Psychology II PUC

CHAPTER – I

EMOTION AND MOTIVATION:

Total Periods allotted: 14
Total Marks: 25 - 26

Approx no. of Qus. On this chapter (1 Mark–2, 2 marks–2, 5 marks–2, & 10 marks–1)

One mark question:

1) How is the term emotion derived?

   Key: The term emotion derived from Latin word emovere.

2) What is the meaning of the term “emovere”?

   Key: Emovere means, stirred up, agitate, excite, move, etc.

3) Define emotion.

   Key: Stirred up state of an organism is known as emotion.

4) Name any two Pleasant emotions.

   Key: Sympathy, empathy, Joy, happiness, etc.

5) Name any two unpleasant emotions.

   Key: Anger, fear, aggression, Phobia, anxiety, etc.

6) What is anxiety?

   Key: Anxiety is an internal fear but the causes unknown.

7) Expand G.S.R

   Key: Galvanic skin Response
8) Expand ECG-
   Key: Electro cardio Graph

9) Expand EMG
   Key: Electro myograph

10) Expand EEG
    Key: Electro Encephalo Graph

11) What is drive?
    Key: An active state-induces the organism in to action.

12) What is a motive?
    Key: Motive is an urge from within which sets the organism into action in a definite direction to achieve its goal.

13) Name any two physiological (primary) motives or drives.
    Key: Hunger, thirst, sex, sleep, excretion, etc.

14) Name any two examples for social motives.
    Key: Prestige, recognition, achievement, need for security, etc.

15) What is homeostasis?
    Key: Maintaining bodily equilibrium is known as homeostasis.

16) How is thirst caused?
    Key: Thirst is caused due to cellular de-hydration.

17) What are the hormones produced by the Gonads
    Key: Androgens and estrogen.

18) What are the hormones concerned with maternal drives?
    Key: Prolactin, progestin and thilene.
Two Marks

1) What is body language?

**Key:** Non-verbal way of showing emotions is known as body language. Ex: touching, smile, gestures, facial expressions, etc.

2) What is phobia? Give an example

**Key:** Phobia is an irrational, intensive, meaningless and unbearable fear. E.g. haemophobia, pyrophobia, hydrophobia, zoophobia, etc.

3) What are facial expressions?

Various muscles of the face – such as muscles of eyes nose, lips & fore head under go changes by twisting & twitching.

4) What is need for achievement?

**Key:** It varies from individual to individual and culture. Every individual tries to achieve something more than others to show that he is superior to others.

5) What is gregariousness or affiliation motive?

**Key:** Desire to associate oneself with other members of the same group or species. It is not only found with man but also with animals.

6) What is self actualization?

**Key:** The process of becoming the best possible person by achieving ones own goals in life.

5 Marks

1) Write different ways to control fear?

**Key:** Fear can be controlled by different ways. They are:

Method of tolerance – exposing the individual to a fearful situation, distracts him with something pleasant.

- Exhaustion - Expose the individual to the fearful situation until the fear response is exhausted.
- Desensitization – reduce the sensitivity of the individual to the situation.
- Reinterpretation – interpret the fearful situation in a different way.
- Imitation – Teach the individual to face the situation in a particular way so that he/she will learn to overcome the fear.

2) What is sex drive?

The physiological basis of the sex drive is the gonads or sex glands. In males, testes produce the hormone Androgens. In females, ovaries produce the hormone estrogen. Sexual maturity starts at puberty and stops the production of sex hormones at the time of climacteric in men and menopause in women.

If the gonads are damaged before puberty, the primary and secondary sexual characteristics like beard, mustache etc and in case of girl’s, female sexual characteristics and sex drive are absent. If damage occurs after maturity is attained, then the sex drive reduces.

Sex drive is affected by culture and social factors and also psychological factors like fear of pregnancy and diseases, tension, stress, fear, etc.

3) Explain Maternal drive?

Maternal drive is instinctive in nature; it is not learnt and is stereotyped. Prolactin hormone secreted by the anterior pituitary gland which is important for natural behaviors. In human beings, neither the maternal drive nor the maternal behaviors is clearly instinctive or inborn. All women are not equally motivated to perform the functions of motherhood. Studies proved that hormones progestin, thilene are also responsible for maternal drive. Studies have proved that women who were not ready to bear children, after giving birth to a baby they took maximum care and showered a lot of affection on the child.

4) Explain Achievement Motivation or drive?

The need for achievement is need to accomplish challenging goals and achieve standard of excellence. It contributes to their self-esteem. This drive was first explained by David McClelland.
Characteristics of high achievers:

1. They do better on a task, learn things faster and accomplish more in less time.
2. They work on moderately difficult task.
3. They seek out situations where they can get feedback about their performance, to improve their performance.
4. Find satisfaction in accomplishing a task rather than rewards.
5. Preoccupied with task until it is completed. Attribute success to their own efforts and talents and not much to luck or other factors.
6. They are good for jobs in research and development than personnel activities.

Achievement motive varies from individual to individual due to family background, education, culture, religion, and training methods used in childhood, etc.

5. **Jealousy and envy**: Jealousy is person oriented. It is the combinations of the feeling of subjugation and inferiority associated with fear anger and affection – arises due to loss of love & affection – or fear of loss of love or lack of proper attention from the parents when there is new born baby in the family.

   Envy is object or wealth or position oriented - other person has but he doesn’t have, impulse to earn it or destroy it – both are twin negative emotions – green eyed monsters – feed upon them selves – stem from love and shatter love – make life miserable and restless – sow the seed of hatredness.

How to prevent

1. By having meaningful dialogue with children
2. By keeping them busy.
3. Orienting them properly about the new born.
4. By giving proper attention and showing affection and love.
5. By not showing partiality or biasness
6. Providing equal opportunity
7. By indulging in group activities, etc.
6. **Sympathy and empathy** – Two pleasant emotions – play significant role in promoting cordial and compassionate social living.

McDougall – Sympathy – feel with others who are either sad or happy – not experiencing the same feeling as the others. But console them when they are sad, and happy when they are also happy.

Empathy - Feel as if the individual feels – put ones legs into others shoes – an higher order emotion – There is much of identification or oneness with others. Empathy can be seen among close friends and relatives.

They promote understanding, harmony, mutual understanding and acceptance.

**10 Marks**

1. **Explain hunger as biological drive?**

   If man is deprived of food for a certain length of time, he feels an aching or gnawing experience known as hunger pangs.

   - Hunger and blood chemistry.

   Stomach contraction and hunger pangs are depends on blood chemistry. When blood sugar level was reduced, The organism experience hunger. In one study, when blood of a starving dog was injected into a satiated dog, satiated dog began showing stomach contractions and hunger pangs. Similarly when the blood of satiated dog was injected into a starving dog, contractions and pangs stopped. When glucose level decreases in the blood the organism experiences hunger.

   - Hunger and hypothalamus

   Two areas of hypothalamus mediate hunger drive lateral medial hypothalamus– feeding centre – tells the organism to start eating. Damage to this part makes the organism to starve to death since it is unable to start eating.

   The vertromedial hypothalamus – satiety centre – tells organism to stop eating – damage to this makes the organism to over eat.

**Specific hungers:** - Organisms needs proteins, fats, carbohydrates, mineral and vitamins. Deficiency of any of these creates appetite for them. The person shows craving to eat what is lacking. For E.g., diabetics crave for sugar, pregnant women crave for salt and sour.
Explain Maslow’s theory of hierarchical needs.

Key- Abraham Maslow has set up five levels of needs. The person feels the second need only after the demands of the first have been satisfied, the third after second been satisfied, and so on. The maslow’s five needs are.

![Diagram of Maslow's Hierarchy of Needs]

**Physiological Needs:** - biological need, vital for survival – strongest need – involves food, water, oxygen.

**Safety Need** – When all physiological needs are met, this need arises, Where safety and security becomes active – E.g., neighborhood, steady employments, health insurance and shelter.

**Social Need or Need for affection, love and Belongingness** – When needs for safety and Physiological well being are satisfied, then this need arises – involves both giving and receiving love, affection friendship and relationships and sense of belonging.

**Need for self-esteem**- When first three needs are satisfied, this need arises – involves needs for both self-esteem and for the esteem a person gets from other and include the need for things that reflect on self-esteem, self respect and respect from other.

**Need for self-actualization**- When all needs are satisfied, highest level need for self fulfillment, the need to develop one’s own potential, talent and capabilities.

Characteristics of Self –Actualized people.
1. Perceive reality, make accurate judgment accept themselves and others as they are,
2. Spontaneous, simple and natural.
3. Have deep emotional ties with a few specially loved ones, they are creative and inventive.

Each motive functions depending on an individual’s age, gender, family, etc. The motives are guided by either conscious or unconscious mind.

2. What are the physical, physiological and psychological changes occur during emotion?

Key: Physical Changes: - facial expressions changes, twisting & twitching of forehead

Physiological
a) Muscular adjustment sudden movement of head, limbs, arms, etc.

b) Gesture and movements c) change in voice

d) Sweating, dryness of mouth, frequent urination, stammering, erection of body hair, etc.

e) Visceral functions: - digestion, excretion suspends

f) Respiration, circulation: faster breathe, rise in BP, etc.

g) Electrical resistance of the skin reduces, this can be measured by psychogalvonometer

Psychological Changes

Thinking – memory, learning, concentration, reasoning affected -perception distorted, etc.