

Joannie Jeanlouis

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## SHORT ANSWER QUESTIONS UNIT 7

### CHAPTER 12

1) Situationism is different from dispositionism because situationism is the view that our behavior and actions are determined by our immediate environment and surroundings. In contrast, dispositionism holds that our behavior is determined by internal factors. Situationism focuses more on situations and how someone's environment affects them, while dispositionism focuses on genetic makeup, values, etc.

3) A social role is a pattern of behavior that is expected of a person in a given setting or group. The social role of a police officer might be different from the social role of a teacher because a police officer typically maintains public safety and enforces the law by preventing, detecting, protecting, and investigating all activities. Police officers also get their orders by representing the commander or civil authorities of the government. As opposed to a teacher, their social role is to teach and educate them. Teachers give their students purpose and inspire them to become anything they want in life. They also teach students social structure and right from wrong so that it can be applied inside and outside of school.

6) Social psychology is the subfield of psychology that studies the power of the situation to influence individuals' thoughts, feelings, and behaviors. In addition, social psychology is the study of how individual or group behavior is influenced by the presence and behavior of others. It can be based on one's social behavior and boost self-esteem.

11) Social loafing is the exertion of less effort by a person working in a group because individual performance cannot be evaluated separately from the group, causing performance decline on easy tasks. Social loafing occurs when our individual performance cannot be evaluated separately from the group. A professor

could change a group assignment to prevent social loafing by decreasing the amount of students in a group. Social loafing while working on a group project can have you contributing more than your fair share because your fellow group members weren't putting in the work.

17) The difference between racism, prejudice, and discrimination is that racism is based on negative emotions to a certain racial group. Racism is prejudice and discrimination against an individual based solely on one's membership in a specific racial group. Racists tend to have acceptance of negative stereotypes, and racial discrimination against individuals; in some cases it leads to violence.

Discrimination is negative action toward an individual as a result of one's membership in a particular group and refers to the differential treatment of people of different ethnic, religious, national, or other groups. Prejudice is a negative attitude and feeling toward an individual based solely on one's membership in a particular social group. To be prejudiced means to have an unfavorable opinion or feeling formed beforehand or without knowledge, thought, or reason.

## CHAPTER 14

47) Posttraumatic stress disorder (PTSD) is a chronic stress reaction characterized by experiences and behaviors that may include intrusive and painful memories of the stressor event, jumpiness, persistent negative emotional states, detachment from others, angry outbursts, and avoidance of reminders of the event. This psychiatric disorder may occur in people who have experienced or witnessed a traumatic event, series of events or set of circumstances. PTSD also affects an individual who is faced with a traumatic event transpired and it has affected their mental, emotional, and physical estate. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch.

49) Positive psychology is an area of study that seeks to identify and promote those qualities that lead to greater fulfillment in our lives. It also caters to people's strengths and what helps individuals to lead happy, contented lives, and it moves away from focusing on people's pathology, faults, and problems. In addition, positive psychology has two different levels; subjective level and individual level. Both help with traits of the capacity of love, courage, interpersonal skill, future mindedness, wisdom, well-being, contentment, satisfaction, and much more.

53) job burnout is a general sense of emotional exhaustion and cynicism in relation to one's job; it consists of three dimensions: exhaustion, depersonalization, and a sense of diminished personal accomplishment. Job burnout occurs frequently among those in human service jobs. There are three dimensions to job burnouts. The first dimension is exhaustion, which is a sense that one's emotional resources are drained.. Secondly, job burnout is characterized by depersonalization: a sense of emotional detachment between the worker and the recipients of his services, often resulting in callous, cynical, or indifferent attitudes toward these individuals. Third, job burnout is characterized by diminished personal accomplishment, which is the tendency to evaluate one's work negatively by, for example, experiencing dissatisfaction with one's job-related accomplishments.

56) Negative affectivity is a tendency to experience distressed emotional states involving anger, contempt, disgust, guilt, fear, and nervousness. Negative affectivity appears to be a potentially vital risk factor for the development of cardiovascular disorders.

56)

60) The effects that job strain has on an individual's health is depression and lack of motivation. Job strain appears to be one of the greatest risk factors leading to job burnout, which is most commonly observed in workers who are older in the ages 55–64, unmarried, and whose jobs involve manual labor. Employees in those age ranges also experience alcohol consumption at an all time high. They also show lack of physical inactivity, being overweight, and some are associated with mental disorders. Depression also plays a factor into their health because they are doing the same things repeatedly causing a burnout and not living a promising, or fulfilling life.

