

Santiago Proano

PSY 101: General Psychology

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Chapter 12

Question 1: In our lives, our behaviors can be influenced and there are two ways to think about what influences our behavior. Situationism and dispositionism are the way we do that.

Situationism is when we view our behavior as determined by our environment. This differs from dispositionism. Dispositionism is when we view that our behavior is determined by a person's personality.

Question 6: Social psychology is an important topic in our society due to the changes in environment and culture. Social psychology is looking at the people affect other people and it looks at the social interaction between people and examines it.

Question 15: Philip Zimbardo's study of prisons was fascinating and his results don't lie. It showed the effects of social roles on a human's behavior. This study caused the guards to become more abusive due to the role they had to play, yet the prisoners become emotionally distraught.

This was so interesting to me how the human mind answers to roles.

Question 22: Instrumental aggression is when your aggression motivates you to do something, but you don't intend to cause pain or trouble to anyone. An example of this is when a burglar pushes down an old lady to escape.

Question 28: Bullying and cyberbullying may seem to be the same thing; they are, but also not really. They both are different kinds of bullying. Bullying is repeatedly causing negative

treatment to a person while cyberbullying is when you bully online and you intend to emotionally and psychologically scar or hurt them.

Chapter 14

Question 45: In Hans Selye's general adaptation syndrome model, stressors tax the body, but how? It does this in a three-phase process. The process starts with an initial reaction to the stressors, followed by a subsequent readjustment of the mind, and then finally exhaustion to the body. This makes stressors cause serious health problems and even death for many people.

Question 46: The two body systems that serve as the physiological basis of stress are the sympathetic nervous system and the endocrine system. These systems activate when the body is in a fight-or-flight situation. These systems help the body decide what to do: flee or fight.

Question 47: Posttraumatic stress disorder is when you experience a difficult and traumatic event and you now have symptoms because of it. These symptoms can be distressing memories of the event and more.

Question 48: psychiatrists Thomas Holmes and Richard Rahe developed the Social Readjustment Rating Scale (SRRS). They did this so we could see how life events can readjust our lives. The death of a close family member would be higher on the scale than changing a sleep position.

Question 53: Job burnout is something that many of us might have dealt with in our lives. Job burnout is when you feel exhausted and have a lack of motivation for your work to the point where it affects you emotionally. An example of this is when a teacher is teaching her students

during final exams and now the teacher has to grade papers for weeks. This can cause job
burnout.