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PSY101- General Psychology

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Date: 4/27/2023

Short Answer's

Chapter 12

1. There are two distinct theories on how people behave: situationism and dispositionism. According to dispositionism, a person's conduct is mostly influenced by their own features or attributes. Situationism, on the other hand, asserts that conduct is significantly influenced by the circumstance or setting in which it happens. Human conduct, according to situationists, is too complicated and multidimensional to be boiled down to a small number of characteristics or inclinations. Instead, they argue that a dynamic interaction between an individual and their environment is the best way to understand behavior. Under other words, a person may act differently under various circumstances. Conversely, dispositionists highlight how solid and persistent individual differences are and hold that a person's conduct may be anticipated based on their personality, beliefs, and attitudes.

2. Students may provide one of three sorts of justifications for their test success: internal attributions are justifications. Internal attributions are justifications that put the emphasis on the learner's skills and effort, such "I did well because I studied hard." Stable attributions are justifications that highlight a student's performance's constancy over time, such I always do well on exams because I'm a good student." Controllable attributions are justifications that place a strong emphasis on the student's ability to influence the result, such "I did well because I focused and stayed calm during the exam."

3. A social role is a collection of standards and guidelines in a certain social setting. In some aspects, a police officer's social role differs from a high school teacher's. First, a police officer's job is often linked to upholding the law and ensuring public safety, while a teacher's job is generally centered on instructing and advising pupils. Second, unlike teachers, who are intended to be more loving and supportive, police officers often operate in a more authoritative and forceful way. Finally, a teacher, who normally works in a safer and more regulated atmosphere, may not be as exposed to risk and danger in their social function as a police officer.

4. The phenomenon known as "groupthink" happens when a group of individuals decides or acts in a way that is either optimum or reasonable but is instead affected by group dynamics and demands. A strong and coherent group identity, a lack of critical analysis of other possibilities, the repression of competing viewpoints, and a conviction in the group's intrinsic morality or superiority are some traits of groupthink. Groupthink may result in bad decisions and results as well as a Failure to take into account other viewpoint and ideas.

5. Conformity, compliance, and obedience are three social influence kinds that are covered in social psychology. The propensity to modify one's behavior or views to match those of a group is known as conformity. Compliance is the propensity to comply with a demand or request made by someone in a position of authority or who has higher status or influence. Regardless of one's own opinions or ideals, obedience is the action of adhering to specific instructions or orders from a higher authority. These forms of social influence, which may be impacted by a number of variables including social norms, the size of the group, and the perceived authority of the authority figure, can have both good and negative impacts on individual and group behavior.

Chapter 14

46. The two body system that serve as the physiological basis of stress are the hypothalamic-pituitary-adrenal (HPA) axis and the sympathetic nervous system. The HPA axis is responsible for the release of the stress hormone cortisol, which triggers the body's fight-or-flight response. The SNS, on the other hand, activates the release of adrenaline and noradrenaline, which increase heart rate and blood pressure. Together, these systems help the body respond to stressors

in the environment. However, chronic activation of these systems due to prolonged or repeated stress can have negative effects on health.

47. Posttraumatic stress disorder (PTSD) is a mental health disorder that can occur after a person experiences or witness a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, and intrusive thoughts, avoidance of reminders of the trauma, hyper vigilance, and emotional numbness. PTSD can be triggered by a variety of traumatic events, such as combat exposure, sexual assault, natural disasters, or serious accidents. Treatment for PTSD can include therapy, medication, or a combination of both.

48. The Social Readjustment Rating Scale (SRRS) was developed by Holmes and Rahe in 1967 to measure the stress levels of individuals based on the life events they have experienced in the past year. The SRRS assigns a numerical score to various life events, such as marriage, divorce, job loss, or illness, based on their perceived stressfulness. The total score indicates an individual's level of stress and the likelihood of developing stress-related health problems. However, some criticism of the SRRS suggests that it may not accurately reflect the stress experienced by individuals in different cultural or socioeconomic contexts.

49. Positive psychology is a field of psychology that focuses on studying and promoting the positive aspects of human experience, such as happiness, well-being, and positive emotions. Positive psychology aims to identify the factors that contribute to a fulfilling life, and develop interventions to help individuals cultivate these factors. Some areas of study within positive psychology include gratitude, resilience, mindfulness, and positive relationships. Positive psychology is often contrasted with traditional psychology, which has focused more on the negative aspects of human experience, such as mental illness and dysfunction.

50. Social support is connected to better health outcomes for several reasons. First, social support can help individuals cope with stress and adversity, reducing the negative impact of stress on physical and mental health. Second, social support can provide a sense of belonging and connection, which can improve mental health and reduce the risk of depression and anxiety. Third, social support can promote healthy behaviors, such as exercise and healthy eating, through social influence and social norms. Finally, social support can enhance the immune system, which can improve overall health and reduce the risk of illness.