

PSYCHOLOGICAL READINGS

QUESTIONS

1. What's psychology?
2. Where does it come from the word "psychology"?
3. Psychology isn't the study of between people, but it also includes the study of between people.
4. What are the fields of psychology?
5. What is behavior?
6. What are cognitive activities?
7. What are the goals of psychology?

8. Full in the blanks

- a) Biopsychology studies the relationships between the and
- b) Bio-psychologists study how the brain and nervous system impact our, and
- c) Is the largest specialty area in psychology.
- d) What does developmental psychology study?
- e)apply psychological principle to study legal issues.
- f) Clinical psychologists apply psychological principles and research to,, patients with mental and emotional illness.
- g) Environmental psychology is interested in the relationship between and..... environment.

9. Write TRUE or FALSE

- a) Forensic psychology may involve studying productivity and behavior.
- b) Biopsychology studies the characteristic patterns of thoughts, feeling and behavior that make each person unique.
- c) Social psychology studies how individual self-image and behavior are impacted by interaction with others.
- d) Clinical psychology is interested in the promotion and maintenance of good health.
- e) Personality psychologists study the physical and cognitive development that occur over the course of the lifespan.
- f) School psychology works within the educational system.

PSYCHOLOGICAL READINGS

QUESTIONS

Personality

1. What is personality? How you define personality? What is the working definition of personality?
2. The pioneering American psychologist Gordon Allport (1937) described two major ways to study personality: the and the.....
3. What is Nomothetic psychology?
4. Gordon Allport define personality as it is
.....
5. Walter definition of personality.....
6. Fredenburgh definition of personality.....
7. What are the elements of personality according Sigmund Freud theory?
8. **Id** is:
9. **Superego**:
10. **Ego**:
11. Our personality traits are shaped and fashioned by As well as by factors.
12. What are the biological factors that affect personality?
13. What are the psychological factors that affect personality?
14. Write **TRUE** or **FALSE**
 - a. Birth order is an important factor in determining personality.
 - b. Television, internet has only a negative effect on the development of personality.
 - c. Idiographic psychology is a attempt to understand the unique aspects of a particular individual.
 - d. Id and Ego are in constant states of conflict, with the superego balancing the two.

PSYCHOLOGICAL READINGS

QUESTIONS

Emotions

1. What is an emotion?

an emotion is a mental and physiological state associated with a wide variety of feelings, thoughts, and behaviors.

2. Emotions haven't a cognitive (or mental) element (T or **F**).

3. Emotions involve some level of judgment, evaluation or thought.

4. Emotions occur randomly.(**T** or **F**)

5. The cognitive element of emotions may be conscious only. (T or **F**).

6. Emotions have a physiological basis. (**T** or F)

7. Some of the obvious physiological accompaniments of negative emotions are crying, the red face of anger, the churning stomach of fear.

8. Emotions can affect our thoughts and behaviors.

9. Different people can experience same emotions when exposed to the same physical stimuli. (T or **F**).

10.Emotions cannot be learned (T or **F**).

11.An irritable person is generally disposed to feel irritation more easily or quickly than others. (**T** or F)

MOTIVATION

12.What is a motivation?

Motivation is the driving force behind human behavior.

13.Man is a wanting being. (**T** or F)

14. A satisfied need is not a motivator of behavior. (**T** or F)

PSYCHOLOGICAL READINGS

QUESTIONS

15. According to Maslow's hierarchy of needs, man's needs are arranged on five levels - a hierarchy of importance. Mention them from the lowest to the highest.
- Physiological - the need for food, drink, shelter and relief from pain.
 - Safety and security
 - Social - become important motivators of his behavior.
 - Esteem or egoistic - a need both for self-esteem and the esteem of others.
 - Self-fulfillment or self-actualization – is the highest level in the hierarchy.
16. a need, once satisfied, is no longer a need (**T** or F)
17. Self-fulfillment is the highest level in the hierarchy.

Anxiety

18. What is anxiety?

Anxiety is a feeling that is common to us all. It is a natural reaction to certain situations and circumstances.

19. Anxiety is characterized by a **fear** or **apprehension** of what might happen.

20. Anxiety is often associated with circumstances such as **illness**, **unemployment**, **moving house**, **exams** or **job interviews**.

21. Anxiety often goes hand-in-hand with depression (**T** or F)

22. What are the psychological effects of anxiety?

- An overwhelming sense of fearful anticipation
- Inability to concentrate
- Constant worrying
- Heightened alertness and a tendency to 'catastrophise'
- Sleep disturbance

23. What are the Physical effects of anxiety

- Tightness in the chest / chest pains / pounding heart

PSYCHOLOGICAL READINGS

QUESTIONS

- Nausea
- Rapid shallow breathing / butterfly feelings in the stomach
- Loss of appetite
- Headaches / dizziness / faintness
- Muscle tension Anxiety
- Sweating
- Frequent urination
- Panic attacks

24. What causes anxiety?

There is no one cause for anxiety. For some it may begin after a long period of stress. Others may feel they are not in control of certain aspects of their life, and may develop a general anxiety about the future.

25. Anxiety problems can be caused by physical factors (**T** or F)

26. Anxiety can be a side-effect of certain drugs. (**T** or F)

27. Use of recreational drugs won't trigger episodes of anxiety (T or **F**)

28. Freud noted that a major cause of tension was anxiety. (**T** or F)

29. Define the following

Reality Anxiety: This is the most basic form of anxiety and is typically based on fears of real and possible events.

Neurotic anxiety: This is a form of anxiety which comes from an unconscious fear that the basic impulses of the ID.

PSYCHOLOGICAL READINGS

QUESTIONS

Moral anxiety: This form of anxiety comes from a fear of violating values and moral codes, and appears as feelings of guilt or shame.

30. Freud believed that both normal and abnormal behavior result from interactions among the **id**, **ego**, and **superego**.

What are Freud's list of basic Defense Mechanisms ?

- **Denial:** claiming/believing that what is true to be actually false.
- **Displacement:** redirecting emotions to a substitute target.
- **Intellectualization:** taking an objective viewpoint.
- **Projection:** attributing uncomfortable feelings to others.
- **Rationalization:** creating false but credible justifications.
- **Reaction Formation:** overacting in the opposite way to the fear.
- **Regression:** going back to acting as a child.
- **Repression:** pushing uncomfortable thoughts into the subconscious.
- **Sublimation:** redirecting 'wrong' urges into socially acceptable actions.