

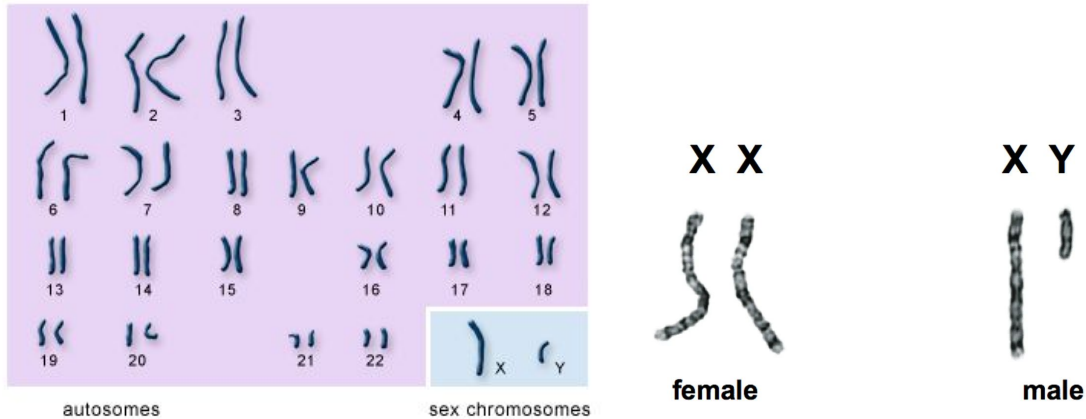
## Psychology 1102 Final Exam

### Chapter 4: Nature, Nurture and Human diversity

#### Behaviour genetics

##### Genes and chromosomes:

Chromosome: a threadlike structure of nucleic acids and protein found in the nucleus of most living cells, carrying genetic information in the form of genes.



Gene: a unit of heredity which is transferred from a parent to offspring and is held to determine some characteristic of the offspring.

DNA: deoxyribonucleic acid, a self-replicating material which is present in nearly all living organisms as the main constituent of chromosomes. It is the carrier of genetic information.

Human genome: all genes and chromosomes put together to make up someone's genetic makeup

Traits: a distinguishing quality or characteristic, typically one belonging to a person.

##### Twin and adoption studies:

- Nature nurture argument has debated whether traits are inherited(nature) or shaped by the environment in which someone was raised (nurture)
- Adoption
- twins :either of a pair of twins who, as a result of developing from separate fertilized ova, are genetically distinct and not necessarily of the same sex or more similar in appearance than other siblings. (fraternal)
- twins:either of a pair of twins who, as a result of developing from a single fertilized ovum, are alike in all genetic characteristics (including sex) and typically very similar in appearance. (identical)

| Characteristic      | If present in identical twin | If present in fraternal twin | Baseline |
|---------------------|------------------------------|------------------------------|----------|
| Alzheimer's disease | 60% risk                     | 30% risk                     |          |
| Divorce             | 5.5 times                    | 1.6 times                    | same     |

#### Heritability:

- Identical twins typically have the same temperament.
- The Heritability of a trait is defined as the extent to which variation among individuals can be attributed to their differing genes.
- You can't always get half of parent intelligence though
- Nutrition is a factor as well
- Genetic makeup (nature) nutritional factors (nurture)
- We can adapt to different environments
- Lamarckian evolution is the heritability of acquired traits.

#### Molecular genetics:

- Specific genes can influence behaviours
- Genes can be turned on and off and could also be active or passive

### **Evolutionary psychology**

#### Natural selection:

- Natural selection is a theory of darwin which he stated that is could be the survival of the fittest
- Organisms can survive long enough to reproduce
- Behaviours can be attributed to natural selection
- Genes have created us to ensure their own survival

#### Evolution and human sexuality:

- Sexual behaviour in humans is different from frogs and dogs
- Biological function
- Courtship ritual
- Energy requirements of the individuals
- Males require less energy than women
- Male is to generate sperm women generate eggs and the child then they have to take care of them after.
- Women can produce more eggs once hers are gone but men can produce a lot

| <b>Gender</b>     | <b>Male</b>   | <b>Female</b>  |
|-------------------|---|--|
| <b>Investment</b> | <b>Small</b>  | <b>Large</b>   |
| <b>Strategy</b>   | <b>Inseminate as many females as possible to maximise the chances that DNA will continue.</b> | <b>Ensure that mate is fit to maximise the chances that DNA will continue.</b> |

- Reproduction at puberty
- Sexual behaviour in humans seems closely relates to that of a bonobo, chimpanzee, gorilla and orangutans
- Attraction between sexes

### **Parent and peers**

Parents and early experiences:

- Cultural environment
- Economic environment
- Geographical environment
- Nutritional environment
- Intellectual environment
- Social environment
- Brain development is fixed for the major structure of the brain
- Cerebral cortex of the brain

Example of the rats:

Ones that live in an enriched environment have stronger brain activity and synapses where those who live in impoverished environments do not have that.

- They did the same study with cats but with visual development one with horizontal line and other with vertical and the ones could only see in the plane in which they were adapted too.

Stereopsis: the ability to see in three dimensions

- Critical period for visual development is also critical periods for athletic or musical ability and social awareness (younger ages)

Peer influences:

- Children acquire their own languages and other attributes and characteristics from their friends and people they attend school with.
- They can learn dangerous or antisocial behaviour or well adapted behaviour depending on who they hang around and what each parent have taught them.

### **Cultural influences**

What is culture?:

Culture: the enduring behaviours, ideas, attitudes, values and traditions shared by a group of people and transmitted from one generation to the next

Variations across cultures:

Why can't I get a decent hamburger in this country?

Doesn't anybody here speak English?

Keep a tight grip on your purse –  
these people will rob you blind.

You're taking your life in your hands  
trying to cross a street in Montréal.

... and on and on.

- Comfort zones within a culture need to step out of it.
- Could come in contact with other cultures and that is when the variations could come about
- Different languages dress code and ways of acting and could come in contact to create cross culture to maybe create a new culture.

Variations across time:

- Changes include such factors as
  - Dress
  - Manners
  - Language
  - Foods
  - Travel
  - Courtship
  - Work

Culture and the self:

- Self vs community differ across cultures
- Chinese and Japanese emphasis on community
- North America and Aboriginal cultures use a consensus based approach







Culture and child rearing:

- Obedient and independent children
- Some cultures have a sense of family and self
- Western societies put children on waiting lists for daycare before a child is even born
- Other cultures expect one parent (mother) to take care of the child
- Maternity leave (Western societies)
- Early development comes from caregivers
- Outsiders think Australian and South African English sound the same but to them they have different accents

Developmental similarities across groups:

- Canadians and Americans are similar but not identical but we see each other as being very different



| Location      | Bands   | Braces  | Suspenders  | Garters   |
|---------------|---|---|---|---|
| UK            |  |  |  |   |
| North America |   |  |  |  |

**One language or two? Another example**

Braces in the UK



Suspenders in North America



Bretelles in France and Québec




Bretelles in France and Québec



Bretelles in France and Québec



|  |            |             |             |
|--|------------|-------------|-------------|
|  | French     | Spanish     | Italian     |
| exact<br><br>different | université | universidad | università  |
|  | liberté    | libertad    | libertà     |
|  | bonté      | bondad      | bontà       |
|  | égalité    | igualdad    | uguaglianza |
|  | santé      | salud       | salute      |

| VERY SIMILAR WORDS<br>("good day") |             |
|------------------------------------|-------------|
| Language                           | Word        |
| Czech                              | dobry den   |
| Polish                             | dzien dobry |
| Russian                            | dobry dyen* |
| Serbo-Croatian                     | dobar dan   |
| Ukrainian                          | dobry dyen  |

| VERY SIMILAR WORDS |        |
|--------------------|--------|
| Language           | Word   |
| English            | coffee |
| French             | café   |
| German             | Kaffee |
| Italian            | caffè  |
| Mandarin           | ka fei |
| Spanish            | café   |

**Gender development**

Gender similarities and differences:

- Males and females are identical except for their XX and XY chromosomes and their primary and secondary sex characteristics
- Sensory capabilities are different
  - Colour blindness is more common in men than women
- Violent crime both genders do

| <u>Category of homicide*</u>   | <u>Percentage</u> |
|--------------------------------|-------------------|
| Male offender, male victim     | 65.3%             |
| Male offender, female victim   | 22.7%             |
| Female offender, male victim   | 9.6%              |
| Female offender, female victim | 2.4%              |

\* U.S. Bureau of Justice Statistics. <https://bjs.ojp.usdoj.gov/content/pub/html/pub3/homicide98a.pdf>

- Men engage in more violent crime than women do
- Statistically men have more power over women as men tend to be leaders over women
- Women didn't get rights until just recently
- Independence vs interdependence
- Competition in work and play
- Communication styles
- Other compromises

#### The nature of gender:

- XY- male XX\_ female
- Hormonal variations
  - Excess testosterone can create genetic deformities
  - DES exposure can cause psychological disorders
- Boys typically choose trucks over dolls and girls choose dolls over trucks
- Similar patterns in primates
- Gender identity is not tied to physical characteristics
- Prenatal testosterone on girls can give the effect of being a tomboy

#### The nurture of gender:

- Gender roles are defined- the role in which specific gender take on
- Expectations of each gender

## **Chapter 5: Development through the lifespan**

### **Prenatal development and the newborn**

#### Conception:

- Mate when females are fertile (humans)
- Genital secretion (non humans)
- Some travel lengths in order to mate with someone
- Male role of conception is to get women pregnant and fertilizing the female egg
- At puberty this process can begin to happen
- Can only happen during certain time periods in humans is is after the women has her period

#### Prenatal development:

- Gestation period for humans is 39-40 weeks in length
- Different stages of development
  - Gamete
  - Embryo
  - Fetus

| Factor                         | Consequence   |
|--------------------------------|---|
| Alcohol consumption            | Attraction to alcohol; fetal alcohol syndrome (FAS)             |
| Smoking                        | Reduced oxygen, increased carbon monoxide, underweight at birth |
| Addictive drugs                | Addiction in utero (e.g., opiates)                              |
| HIV/AIDS                       | Born with HIV/AIDS  |
| Teratogens (e.g., thalidomide) | Deformities of limbs, etc.                                      |

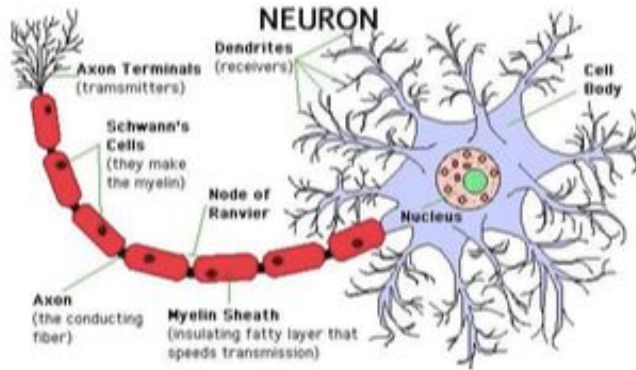
The competent newborn:

- Physical stresses like trauma of birth
  - **Rooting reflex:** here, the infant turns towards a stimulus on a cheek, open its mouth, and roots for a nipple;
  - **Sucking reflex:** when the nipple is located, the infant begins to suck;
    - Because air and food cross paths in our pharynx and must go into separate “pipes”, breathing and swallowing reflexes are coordinated;
  - **Crying reflex:** when a drive is unsatisfied or environmental conditions are not optimal, the infant will cry, drawing the attention of the parent
- Habituation: the diminishing of a physiological or emotional response to a frequently repeated stimulus.

**Infancy and childhood**

Physical development:

- Nerve cells
  - Soma (cell body)
  - dendrites( for receiving input)
  - Axon (for transmission)



- Neuron develops→ axon grows to form connections with dendrites of another neuron
- Dendritic tree increase
- Surplus of neurons in later stages of fetal development
- Carry throughout the life of a human
- Sensory areas of the brain develop early and same with motor areas
- Last spots to develop are in the frontal lobe which involves thinking, memory and language
- Infants orient to sounds right after birth and speech several months after
- Associative function begins to mature
- Muscle develop in the infant's behavioural repertoire increases
  - Move arms and legs
  - Rolling over
  - Sits up
  - Brings objects to mouth
  - Coordination of limbs and crawling
  - Stand
  - Walking then running
  - Bowel and bladder develop now
- Memory slowly develops around age 3-4

Cognitive development:

- Thinking remembering knowing and communicating develops over time
- Jean piaget builds schemas (associative networks into which we incorporate new experiences)
- We assimilate new experiences-understanding of the world
- Accommodate to the world

Piaget's theory and current thinking:

- Sensorimotor stage: birth to 2 years;
- Preoperational stage: 2 years to 6 or 7 years;
- Concrete operational stage: 7 years to 11 years;
- Formal operational stage: 12 years through adulthood.
  - Sensorimotor stage

- Sensory capabilities to explore bodies
- Coordination completion of feedback loops
- Look for hidden objects
- Preoperational stage
  - Conservation: a logical thinking ability that allows a person to determine that a certain quantity will remain the same despite adjustment of the container, shape, or apparent size
  - Egocentrism: to the child's inability to see a situation from another person's point of view.
  - Theory of mind: what others think of you
- Concrete operational stage
  - Aware of conservation: the shape of a glass
- Formal operational stage
  - Learning based on experience

#### Social development

- Stranger anxiety: is a form of distress that children experience when exposed to strangers
- Attachment during the critical period of a child to the parent
- Visual and tactile attachment
- Confidence, trust and deprivation all contribute to attachment
- Before 2 years a child can adapt and attachment

#### Self-concept:

- Who we are and what we are to other people
- 18 months and on human can understand self concept
- Parenting styles include
  - Authoritarian: characterized by high demands and low responsiveness
  - Authoritative: characterized by high responsiveness and high demands
  - permissive: characterized by low demands with high responsiveness

### **Adolescence**

#### Physical development:

- Change from being children to adults
- Puberty
- Sexual maturation
- 11 in girls 13 in boys
- Primary sex characteristics: female and male genitalia changes and function
- Secondary sex characteristics: hair growth breast development and widened hips
- Changes in the brain include

- Frontal lobe; impulse control better planning and better judgement

#### Cognitive development:

- People start to feel awkward and vulnerable
- Reason for abstractly
- Strongly felt positions against their own views
  - Preconventional morality, or rule-following guided by self interest (avoid punishment, get rewards);
  - Conventional morality, also rule-following but in a broader social context that takes into account other people; and
  - Postconventional morality, where abstract reasoning leads to a greater understanding of rights and ethics.

#### Social development:

- Erik erikson
- Identity vs role confusion
- People play different role to figure out who they really are
- Self esteem drops or increases spend less time at home and more time with friends and making their own decisions
- Ask themselves questions about morality and what they will do

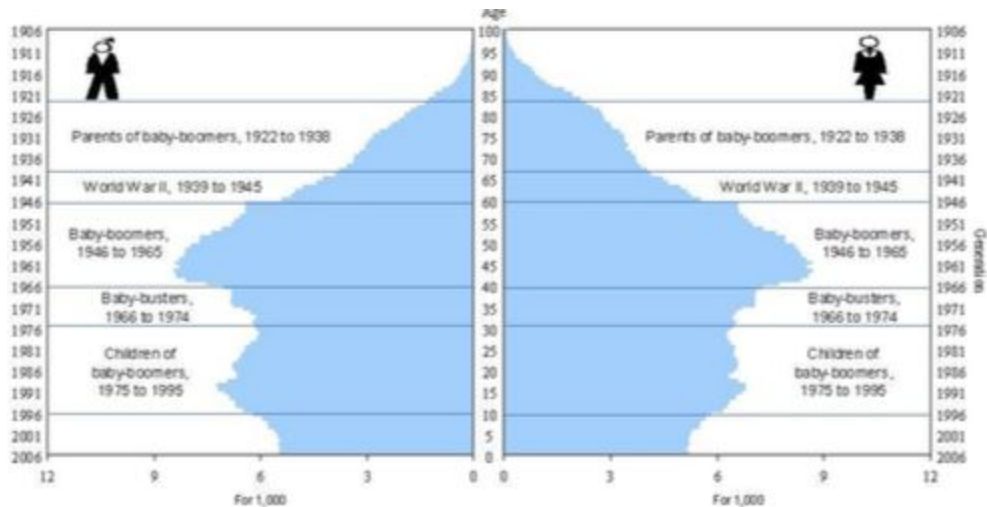
#### Emerging adulthood:

- Final stage of adolescence
- Takes charge of life

### **Adulthood**

#### Physical development:

- Peak in early 20s
- menopause : women must think about it as it could be a factor in having kids
- Occurs around 50 and 500 menstrual periods
- Biological clock: making thoughts to when they will have children or will they freeze her eggs
- Andropause is a mens things but rarely happens
- Sex drives persist after theses stages and into 80s
- Women live longer then men



- Sense become more acute with age
- Vision becomes worse
- And auditory senses become worse
- All senses become weakened with time
- Immune system is more complex than younger people but it is easier to catch disease as it is weakened due to the complexity
- Reaction times are slower than younger people
- Brain has lost 5% of its weight
- Exercise is very important
- Dementia is also a factor of getting older
- Alzheimer's disease as well
- Loss of brain cells over time

#### Cognitive development:

- Brain holds decades of memories and older people can perform worse than younger people including with memories
- Encoding names at introduction
- Recalling words
- And recognition of words
- Prospective memory: remembering thing that one plans to do declines with age
- Everything declines with age face it you dumb bitch
- Cross sectional study

| Birth year | Cross-sectional study |     |
|------------|-----------------------|-----|
|            | Year                  | Age |
| 1930       | 2015                  | 85  |
| 1940       | 2015                  | 75  |
| 1950       | 2015                  | 65  |
| 1960       | 2015                  | 55  |
| 1970       | 2015                  | 45  |
| 1980       | 2015                  | 35  |
| 1990       | 2015                  | 25  |
| 2000       | 2015                  | 15  |

- Longitudinal study

| Birth year | Longitudinal study |     |
|------------|--------------------|-----|
|            | Year               | Age |
| 1930       | 1945               | 15  |
| 1930       | 1955               | 25  |
| 1930       | 1965               | 35  |
| 1930       | 1975               | 45  |
| 1930       | 1985               | 55  |
| 1930       | 1995               | 65  |
| 1930       | 2005               | 75  |
| 1930       | 2015               | 85  |

- Crystallised intelligence increases with age. This type of intelligence refers to vocabulary and analogies.
- Fluid intelligence refers to our ability to reason quickly and abstractly decreases up to age 75, then declines more rapidly.

Social development:

- Midlife crisis: goes through something because they think their time is coming up
- Social clock: right time to do things
- Love and work
- Love is different from sex and is an important part of life
- Engaged married have children
- Commitments to people
- Post launch honey moon children move out and they become empty nesters
- Working is important to provide for family
- Well being how you are doing
- Sense of identity
- Self esteem increases
- death and dying sucks but is a part of life

- Grief and then move on
- Facing death is also very hard to deal with

### **Reflections on 2 major developmental issues**

#### Continuity and stages:

- Humans change gradually
- Piaget (cognitive development)
- Kohlberg (moral development)

#### Stability and change:

- Are personalities constant or do they change
- Loss of brain function
- Temperament persist throughout life
- Significant changes in the life
- Development of a personality

### **Chapter 10: intelligence**

#### **What is intelligence?**

- Refers to knowledge that a person has or the cognitive tools someone uses to make use of this knowledge
- Socially constructed concept

#### **Is intelligence one ability or several?**

- Spearman
  - General intelligence: we could have one
  - Factor analysis: a statistical tool that can be used to identify clusters of related items
- Thurstone
  - 56 different tests
  - Mathematically identified seven clusters of abilities including
    - Word fluency
    - Verbal comprehension
    - Spatial ability
    - Perceptual speed
    - Numerical reasoning
    - memory
- Kanazawa
  - Athletic ability
  - Novel problems
- Gardner
  - Several abilities that are packaged together
  - Savant syndrome: is a condition in which someone with significant mental disabilities demonstrates certain abilities far in excess of average.

- Sternberg
  - Triarchic theory
    - Analytical intelligence (academic problem-solving), assessed by tests;
    - Creative intelligence, where people generate novel ideas and react adaptively to novel situations; and
    - Practical intelligence, including performance on common tasks

- Convergent thinking
- Divergent thinking

### **Intelligence and creativity**

- Convergent thinking
- Divergent thinking
- Sternberg's 5 components of creativity

1. Expertise, or a well developed knowledge base (building blocks).
2. Imaginative thinking skills provide the ability to see things in novel ways, to see patterns, and to make connections. Copernicus inverted the mechanics of the solar system.
3. A venturesome personality, who seeks new experiences, tolerates ambiguity and risk, and is persistent.

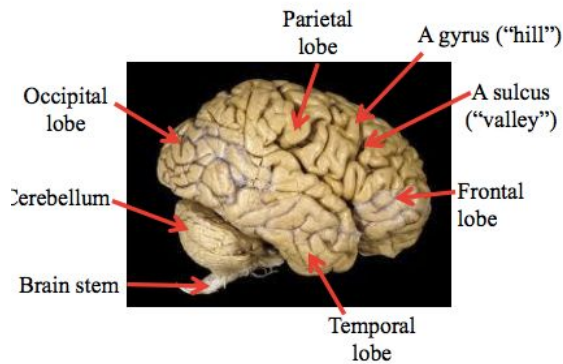
– Edison said that “genius is 1% inspiration and 99% perspiration.”

4. Intrinsic motivation involves being driven by internal pressures rather than by external pressures.
5. A creative environment helps spark and support creative ideas. Also, it helps to acknowledge debts to others.
  - Newton said, “If I have seen further, it is by standing on the shoulders of giants.”

### **Emotional intelligence**

- Social intelligence the knowing how involved in social situations and managing yourself successfully
- Emotional intelligence is the ability to perceive, understand, manage and use emotions
- Perceived emotions in music faces and stories
- Understand emotions including predicting them and how they change and blend
- Manage emotions knowing how to express them in various situations
- Use emotions to enable adaptive or creative thinking

### **Is intelligence neurologically measurable?**



### Brain size and complexity:

- Many different animals have larger brain but are less intelligent than humans
- We have very complex brains

### Brain function:

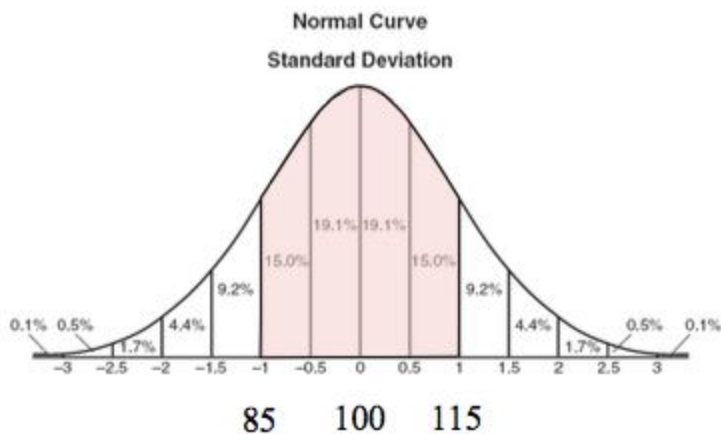
- Perceptual speed the speed of taking information
- Neurological speed brain waves and stimulus how quickly it functions

### Assessing intelligence

#### The origins of intelligence testing:

- The republics from pato on differential intelligence
- Galton
  - Reaction time
  - Sensory acuity
  - Muscular power
  - Body proportions
- Binet
  - Two choices being subjective evaluations and objective tests
  - Mental age

$$IQ = \text{mental age} \times 100 \text{ chronological age}$$



- Eugenics: s the practice or advocacy of improving the human species by selectively mating people with specific desirable hereditary trait
- IQ tests

#### The modern day tests and mental abilities

– Achievement tests are designed to measure what we have learned – driver’s tests, final exams, etc.;

– Aptitude tests are designed to predict our ability to learn a new skill – will you be a good mechanic? a good teacher? Are you suited for university? etc.

- WAIS (Wechsler Adult Intelligence Test); for children, it is the WISC (Wechsler Intelligence Scale for Children), and there is a third version for pre-schoolers
- Reliable valid and standardised
- Content validity relates to the behaviour under study
- predictive validity

#### Principles of test construction:

#### **The dynamics of intelligence**

- Reliable valid and standardised
- Content validity relates to the behaviour under study
- predictive validity they must predict the future performance
- Bell curve with heights weights and test scores for a population or sample gorup
- Flynn effect scores have been improving over time

#### Stability and change:

- Start around 4 and stabilize around 7
- 0.86 for verbal and math scores

#### Extremes of intelligence:

- Intellectual disability lower test scores than average
- Down syndrome extra chromosome

| Level    | Approximate intelligence scores | Adaptation to demands of life   |
|----------|---------------------------------|---|
| Mild     | 50-70                           | May learn academic skills to grade 6 level. Adults may, with assistance, achieve self-supporting social and vocational skills.          |
| Moderate | 35-50                           | May progress to grade 2 level academically. Adults may contribute to their own support by labouring in sheltered workshops.             |
| Severe   | 20-35                           | May learn to talk and to perform simple work tasks under close supervision but are generally unable to profit from vocational training. |
| Profound | Below 20                        | Require constant aid and supervision.   |

### **Genetic and environmental influences on intelligence**

- Same thing is involved with genetics as nature nurture as in intelligence

### **Twin and adoption studies**

- 50-75% of variation can be attributed to genetic variation in identical twins raised apart
- Twins share similarities in terms of grey matter
- polygenetic: relating to or determined by polygenes

### **Heritability**

- In a population that is attributable to genetic factors
- Cannot blame parents on height because it is within the population
- Gene-environmental factor: someone who has better genes and environment can do better in life than someone who has less variability

### **Environmental influences**

- Unstimulating environments = less intelligent due to less development in the critical periods of development
- Spoon fed knowledge → just given to the students by the teachers no outside learning
- Project head start → worked impoverished children and families
- Aptitude benefits seemed to dissipate over time

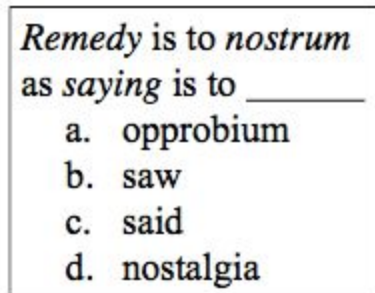
### **Group differences in intelligence test scores**

- Verbal ability: verbal fluency word recall and remembering fact
- Nonverbal memory: remembering and locating objects and picture association (females better)
- Sensitive and emotions (females better)
- Math and spatial aptitudes (males and females scored the same)
- Mathe computation (females)

- Spatial ability tests (males better)
- Whites are typically more intelligent than blacks hispanics midway between both and asian are above all

### The question bias

- We don't know the differences between certain things



good example of things we don't know this generation

- Bias against different ethnic groups

## **Chapter 12: stress and coping**

### Stress and illness

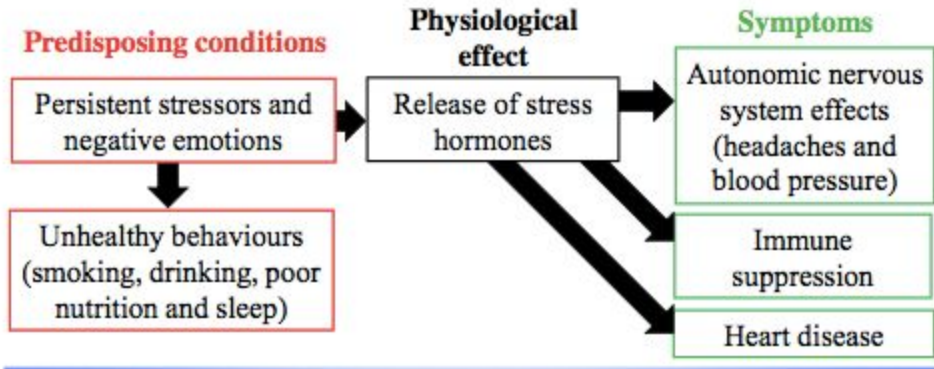
Stress:some basic concepts:

- Stressors
  - Catastrophes
  - Family disruptions
  - Serious illness
  - Financial concerns
  - Daily hassles
  - World events
- Short lived stressor cause fight or flight response
- Sympathetic nervous system
  - Causes fight or flight response
  - Epinephrine type of adrenaline that helps with the response
  - Heart rate blood flow and respiration increases
  - Glucocorticoids can be released from adrenal glands (cortex)
  - Cortisol is one stress hormone
- General adaption syndrom is bodies response that is general undifferentiated alerting system
- Response system
  - Phase 1: alarm reactions
  - Phase 2: resistance
  - Phase 3: Exhaustion
- Tend and befriend tend to be in women they secrete more stress moderating oxytocin
  - Oxytocin is considered the love drug and helps with happiness and affection

### Stress and illness:

- Behavioural medicine brings together medical knowledge and behaviour
- Health psychology is the label psychology's contribution to behaviour medicine
- Psychoneuroimmunology looks at interactions of the psychological, neural and endocrine system
  - Factors affecting this
    - Age
    - Stress
    - Nutrition
    - Genetics
    - Body temperature
  - Immune tools
    - White blood cells B (bone) and T (thymus) lymphocytes for different areas of the body
    - Macrophages eat invaders and worn out cells
    - Natural killer cells interact with disease cells and kill them
  - Immune system can overreact causing autoimmune diseases
  - Or it can under react which can let viruses erupt causing sickness
  - Weakened immune system
    - Slow healing of surgical wounds
    - Susceptibility to intra-nasal virus
    - Lowered effectiveness and vaccines
- Stress HIV and AIDS become a high risk as well when a body becomes very stressed
  - HIV and AIDS can be increased and you can die faster
  - Negative emotions
  - Ways to get out of this or slow is
    - Exercise
    - Bereavement support
    - Relaxation training and others
- Stress and cancer
  - Again it can cause cancer due to in lowered immune system
  - Body cannot fight off the virus due to the other stresses
- Stress with heart disease
  - Because the sympathetic nervous system is always on high drive and going through increased heart rates the body gets tired and caused heart problems
  - Type A, who are competitive, hard-driving, impatient, verbally aggressive, and easily angered; and
  - Type B, who are more laid-back and laissez-faire.
    - Negative emotions associated with these types of people
    - Type D is a mix of both people and experience distress during social interactions
    - Optimist: always thinking on the positive side

- Pessimists: thinking on the negative side
- Depression is a risk factor of heart disease
- Prolonged stress it makes the body hard to fight off other things like viruses
- Causing inflammation in other areas of the body including the heart



- There are medicines to help with all this

## **Health and coping**

### Coping with stress:

- Problem focusing coping which we deal with sources of stress directly
- Emotion focused coping using tactics to seek support from friends
- Personal control
- Loss of control could affect health
- Learned helplessness when we feel no control and have to learn to adapt to what has been thrown at us
  - Little control over one's life can create learned helplessness
  - Loss sense of control can lead to vulnerability to health challenges and even death
- Locus of control
  - External locus of control: governed by external factors
  - Internal locus of control: they control their own destiny
- Self control you are able to delay gratification in order to get longer term rewards
  - Better health higher income and better grades
- Explanatory styles
  - Optimists perceive that they have control they handle stress better and they are healthier
- Social support is also important because the support can help you and you can live a better life
- Pets can also help you

### Reducing stress:

- Aerobic exercise like jogging, biking and swimming because it increases heart and lung fitness and is good for your body health
  - Managing stress better

- Feel more vigour
- Feel depressed and fatigued less than others
- Relaxation and meditation
  - Biofeedback trains people to control their brain waves or other unconscious behaviours feeding the signals to an analyser that then triggers feedback to the person
  - Relaxation same result as biofeedback
  - Meditation helps with autonomic functions such as heart rate blood pressure and oxygen consumption
- Religion has a source of comfort in some people as well
  - Positive effects of religion

## **Chapter 14-personality**

### **Personality: overview**

- Personality is an individual's characteristic pattern of thinking, feeling and acting
- Psychodynamic theories
  - Freud
  - Jung
  - Horney
  - Adler
  - Neo-freudians
- Humanistic theories
  - Maslow
  - Rogers
- Trait theories
  - What are traits and how do we assess them and what do they predict
- Social cognitive theories
  - The evaluation of behaviour in a social context

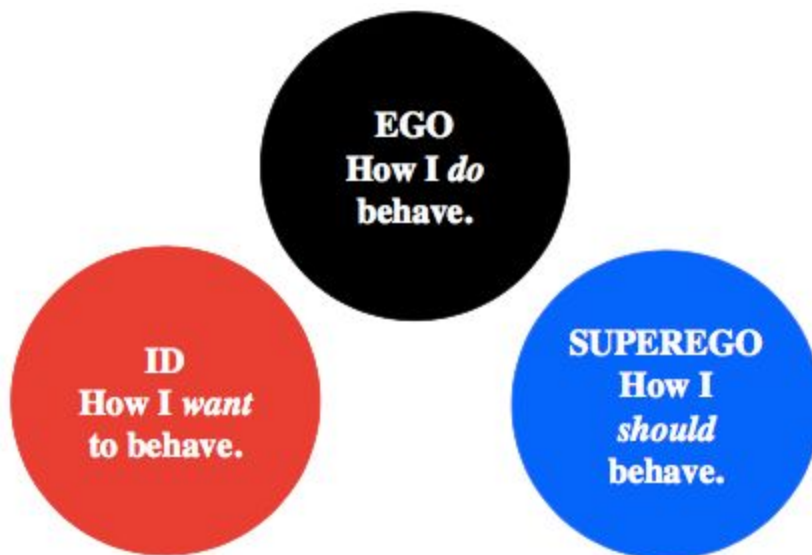
### **Psychodynamic theories**

- Specialised in nervous disorders
- Determinists who believed that nothing ever happened by accident
- Forbidden thoughts

#### Freud:exploring and unconscious:

- Making observations of their behaviour
- Making inferences about their thoughts and attitudes and motivations
- We can observe behaviours and can make inferences off of them
- Some neurological disorders might have psychological causes
- Free association as a tool
- He names the technique of psychoanalysis
- Conscious and unconscious

- Conscious is the processes make up a small part of self that we are aware of
- Unconscious is the larger part of our self that takes place in the pre conscious or unconscious domains
- Pleasure principle
  - ID animalistic part of our personality the part that deals with basic motivations including sexual aggressive drives. Driven by unconscious psychic energy
- Superego is the conscience of the personality the good angel on one shoulder. Moral standards and ideas
- Ego is the referee between Id and the superego. The ego operates according to the reality principle
- Sex id wants to satisfy superego want to adhere to moral principles and so the ego charts courtship that may lead to sex but does it in a socially accepted manner
- Hunger
  - Child is hungry they get given food gets shoved into mouth
  - Adult must eat delicatly at a gala
  - Starving they can scarf down a pizza
    - Knowing the situation you can act in a manner that is appropriate



- Psychosexual stages and each stage is marked by the erogenous zone

| Stage   | Age          | Focus  |
|---------|--------------|--|
| Oral    | 0-18 mo.     | Pleasure centres on the mouth.                                 |
| Anal    | 18-36 mo.    | Pleasure focuses on bowel and bladder elimination and control. |
| Phallic | 3-6 years    | Pleasure zone is the genitals.                                 |
| Latency | 6 to puberty | Dormant sexual feelings.                                       |
| Genital | Puberty on   | Maturation of sexual interests.                                |

- Oedipus complex
  - Phallic stage learns to derive pleasure from genitals (boys)
- Electra complex
  - Pleasure genitals in girls
- A period of identification has come in someone's life that they learn to pleasure themselves
- Female sexuality is less understood at some points in history
- Unresolved conflicts in younger life can appear in adulthood as maladapted behaviour
- Strong conflicts could fixate the person's pleasure seeking behaviour stage
- Smoking could cause someone to need oral gratification
- Defense mechanisms (RRRPRDD)
  - Repression
  - Regression
  - Reaction formation
  - Projection
  - Rationalisation
  - Displacement
  - Denial

#### Neo-freudian and psychodynamic theorist:

- Differed from freud in two principle ways
  - Shifted control from unconscious to the conscious mind
  - De-emphasized sex and agression as all important motivational forces and put emphasise on other motivations
- Alder and horney argued that it is social not sexual tensions that make childhood so important in personality development
- Adler coined inferiority complex and believed that power was important. Childs struggle to overcome feelings of inferiority that's what guided development
- Horney argued anxiety drove our need of love and security
- Jung made the third principle of Collective unconscious which is sort of racial repository of experiences
- Psychodynamic theory moved away from freud's theory of sex is the basis of personality

#### Assessing unconscious processes:

- Projective tests and intelligence tests to measure some people's personalities. This is to probe the unconscious content and processes
- Thematic apperception test (TAT)
  - Photographs or paintings and people interpret them
- Rorschach inkblot test
  - Shown an inkblot and asked to interpret it
- There is no consensus on diagnostic value of the tests

#### Evaluating freud's psychoanalytic perspective:

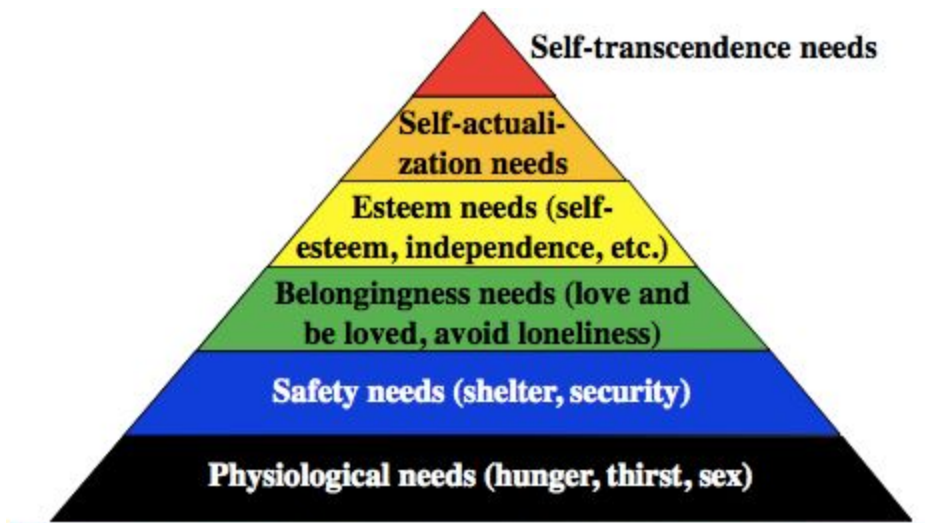
- Is a mix of all theories now between Freud and the neo-Freudians
- Repression
  - We tend to repress traumatic experiences but they could possibly show in our personalities
- False consensus effect is to see our own peculiarities as being shared by others and self-justify moral grounds
- Negative post hoc explanation
- Positive Open-mindedness for new areas of exploration
- Psychoanalysis
  - The movie A Dangerous Method
- Sexual behaviour
  - Kinsey
- Rorschach test
  - Wikipedia source

### Humanistic theories

- Psychoanalytic view of personality typically involved interpretation of unconscious memories and other concepts
- Behaviourist approach denied existence of anything that was not observable
- Humanistic perspective emerged focusing on how the personalities of healthy people develop

#### Maslow's self-actualizing person:

- Maslow and Rogers are thought of these as true
- Maslow's hierarchy of needs



#### Roger's person-centred perspective:

- Rogers' person-centered perspective proposed three conditions
  - Genuineness

- Acceptance
- Empathy
- People can be genuine by being open about their feelings, share info about themselves and drop facades
- Accepting is when someone offers unconditional positive regard which is an acknowledgement of the value of a human being and is the difference between behaviour and the person
- Sympathy comes with empathy as you can sympathize with the way someone is feeling
- Self concept and the ideal self (Rogers' thoughts as well)
  - We have an ideal self
  - How we view our actual self (self concept)
  - Negative and positive self concept

#### Assessing the self:

- Actual self and ideal self
- Assessment of personality is depersonalising

#### Evaluating humanistic theories:

- Two types of influences
  - Freudian approach, the humanistic perspective has provided a different view of the definition of a person
  - Pop psychology view through humanistic views
- Individualism
- Naive

### **Trait theories**

- Sees the person as a group of traits or components that together make up a person
- Allport wanted to describe traits
- Myers-Briggs type indicator (MBTI) approach to personality types
- Jung posited an introvert and extravert axis with two cognitive functions
  - Rational functions, including thinking and feeling
  - Irrational functions, sensing and intuition
- With the MBTI there are 16 combinations of traits
  - Extraversion (E) – (I) Introversion
  - Sensing (S) – (N) Intuition
  - Thinking (T) – (F) Feeling
  - Judgment (J) – (P) Perception

#### Exploring traits:

- Perfect mate example; must have, should have, must not have
- Bunch of attributes of traits
- Factor analysis
  - Is a tool that looks for clusters of attributes

- Eysenck's many of the attributes are grouped into meaningful clusters.
  - Made a personality questionnaire to diverse people in 35 countries
- Brain activity and neurochemical influences to try to find biological correlates of personality

#### Assessing traits:

- Personality inventories-long questionnaires designed to assess several traits at once
- MMPI was empirically derived with 10 clinical scales
  - Masculinity-femininity
  - Introversion and extraversion

#### The big 5 factor:

- Eysenck's two factors (extraversion-introversion and emotional stability) made into a big five factor (CANOE)
  - Conscientiousness
  - Agreeableness
  - Neuroticism
  - Openness
  - Extraversion
- 50% heritable and could be stable through parts of life

#### Evaluating trait theories:

- Person situation controversy to what extent is a person constant across different situations
- Specific behaviours may change from one situation to another so personality tests do not predict behaviours well

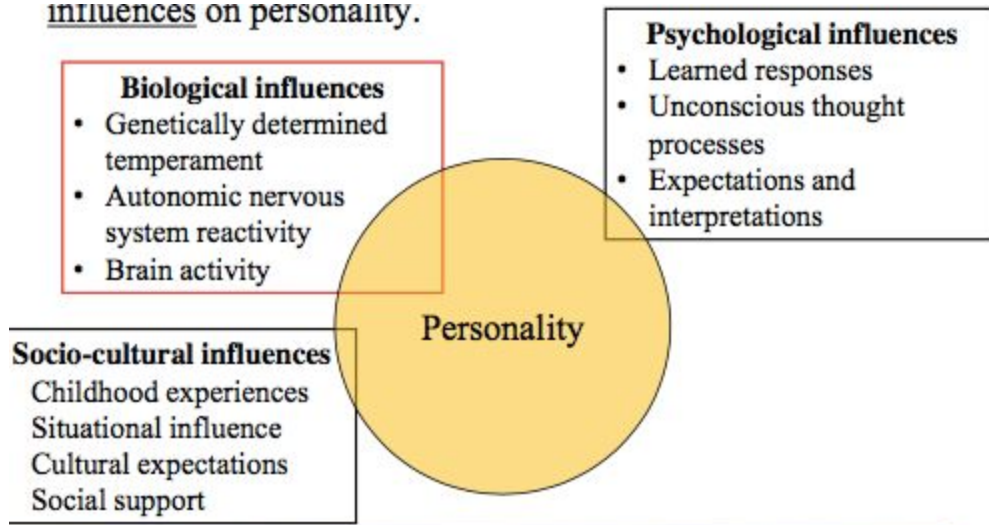
### **Social cognitive theories**

- Psychoanalytic perspective and humanistic perspective and trait perspective on personality
- Situational effects of the social cognitive perspective as it acknowledges the existence of traits
- Two components
  - We learn behaviours by observing other people
  - We also take into account of the situation and our thoughts about the situation can affect our behaviour
- Behaviourist perspective posits that we are simply a black box that processes a stimulus and emits a response.
- Cognitive processes which are not directly observable are irrelevant in the behaviorist view
- Social cognitive perspective acknowledges that as thinking organisms we are not simply pawns to be moved by environmental stimuli
- Environmental stimulation is modulated by cognitive processes such as memories schemas and expectations

### Reciprocal influences:

- Bandura thought the interaction between the person and the environment is reciprocal determinism
- Choosing environments
- Our personalities shape how we interpret and react to events
- Our personalities help create situations to which we react
- Internal and external factors that shape our personalities

### influences on personality.



### Person control:

- Personal control is to what extent we can control ourselves in different environments
- Locus of control is where control is located
  - Internal is where we are in charge of our actions and fate
  - External outside forces control what happens to us
- Self control
- Learned helplessness is the apparent hopelessness and passive resignation learned when unable to provide repeated aversive events
- Situations given control we could have a sense of empowerment and can make other people get involved
- Optimism and pessimism
  - The way we deal with things with a positive or negative attitude
- Excessive optimism

### Assessing behaviour in situations:

- Situational approach
- Put a person in a situation and observe the behaviour

### Evaluating social cognitive theories:

- Over value situation and under value the traits of the person

## Exploring the self

- The spotlight effect leads us to believe that other people notice aspects about us that in fact they do not notice

### The benefits of self esteem:

- Self esteem is defined as one's feelings of self worth and is related to how we feel about ourselves
- Good self esteem= happy
- Bad self esteem = sad

### Self serving bias:

- We can't evaluate ourselves objectively and we blame others for things that are attributable to us

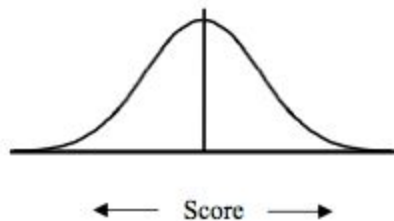
## **Chapter 13: Psychological disorders**

### Perspective on psychological disorders

- understanding and defining psychological disorders
- Classifying them

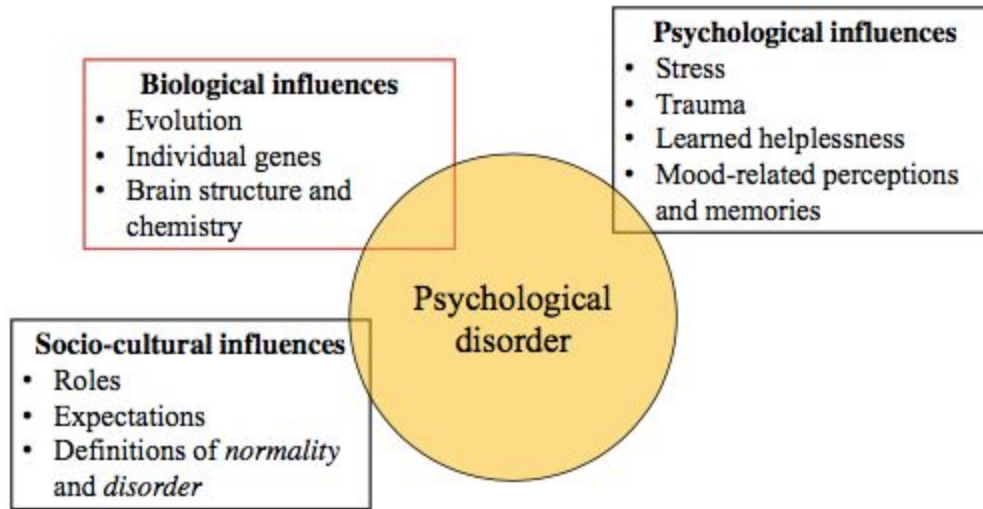
### Defining psychological disorders:

- Is a syndrome or collection of syndromes
- Clinically significant disturbance in an individual's cognition emotion regulation or behaviour
- Deviant: you are different from most people in your culture
- Disturbed or dysfunctional
- Dysfunctional behaviour or attitude must usually cause a person stress



### Understanding psychological disorders:

- People think of them as mad or insane and it has been hard to cope for centuries
- Mind body issue
- Some thought of it as a demon possession and would drill holes in people to "cure" them
- Psychopathology which could be treated in the hospital
- All behaviour is a product of the interaction of nurture and nature including our environment



#### Classifying psychological disorders:

- Alphabetically in a dictionary or encyclopedia
- Characteristics
- First step is to name the disorder then you have to describe it
- Example for a diagnosis all criteria must be met or you don't have it
- DSM-V also change or alter the way the diagnostic process was in the past and someone who was told in the past they don't have this can now have it due to the changes in criteria
- Objective questions and observable behaviours
- Inter-rater reliability 2 psychologists is importance
- Rosenhan got misdiagnosed

#### Rates of psychological disorders:

- Poverty and money issues
- Brought up in a bad or abusive home

### **Anxiety disorders, OCD and PTSD**

#### Generalised anxiety disorder:

a disorder characterized by excessive or unrealistic anxiety about two or more aspects of life (work, social relationships, financial matters, etc.), often accompanied by symptoms such as palpitations, shortness of breath, or dizziness.

#### Panic disorder:

a psychiatric disorder in which debilitating anxiety and fear arise frequently and without reasonable cause.

Phobias:

an extreme or irrational fear of or aversion to something.

Obsessive compulsive disorder:

a personality disorder characterized by excessive orderliness, perfectionism, attention to details, and a need for control in relating to others.

Post traumatic stress disorder:

a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world.

Understanding anxiety disorder, OCD and PTSD

- Conditioning
  - Fear conditioning or learning process can generalise from one specific event to anxiety in the lab environment
  - Stimulus generalisation
  - Reinforcement
- Cognition
  - Observational learning
- Biology
  - Natural selection
  - Genes
  - The brain (over arousal)
  - Neurotransmitters
  - Epigenetic effects

**Depressive disorders and bipolar disorder**

Major depressive disorder:

a mental disorder characterized by a persistently depressed mood and long-term loss of pleasure or interest in life, often with other symptoms such as disturbed sleep, feelings of guilt or inadequacy, and suicidal thoughts.

Persistent depressive disorder:

is a continuous long-term (chronic) form of depression. You may lose interest in normal daily activities, feel hopeless, lack productivity, and have low self-esteem and an overall feeling of inadequacy. These feelings last for years and may significantly interfere with your relationships, school, work and daily activities.

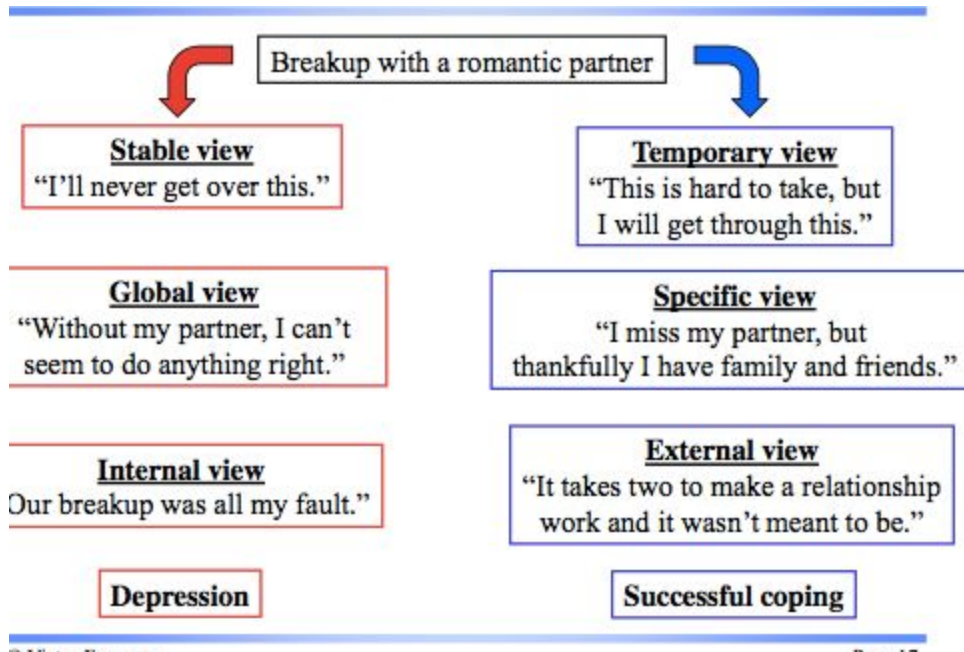
Bipolar disorder:

a mental condition marked by alternating periods of elation and depression.

Understanding depressive disorders and bipolar disorder:

- Background

- Behavioural and cognitive changes
- Geographical and cultural
- Women increased risk
- Self termination
- Stressful event
- Earlier onset and greater incidence
- Biological
  - Identical twins (50%) incidence
  - Heritability (35-40%)
  - Link analysis is a cross generational genetic analysis that narrowed the search for a specific gene or set of genes
- Functional MRI and PET scan can look at the brain and narrow where the issue in the brain is happening
- fMRI watch brain activity patterns
- Lower brain activity in the frontal lobe suggest have depression linked to smaller frontal lobes as well
- Neurotransmitters influences including lower epinephrine levels depression and higher in mania
- serotonin is lower in depression
- Drugs used to treat depression increase norepinephrine or serotonin
- Physical exercise is good too
- Social cognitive
  - Self defeating thoughts product of learned helplessness
  - Negative explanatory style
  - Overthinking and rumination
  - Explanatory style attribute to pessimism
  - Individualism



- Depression's vicious cycle
- Self injury

## **Schizophrenia**

### Symptoms of schizophrenia:

- Positive
  - Hallucinations and talk in a disorder manner
  - Inappropriate emotions
- Negative
  - Lack affect in their voices and lack expressiveness in their faces and have mute rigid bodies
- Three key symptoms
  - Disturbed perceptions
  - Disorganised thinking and speech
  - Diminished and inappropriate emotions
- Hallucinations or sensory stimulations
  - Can arise from sensory deprivation drugs religious meditations and extreme conditions
- Delusions and selective attention
- Catatonia motionless that can last for hours

### Onset and development of schizophrenia:

- Age: young people maturing into adulthood
- Gender: males more than females at a younger age and is more severe
- Other predictors: thin males who were not breastfed
- Suddenness of onset: can appear quickly or gradually

- Prognosis slow developing (chronic) negative symptoms little recovery, acute or reactive have positive symptoms can respond to treatment

#### Understanding schizophrenia:

- Brain abnormalities
  - Imbalance in brain brain biochemistry
  - Dopamine over activity and lower levels of other neurotransmitters
  - Low activity in the frontal lobe
  - Ventricles filled with cerebrospinal fluid
  - Second trimester of carrying a child is a flu epidemic occurs
  - Densely populated areas
  - Winter or spring months
  - Born with mother who had the flu
  - Low birth weight and oxygen deprivations
- Genetic factors
  - Virus in the second trimester
  - Relative with it 10% if parent or sibling
- Environmental triggers
  - Mother with severe long lasting schizophrenia
  - Birth complications
  - Separation from parents
  - Short attention span and poor muscle coordination
  - Disruptive or withdrawn behaviour
  - Emotional unpredictability
  - Poor peer relations and solo play
  - Heightened dopamine levels

### **Dissociative disorders**

#### Dissociative identity disorder:

Multiple personality disorder: a rare dissociative disorder in which two or more personalities with distinct memories and behavior patterns apparently exist in one individual.

Split personality disorder: a rare psychological disorder in which two or more personalities with distinct memories and behavior patterns apparently exist in one individual.

#### Understanding dissociative identity disorder:

- Different facades
- Psychoanalytic and learning perspective a defense against the anxiety associated with unacceptable impulses

### **Personality disorders**

#### Antisocial personality disorder:

a personality disorder characterized by persistent antisocial, irresponsible, or criminal behavior, often impulsive or aggressive, with disregard for any harm or distress caused to other people, and an inability to maintain long-term social and personal relationships

**Psychopaths:** a person suffering from chronic mental disorder with abnormal or violent social behavior.

**sociopaths:** a person with a personality disorder manifesting itself in extreme antisocial attitudes and behavior and a lack of conscience.

#### Understanding antisocial personality disorder:

- Biological relatives of people have a risk of gaining antisocial or unemotional tendencies
- Little autonomic arousal
- Youth children who are impulsive uninhibited low in anxiety and unconcerned with social rewards can have this
- Reduced frontal lobe activity

### **Eating disorders**

#### Anorexia nervosa:

lack or loss of appetite for food (as a medical condition).

- an emotional disorder characterized by an obsessive desire to lose weight by refusing to eat.

#### Bulimia nervosa:

an emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.

- an eating disorder in which a large quantity of food is consumed in a short period of time, often followed by feelings of guilt or shame.

#### Binge eating disorder:

is a severe, life-threatening, and treatable eating disorder characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort); a feeling of a loss of control during the binge; experiencing shame, distress or guilt afterwards; and not regularly using unhealthy compensatory measures (e.g., purging) to counter the binge eating

#### Incidence of eating disorders:

- Higher in women than men

#### Understanding eating disorders:

- Mothers who focus on her own weight as well as her daughters weight and appearance
- Family link to bulimia childhood obesity and negative self evaluation
- Family link to anorexia including competitiveness and high achieving and protectiveness
- Could have low self evaluating

- Perfectionist standards
- Fear of falling short of expectations
- Concerns about how others perceive them
- Ideal body shape

## **Chapter 16: therapy**

### **Therapy: introduction and overview**

- Psychotherapy (learning related disorders) and biomedical therapy (biologically influenced therapy)
- Eclectic approach

### **The psychological therapies**

#### Psychoanalysis and psychodynamic therapy:

- Psychoanalysis was the first psychological therapy and psychodynamic therapies were used in Freud's time
- Goals include:
  - Bring conscious awareness of the issues
  - Rechanneling energy to feed conflicts to create healthier living
  - Free association: relaxed patients speak to whatever comes to mind without editing anything that is embarrassing
  - Dream analysis
  - Latent content
  - Transference
- Psychodynamic therapy
  - Face to face
  - Interpersonal psychotherapy is a variation

#### Humanistic therapies:

- Client-centered therapy with active listening, genuine, accepting, and empathic environment to help growth of clients
  - Unconditional positive regard
  - Non-directive approach
- Goals
  - Provide clients with insights

#### Behaviour therapies:

- Insights as to means of addressing unresolved tensions that contribute to psychological problems
- Adopts the perspective taken by behaviourism that are unobservable and unverifiable
- Learning theory
  - Classical conditioning (Pavlov) stimulation of cue and a reflex
  - Operant conditioning reward or punishment occurs after a voluntary behaviour

- Counter conditioning is to treat fears by trigger stimulus
  - Two effects are exposure therapy and aversive conditioning
  - Exposure therapy exposes the client to what they do not appreciate and desensitize them to particular stimulus (progressive relaxation)
  - Virtual reality therapy is another option
  - Aversive condition substitute a negative response for a positive response for a harmful stimulus
- Operant conditioning is a frequency of occurrence of voluntary behaviours is influenced by the consequences of those behaviours
- Behaviour modifications
  - Shaping behaviour by successive approximation and rewards
  - Token economy
- Concerns
  - Could not be durable or appropriate
  - Due to the modifying of behaviours against moral judgement

Cognitive therapies:

- Stimulus elicited a response
- They try to guide the clients through their issues
- Integrative therapy that aims to modify the way people think
- Type of manipulation into thinking they are ok
- Emotional regulation

Group and family therapies

- Small groups to talk about issues
- Family therapy is r=to resolve 2 conflicting goals

Check out Table 10.2 (page 372), summarised below.

| <u>Therapy</u> | <u>Condition</u>                                   | <u>Aims</u>                        | <u>Method</u>                                   |
|----------------|--|------------------------------------|---|
| Psychodynamic  | Unconscious forces, childhood experiences          | Anxiety reduction via self-insight | Analysis and interpretation                     |
| Client-centred | Barriers to self-understanding and self-acceptance | Personal growth via self-insight   | Active listening, unconditional positive regard |
| Behaviour      | Dysfunctional behaviours                           | Extinction and relearning          | Operant, aversive conditioning, others          |
| Cognitive      | Negative, self-defeating thinking                  | Healthier thinking and self-talk   | Reveal, reverse self-blaming                    |
| Group & family | Stressful relationships                            | Relationship healing               | Better comm., exploring roles, other            |

**Overview of major psychotherapies**

**Evaluating psychotherapies**

### Is psychotherapy effective?:

- Outcome research
- Treatment group
- Control group
- Casual relationship between the therapy and the improvement
- Randomised clinical trial
- Meta analysis

### The relative differences of different psychotherapies:

- Which therapy is best for someone
- Evidence based practice

### Evaluating alternative therapies:

- Seasonal affective disorder the feeling of lethargy and s=discontent they can go to alternative therapies

### Commonalities among psychotherapies:

- Hope for demoralised people
- A new perspective
- An empathic trusting and caring relationship
- Therapeutic alliance

### Culture, gender and value in psychotherapy:

- Same gender ethnicity and religion is mostly what we look for in a good therapist

### A consumer guide to psychotherapist:

- Counselors
- Social workers
- Psychologists
- Psychiatrist

## **The biomedical therapies**

### Drug therapies:

- Psychopharmacology is the study of the effects of drugs on the mind and behaviour
- Clinical trials for these drugs and typically are double blind meaning neither patient nor the physician knows whether the patient is taking the experimental drug
- Antipsychotic drugs
  - Treat psychosis
  - Very powerful with significant side effects
  - Could show positive or negative symptoms
  - chlorpromazine
- Antianxiety drugs
  - Controls anxiety
  - Xanax and ativan

- Antidepressant drugs
  - Elevate the mood of someone
  - Prozac, paxil and zoloft
- Aerobic exercises
- Mood stabilizing medication
  - lithium
- Brain stimulation:
- Electroconvulsive therapy (ECT)
  - Severe cases of depression
- Alternative neurostimulation therapies
  - Magnetic stimulation and deep brain stimulation
  - Relieves depression and helps with the frontal lobe and limbic system

Psychosurgery:

- Removes or destroys brain tissue to help change behaviour
- Frontal lobotomy frontal lobe to the limbic system are severed
- Loss of emotions memories and feelings
- HM surgery

Therapeutic lifestyle change:

- Integrated biopsychosocial system

**Preventing psychological disorders**

- Prevention is better for a society than treatment
- Rational and adaptive response to an irrational society
- Labelling issues which individuals stigmatise
- Childhood poverty
- Racism sexism and other forms of intolerance
- Lack of meaningful work
- Constant criticism attacks of self esteem

**Chapter 13: Social psychology**

**Social psychology**

The scientific study of how we think about, influence and relate to one another

**Social thinking**

We strive to make sense of the social behaviour of ourselves and others

The fundamental attribution error:

- Attribution we discuss causes and contributing factors
- Attribution theory
- Internal disposition or external situation
- Dispositional attribution is akin to labelling the person
- Situational attribution acknowledges that there are environmental or situational factors that may affect the person's behaviour
- Explanation of actions the way we think someone is doing through connection of actions
- Fundamental attribution error

- Overestimates the influence of personality and underestimates the role of environmental factors guiding behaviour
- We can blame other people for attributions of other people

#### Attitudes and actions:

- Influenced by our beliefs that predispose us to respond in a particular way to objects, people and events
- Central route to persuasion occurs when interested people focus on the arguments and respond with favorable thoughts
- Peripheral route of persuasion occurs when people are influenced by incidental cues, such as speakers attractiveness
- Stable, specific to behaviour and easily recalled
- Three types of evidence
  - Foot in the door phenomenon: tendency for people who have first agreed to a small request to comply later with a larger request
  - Role playing: set of norms that someone is playing in a social setting
  - Cognitive dissonance: we act to reduce the discomfort we feel when 2 of our thoughts are inconsistent

### **Social influence**

This is the way we define ourselves in a social setting and interact with one another

#### Conformity: complying with social pressure:

- Chameleon effect: we create facades for ourselves in different social setting so we are liked
- Mood linkage: is when you can be in the same mood as someone in a social setting
- Autonomic mimicry: helps us feel what others are feeling
- Conformity: means adjusting one's behaviour or thinking to coincide with a group standard
- Normative social influence: influence resulting from a person's desire to gain approval or avoid disapproval
- Informational social influence: is an influence resulting from one's willingness to accept others' opinions about reality

#### Obedience: following orders:

- Authority figure can be extremely effective at inducing compliance though
  - Dilution of responsibility
  - Consequences of disobeying
- Milgram experiment same room as teacher child behaves different room as teacher misbehave

#### Group behaviour:

- Social facilitation: is exemplified by stinger responses on simple or well learned tasks in the presence of others compared to responses when alone

- Social loafing: is the tendency for people in a group to exert less effort when pooling their efforts toward attaining a common goal than when individually accountable
- Deindividuation: is the loss of self awareness and self restraint occurring in group situations that foster arousal and anonymity
- Group polarization: is the enhancement of a groups prevailing inclinations through discussion within the group
- Groupthink: is the mode of thinking that occurs when the desire for harmony in a decision making group overrides a realistic appraisal of alternatives
- Social control: is the power of the situation and it contrasts with personal control, the power of the individual
- Minority influence suggests that a small number of consistent, committed individuals has more power to influence a majority than does a less committed but larger group

### **Antisocial relations**

#### Prejudice:

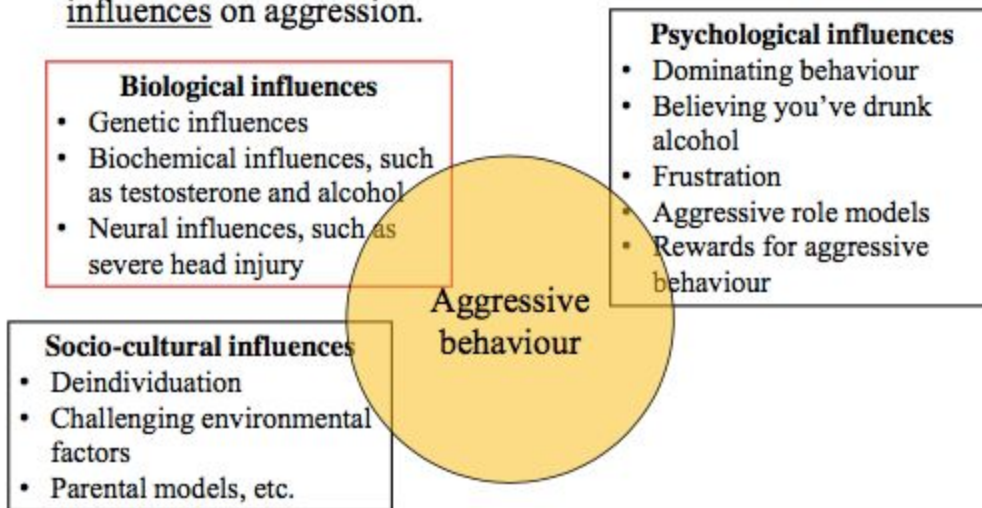
- Prejudice: preconceived opinion that is not based on reason or actual experience.
- It is a mixture of belief emotions and predisposition to action
- Stereotype: is a generalised belief about a group of people
- Prejudice is a negative attitude
- Discrimination is an unjustifiable negative behaviour towards a group and its members.
- Comes in many forms
- Can be assessed by comparing what people do and say
- Social inequalities: include disparities in money, power, and prestige
  - Just a world phenomenon
  - Blame the victim situation
  - Ingroup and out group can contribute
  - Us and them division
- Scapegoat theory: a theory that prejudice offers an outlet for anger by providing someone to blame
- Economic frustrations: can also be a contributing factor to economic or class based prejudice
- Categorization: is a way of simplifying the world however a category can also be a way of dividing people from each other
- Other race effect the tendency to recall faces of one's own race more accurately than faces of other races
- Cross race effect and own race bias are other names
- Vivid cases (things we can remember vividly based off of terrorist attacks)
- Just world phenomenon: is the tendency for people to believe the world is just and that people get what they deserve and deserve what they get
- Hindsight bias

#### Aggression:

- Is defined as any physical or verbal behaviour intended to hurt or destroy
- Three types of influence
  - Genetic influences

- Neural influences
- Biochemical influences
- Males tend to be more aggressive than women
- Gene monoamine oxidase A (MAOA) breaks down serotonin and dopamine (neurotransmitters) with low expression they behave more aggressively than others
- Limbic system: emotions and emotional behaviour
- Frontal lobe: regulate or moderate impulsive behaviour
- Amygdala: part of the limbic system and is linked to aggression
- Testosterone removed reduces aggression
- Alcohol affects aggression
  - Biological and psychological
- Frustration aggression principle: frustration creates anger and can generate aggression
- Absence of a father figure is associated with higher imprisonment among youths
- Aggression replacement program can retain groups and individuals to reduce aggression
- Sexual violence and the rape myth
- Social exclusion
- Social script guides behaviours informing them what is normal
- Video games

influences on aggression.



Attraction:

- Proximity: defined as geographical nearness
- Mere exposure effect: the phenomenon that repeated exposure to novel stimuli increases liking of them
- Physical attractiveness: another factor that influences who we are attracted too
- Reward theory of attraction: we like people whose behaviour is rewarding to us

- Passionate love: an aroused state of intense positive absorption in another usually present at the beginning of a love relationship
- Compassionate love: the deep affectionate attachment we feel for those with whom our lives are intertwined
- Physical arousal and cognitive appraisal are both involved in and emotional response
- Equity: a condition in which people receive from a relationship in proportion to what they give to it
- Self disclosure: the revealing of intimate aspects of oneself to others
- Faithfulness and happy sexual relationship

### **Social relations**

#### Altruism:

- Is defined as unselfish regard for the welfare of others
- Bystander intervention became a thing
  - Noticing
  - Interpreting
  - Assuming responsibility
  - Bystander effect: tendency for any given bystander to be less likely to give aid if other bystanders are present
  - Diffusion of responsibility: where any single bystander is less likely to help
- Social exchange theory: that our social behaviour is an exchange process, the aim of which is to maximise benefits and minimise costs
- Reciprocity norm: is an expectation that people will help those who have helped them and will not hurt them
- Social responsibility norm: is the expectation that people will help those dependent on them

#### Peacemaking:

- Conflict: is perceived incompatibility of actions, goals or ideas
- Social trap: a situation in which the conflicting parties become caught in mutually destructive behaviour by means of each of them pursuing their own self interests
- Mutually assured destruction: each side could maintain enough nuclear weapons to annihilate the other side if they were attacked
- Competitive versus cooperative behaviour: through the use of payoff matrices where there are varying costs and benefits for cooperative vs competitive behaviour
- Mirror image perceptions: mutual views often held by conflicting people where we may see ourselves as ethical and peaceful but see the other side as evil and aggressive
- Contact and cooperation
- Superordinate goals: shared goals that override differences among people and require their cooperation
- Third party mediator: role is to be a neutral party if conflict cannot be resolved
- graduated and reciprocated initiatives in tension reduction (GRIT) reduces international tensions

