

laps final exam

Psychology, Behaviorism



IAPS Final Exam Chapter 1: Social Science: the study of people as individuals and as members of groups such as families, tribes and communities.

Research methods: Case studies, experiments, sample surveys, interviews, observations (unstructured and structured, participant observation [used

mainly by anthropologists]) Chapter 2: Physical anthropology: - Darwin:

evolution , natural selection - Raymond Dart: skull = Australopithecus

africanus - Louis and Mary Leakey: earliest human beings lived in Africa -

Donald Johanson: Lucy Primates: opposable thumbs, 3D/binocular vision,

high developed brain, aggression, territory if~ Jane Goodall Unique human

characteristics: bipedalism (ability to walk upright over long distances and perform tasks while moving) ; complex/written language Cultural

anthropology: Culture: the learned behaviours, beliefs, attitudes, values, and

ideals of a particular society or population. Margaret Mead: Nature vs

Nurture (supported nurture) ethnocentrism: tendency to judge other cultures by one's own values (eg. Looking at another culture as strange or inferior)

cultural relativism: respect and acceptance of other cultures - Archaeology -

Applied anthropology - Anthropological linguistics - Ethnology - Ethnography

Chapter 3: Psychology: the scientific study of behaviour and mental

processes, and the factors that influence these processes - Structuralism:

inner workings of the mind by conducting experiments on sensation,

perception, and attention - Functionalism: the belief that mental

characteristics develop to allow people to survive and adapt -

Psychoanalysis: patients discuss their background, feelings, and experiences

with a trained therapist - Behaviourism: the study of observable human

reactions to the environment - Humanism: the emphasis in psychology on

the unique quality of human beings, particularly their freedom and potential for personal growth - Cognitive psychology: the study of mental processes involved in memory, learning, and thinking -sensation -perception Learning: a change in knowledge or behaviour as a result of experience if~ Conditioning: acquiring patterns of behaviour in the presence of an environmental stimulus if~ Classical conditioning: Ivan Pavlov, unconditioned stimulus — food, unconditioned response — salivation, conditioned stimulus — bell, conditioned response — salivating in response to bell alone; Watson, baby Albert if~ Operant conditioning: B. F. Skinner, rewards are more effective than punishments, positive reinforcement may have a more lasting impact if~ Observational learning: attention, retention, reproduction, motivation — Bandura Sleep: 4 stages every 90 minutes (REM — dreaming, 20 to 25 percent of sleep is REM sleep) Dreams: Freud-hidden meanings in dreams, etc. Chapter 4: Motivation: why we do things - Biological motivation - Social motivation Freud: ego-conscious and rational part Id- unconscious part, instincts Superego-unconscious part, conscience When we are born, the mind is made up of only the id. As we grow up, part of id is converted into ego and superego. -Freud tried hypnosis, thought childhood was important, free association Defense mechanisms: allows the mind to hide or change a problem so that it does not bother us in a conscious way. Jung: human behaviour often motivated by opposite tendencies Adler: lives are governed by the need to overcome feelings of inferiority Horney: conflicts develop as a result of feeling unsafe, unloved, or undervalued. Rejected Freud's negative concept of women. Maslow's hierarchy of needs: physiological needs, safety and security needs, belongingness and love needs, esteem needs, cognitive

needs, aesthetic needs, need for self-fulfillment Emotions: cognitive component, physical component, behavioural component ; heredity, learning, maturity Love: passionate and companionate [3 major ingredients of love: passion, intimacy, commitment] o Romantic lovers, game-playing lovers, companionate lovers, possessive lovers, pragmatic lovers, altruistic lovers Chapter 5: Stress: physical and psychological response to circumstances in the environment that test our ability to cope o General Adaptation Syndrome (Selye): three stages o Alarm: adrenalin produced, body ready to fight or flee o Resistance: body is better able to deal with original source of stress, much lower resistance to other stresses o Exhaustion: body's resources are wearing down o Positive stress = eustress o Causes: making choices, physical problems, etc o Coping: stress cognitive appraisal Mental illness: a disorderly functioning of the mind o Anxiety disorders: Generalized anxiety disorder, phobia, obsessive-compulsive disorder o Mood disorders: major depression, bipolar affective disorder o Schizophrenic disorders: schizophrenia o Personality disorders