This is a very dominant tendency for individuals, and it is seen as affecting most behaviors. It is argued that there are not many people who act solely by their main characteristics, but if there is a person like him, he shows a very unique personality.

**Central Traits**

It affects a limited range of situations compared to its main characteristics, but has considerable consistency. In other words, it is less dominant than the main characteristics, and usually appears with 5 to 10 prominent characteristics.

In other words, it can be seen as a trait that comes to mind when I think of someone else, or as a few traits that are mentioned when writing someone's recommendation.

**Secondary Traits**

Compared to Central Traits, it has limited influence and is less consistent. This refers to the tendency of behavior in a specific object or a specific situation, and can be seen as a behavioral characteristic that varies depending on the object or situation.

Secondary characteristics are rarely revealed and the degree is weak, so I think only close friends can notice them.

**57. Explain the Oedipus complex. When does it develop? What will resolve it?**

Oedipus complex refers to a boy in childhood feeling competitive and hostile toward his mother's partner, his father, while forming an attachment to his mother.

"Competition between Son and Father" Oedipus Complex is a complex feeling in which the son is hostile to the same-sex father, but is favorable to the opposite-sex mother and becomes sexually attached unconsciously. It is said that it does not disappear completely, but continues to remain an unconscious organizer throughout his life and is suppressed again at the incubation period (6-12 years old). A child wants to be in the same position as his father to win his mother's love. A four-year-old boy feels sensations through sexual stimulation, and he feels omnipotent in what is good for him, Along with the active feeling of owning a mother, at the same time, I feel a passive feeling of wanting to be owned by my mother, and I feel a sense of rivalry with my father and an active pleasure of suppressing my father. However, as they feel inferior and frustrated by the existence of an absolute father who is larger than themselves, the child who feels threatened by himself compromises by conceding his monopoly on the mother and accepting the existence of a father. As a result, the Oedipus complex is overcome and reborn as a member of society recognized by parents.

**59. What effect did Alfred Adler suggest birth order had on personality?**

Birth order is a theory in Alfred Adler's personal psychology that among social factors, lifestyle and personality structure vary depending on the birth order in the family. It is a theory that only the birth ranking is different, but it generally has similar characteristics according to this ranking. Only this birth order differs, and psychological characteristics refer to the birth order in which the eldest and eldest daughters are the oldest, the second, middle, and youngest of the two brothers, usually consistent with the actual birth order, but what we mean here is functionally responsible. When one family is viewed as a microcosm of society, the form of relationships one has with one's parents and brothers becomes the basis of the form of relationships one has with others. Brothers grow up with the same environmental group in common, but each child's psychological environment and personality differ according to their birth order.

Birth rankings and sibling relationships compete with each other to secure their place in the family and attract attention, and the resulting personality trends affect an individual's life.

According to the birth order, the oldest has a strong sense of responsibility, the second has a lot of competitiveness, desire for recognition, and tricks, the youngest neglects self-responsibility, and the reader is too dependent and uncompromising.

The contents of the birth order in the Bible can be found in Esau and his younger brother Jacob, who could not take over the rights of the eldest son by a narrow margin. His younger brother Jacob tried to overcome his older brother with a sense of inferiority, and he always grew up considering him as a competitor. When the opportunity finally came, he even bargained with a bowl of red bean porridge, saying, "Sell me the cause of my brother's eldest son today" (Genesis 25:31). Jacob also took the blessing that would be given to his brother with the help of his mother Rebekah when the final opportunity came. In this way, Jacob, the second, has always had an inferiority complex and competitive spirit due to his father Isaac's beloved eldest son. It is not necessarily right that birth order affects a person's personality.

## **61. Explain the collective unconscious.**

The collective unconscious is a concept originally defined by psychoanalytic Carl Jung. Sometimes referred to as the "objective mind," it refers to the idea that some of the most unconscious minds are genetically inherited and not shaped by personal experience.

According to Jung's teachings, the collective unconscious is common to all humans and is responsible for many deep beliefs and instincts, such as spirituality, sexual behavior, and the instincts of life and death.

Historically, there has been a debate about whether a group's unconscious needs a literal or symbolic interpretation. In the scientific community, the literal interpretation of the collective unconscious is considered a pseudo-science theory. This is because it is difficult to scientifically prove that images of myths and other cultural symbols are inherited and exist by nature. Instead, the symbolic interpretation of the group's unconsciousness is thought to have scientific basis because of the belief that all humans share certain action dispositions.

**71. What did Walter Mischel find when he compared the results of the marshmallow test to the outcomes of the participants years later?**

In the 1960s and 1970s, a psychologist at Stanford University, Walter Mischel, endured a period of time without eating marshmallows consisting of 653 children of the Stanford University Bing Nursery School faculty and graduate students. About a third of them couldn't stand it, and the other two-thirds endured it to the end.

Then, in the 1980s, we looked at the second experiment. We found 185 of the children who participated in the experiment at the time, grew up and surveyed their SAT scores, and 94 submitted them. The main point of this experiment was that children who endured this temptation at the time had better test scores, job performance, problem-solving skills than those who couldn't.