

# Psychology



**ASSIGN  
BUSTER**

R. Preeti 28/5/2007 Psychology What is a correlational study? What are its components? What are the benefits of this method and what are the limitations?

Correlational study is a research process of psychology, used to study relationship between two variables, most commonly. The study investigates into the behavioural tendencies and patterns of human psychology, by establishing component variables, that are allotted numbers and procuring results for the same. The benefit of this method is that it is a logical derivation of results, based on case studies and patterns of behaviour. However, the flip side is that it is not always rational to categorise the human mind as an item of experiment, since one can behave erratically under certain circumstances or irrationality under pressured conditions. Therefore, it has its own pros and cons.

2. Compare and contrast two psychological schools of thought (psychoanalytic, behavioural, cognitive, humanistic, and biological). Which do you believe better explains human behaviour, defend your opinion (at least 3 reasons).

The behavioural approach is a scientific study, based on collection and tabulation of data, to analyse the human psychology. For instance, if an individual's psychological framework has to be decided upon or deciphered, a tabulation of his activities, his reactions and other interactions would be made and compared, to obtain a result. It is more of a logical and scientific study. On the other hand, the humanistic school of thought in psychology deals with human beings, not in the form of components or experimental materials. The approach possesses a more humane approach, giving place for feelings, emotions, responsibilities, thought-processes, etc. of humans. It

does not merely adopt a scientific approach, and paves way to include the other aspects of humanity, that cannot classify them under experimental scientific components in a laboratory! According to me, the humanistic school of psychological thought explains human behaviour better, since irrational emotions and feelings are given importance. In addition to this, man is not reduced to a mere experimental device. The approach paves way for the realistic assessment of man's individuality and capabilities. Thus, it is a better approach.

3. You have a co-worker who is struggling in their job. Using Operant Conditioning, Develop a plan to train your co-worker and improve their job performance.

Operant Conditioning is a psychological process, wherein a result is kept in mind and in accordance with it, behaviour of an individual is altered to suit circumstances and to derive the best out of individuals. If my co-worker has been struggling with performance-oriented problems and is unable to meet expectations, operant conditioning is the best mode to get him or her to rediscover potential and start working in terms with the same. I would take up an example case of an employee who had not been able to live up to expectations and managed to come out in flying colours. By highlighting the end result of his repeated efforts, I would help my troubled colleague to envisage a goal---a goal that defines success and better quality performance. With this end result in mind, I would also highlight the different incentives and goodies he or she would stand to gain, beside the full realisation of potential and gaining good amount of respect. Thus, with monetary and work satisfaction placed as the resultant, I would egg my colleague to work towards the goal. All along, being supportive towards him, confident of his

skills and providing an encouraging stance is important, since the human touch that comes through can create wonders.

4. You are having trouble sleeping at night due to stress. This is understandable as you attempt to balance home, work and school responsibilities. Identify the specific causes of your stress and describe 2 stress management techniques you could utilize to relieve (or at least manage) your stress.

I am a student, who is also working part-time to gain practical exposure, besides finding a way out to earn better financial comfort. In addition to this, I am the eldest of the four children at home and therefore, I am often the person who needs to set positive examples to my siblings, besides living up to my parents' expectations. Therefore, pressure to study well, work and still maintain my calm and set an example to my siblings, making my parents feel proud of me, is a tedious combination of tasks. Due to this pressure and stress, I have not been enjoying a sound sleep at night. However, it is imperative for me to shake of this stress and hit back with good amount of determination and zeal. I have adopted two techniques to beat my stress or at least to minimise them. The first is the self-reward giving methodology. Sometimes, I know I have worked really hard. A pat on my back would help me get charged up and also motivate me. Therefore, I have decided that I would allot my leisure time no weekends to reward myself, by doing things I love and by Getting myself those tiny little gifts that mean a lot to me. The second strategy would be to organise heart-open talk sessions with my parents and siblings. I would love it if they could contribute to my stress-management programme and therefore, taking time off to spend a short period, talking to them about my fears, apprehensions, doubts, success, etc.

would definitely make me feel light and stress-free.

5. You are working in a group on a project and have been named the team leader. Several members of your group are not doing their fair share. Using a motivational theory in psychology, analyze your group members motivation and develop a strategy for improving their motivational levels.

A team that dumps all its work on a single person cannot succeed and therefore, it is a must to change the situation, for better involvement and outcomes. Being a team-leader I do possess the responsibility to change the fact that I do most of the work while my team members have a day out. In order to change this situation, I have done a motivation analysis and have discovered that individuals who do not take part in the working of a team, do so due to the fact that they feel less important or because their valuable contribution is often ignored or due to the fact that they suffer from low self-esteem. I would begin by allocating tasks to each member, after analysing the strengths of each one. I would also encourage and motivate them to contribute their potential completely to the tasks allotted. In addition to this, a periodical review of their actions and activities, analysing where they have gone wrong or to appreciate what they have done well. This would egg them on to contribute their best.

Reference

Website: [www.wikipedia.com](http://www.wikipedia.com)