

Example of essay on the difficulty of remembering and understanding certain psych...

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There is no doubt certain terms in the subject of psychology can be difficult to comprehend-much less remember once comprehension has been achieved. Such terms that this writer found uniquely difficult are: drive reduction theory, extrinsic/intrinsic motivation, problem solving, and finally a question-why do we forget? These terms and the question will be explored in further detail.

Drive reduction theory is simply one trying to find a way to eliminate something that is “ nagging” you or “ at” you. Biological in nature, it can be something as simple as being hungry-what do you do in this case? You go out and find something to eat; thus, this “ drive” is thereby eliminated until the next instance a biological need arises.

Extrinsic or intrinsic motivation deals with where motivation originates to begin with. If it is because of something we want on our own (such as exceling at sports), then it would be a fine example of intrinsic motivation. However, if we are trying to avoid some type of punishment, or something of a negative nature, the event would fall under the heading of extrinsic motivation.

Problem solving is just that-solving a problem. It is usually a series of steps that one would take to enable one to recognize that a problem exists, identify exactly what that problem involves, and then formulate a solution or conclusion to bring about the end of that problem and “ go on” with life.

Finally, why does one forget something? One such explanation is known as “ failure to store”. Could this be akin to a computer or the computer’s hard drive? Do our brains run out of storage space? Perhaps the memory-to-be is never properly encoded to

begin with-thus, not making it into our long-term memory.

Though a plethora of terms exist in our language that cause difficulty, the discipline of psychology seems to possess (almost) an infinite amount that cause us to scratch our heads. Only by diligent studying of these terms will we begin to grasp that which eludes us (meaning, definition) and begin to make sense of this vast vocabulary.