

of a reward, he performs the task better as he is motivated

Reinforcement and Punishment:

The behaviorist propose that main motivators behind a person's behaviour are reward and punishment. He wants to avoid pain and enjoy pleasure, that is why he feels motivated

2. Instinct theory:

Humans have certain instincts, like a baby naturally tends to mother when he is hungry. These instincts create motivation. This theory lacks proof and is not applicable everywhere

3. Drive reduction theory:

4- Herzberg's 2 factor theory

5- Factor X and Y theory

6- Need theory

3- Regulating the emotions

4- Use of emotions for your own benefit.

Motivation and its theories:

Motivation is defined as the state in which an organism feels an intense urge to do something.

Motivation is a survival mechanism. It is the state of excitability and arousal. One's eagerness to carry out a task depends on his or her motivation.

Various theories have been proposed regarding motivation. They include:

a. Incentive theory:

Human's actions are dependent on certain incentives. If a man is made the promise

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System would be activated. His pupils will constrict, heart rate will increase, sweating and piloerection will start as well. As a result, he will experience the emotion of fear.

Some believe that emotions are produced not only due to physiological stimulation, but also due to cognitive interpretation of stimulus. A child doesn't run away from a snake. An adult's fear is based on his perception of snake as well as the response of the sympathetic system.

Emotional Intelligence:

Contemporary psychology is especially focused on emotions due to the increasing importance of emotional intelligence. EQ plays as big a role as IQ in a person's overall success and well being. Following are the components of EQ

- 1) Understanding of the emotions of one's self.
- 2) Understanding the emotion of other people

Types of storage

- 1- sensory memory
- 2- Short term memory
- 3- Long term memory

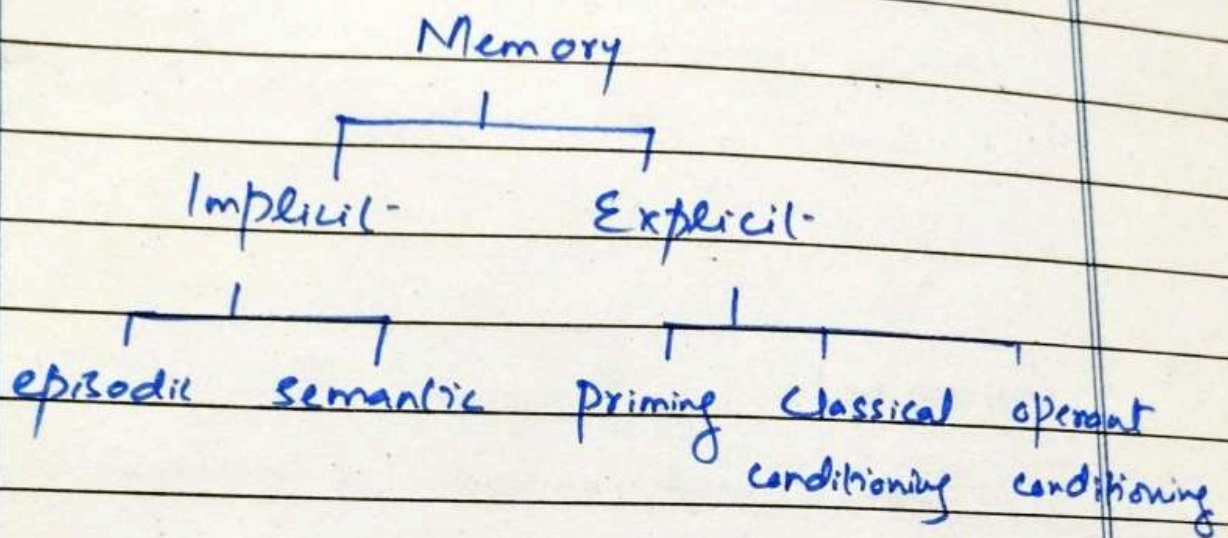
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Emotion:

The word emotion is derived from latin word "emovere" which means to shake up or to stir up. It is the feelings like happiness, fear, anger, disgust, excitement, sadness etc.

Psychologists have proposed various mechanisms for the creation of emotions. One method is that emotions are produced due to physiological changes in the body as a result of exposure to some stimulus. For example, if a person saw a bear, his sympathetic

Types of memory:
Memory is divided into



Process of storage:

Parts of brain involved in storage are:

- 1- Hypothalamus
- 2- Hippocampus

steps:

The process by which memorization is done is called "Long term potentiation". It is the strengthening of synapses in brain over and over again.

Main Idea:

Learning is an active process. Constructivist believe that knowledge is not an absolute entity. It is a constructed idea. There are two things can construct knowledge:

- i) cognitive interpretation
- ii) Socio-cultural Influences

Brain has the ability and the habit to construct the meaning of each input. The purpose of learning is to understand, interpret and apply knowledge. Moreover, society and culture train its members to behave and learn in a way that is acceptable to other members of society.

Memory:

It is defined as:

"the encoding, storage and retrieval of data is called as memory"

3. Cognitivism:

Founder: Jean Piaget

Cognitivist call learning to be a passive process. A child's learning pattern changes throughout life. He goes through the following stages of learning

Types	Age in years
1- Sensory motor stage	(0-2)
2- Pre-operational stage	(2-6)
3- Concrete operational stage	(6-12)
4- Formal operational stage	(12 - forever)

These psychologist also believe that the acquisition of knowledge brings the state of equilibrium. When a child grows and learns more, the state of equilibrium is disturbed. However, after some assimilation, there is adaptation which restores the learning balance

4. Constructivism

Proposed by: Vygotsky

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B.F. Skinner and Pavlov conducted various experiments on animals and concluded that learning pattern is directly dependent on environmental cues

2. Gestalt Psychology of Learning

Founder : Max Wertheimer

Kurt Koffka

Kohler

Theme :

Learning is an active process.

Brain has an intrinsic ability to organize the structure of problem.

Learning is not done in isolated segments. Learning involves the creation of a whole from the segments.

Gestalt psychologists also conducted experiments on animals as well as children. They concluded that those subjects who were able to see the structure of problems were able to solve the problem.

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Knowledge of the facts, knowledge of one's self and knowledge of the universe: declarative, procedural and meta cognitive.

Procedural knowledge is the part of experience learning as well; it is the complete stepwise understanding and application of a procedure. Various theories about learning have been proposed.

Behaviorism:

Founders: BF Skinner, John Watson, Pavlov

Main Idea:

Learning is a passive process. John Watson once said: "give me a handful of children and I can make anything of them". These psychologists believed that a person learns through the process of reinforcement. The behaviour which is rewarded is learnt and the behaviour which is punished is discarded.

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Gender:

Male to female ratio of
schizophrenia is 4:1

Psychotherapies:

Schizophrenia is generally
not responsive to therapies. Once, it
is controlled on medication, then
therapies can be offered.

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Learning and its theories:

Learning is defined
as:

"the permanent change in
the behaviour of an organism due
to the acquisition of knowledge and
experience of an event"

Man enjoys a distinct
position in species due to its ability
to attain knowledge. Knowledge is
broadly divided into three types.

Medication:

- a) Selective serotonin reuptake inhibitors.
- b) Serotonin Norepinephrine reuptake inhibitors.
- c) Monoamine oxidase inhibitors

Psychotic disorders

There are variety of psychotic disorders. The hallmark of all such disorders is the absence of insight in these conditions. Most common psychotic disorder is schizophrenia.

Causes

Genetic:

The genetic load of schizophrenia is 1:1000. If both parents have schizophrenia, there is a 50% chance for the child to also suffer from the same disorder.

Age:

Bimodal peak: schizophrenia generally has an onset in between 20-30 years. Second peak occurs around 50 years.

- a) Lithium
- b) Sodium Valproate

Depression:

Causes

- 1- genetic
- 2- Sociocultural factors
- 3- Personality traits
- 4- Neurotransmitter function
- 5- low emotional intelligence

Depression is characterised by low mood, anhedonia, low energy, hopelessness and worthlessness.

Depression and anxiety have overlapping causes and remedies.

Psychotherapies

- 1- Cognitive Behavioural therapy
- 2- Interpersonal therapy
- 3- Family therapy
- 4- Stress management and emotional regulation

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5. Emotional Management

2. Affective Disorders

1- Mania:

Mania is characterized by grandiosity, overtalkativeness, flight of ideas, pressured speech and an intact insight.

Causes of acute attacks:

- 1- lack of sleep
- 2- changes in medication
- 3- Any other stressful episode

Other causes:

Mania could be due to genetic causes. It can also occur due to taking high dose of anti-depressive drugs. It often manifests as part of bipolar disorder.

Psychotherapies:

Mania is managed with mood stabilisers. They include.

1- Genetic :

Anxiety disorders can be due to genetic factors. Offspring of neurotic parents tend to be anxious.

2- Social factors: Anxiety could also be due to social factors like poor family support, dysfunctional household dynamics etc.

3- Neurotransmitter dysfunction: Biologically the main cause of anxiety is the disturbances in the hormones like serotonin, epinephrine, oxytocin and norepinephrine.

4- Type A Personality

There are various personality traits that render a person anxious. Cluster A personalities like obsessive compulsive and schizoid personalities are more prone to developing psychological disorders.

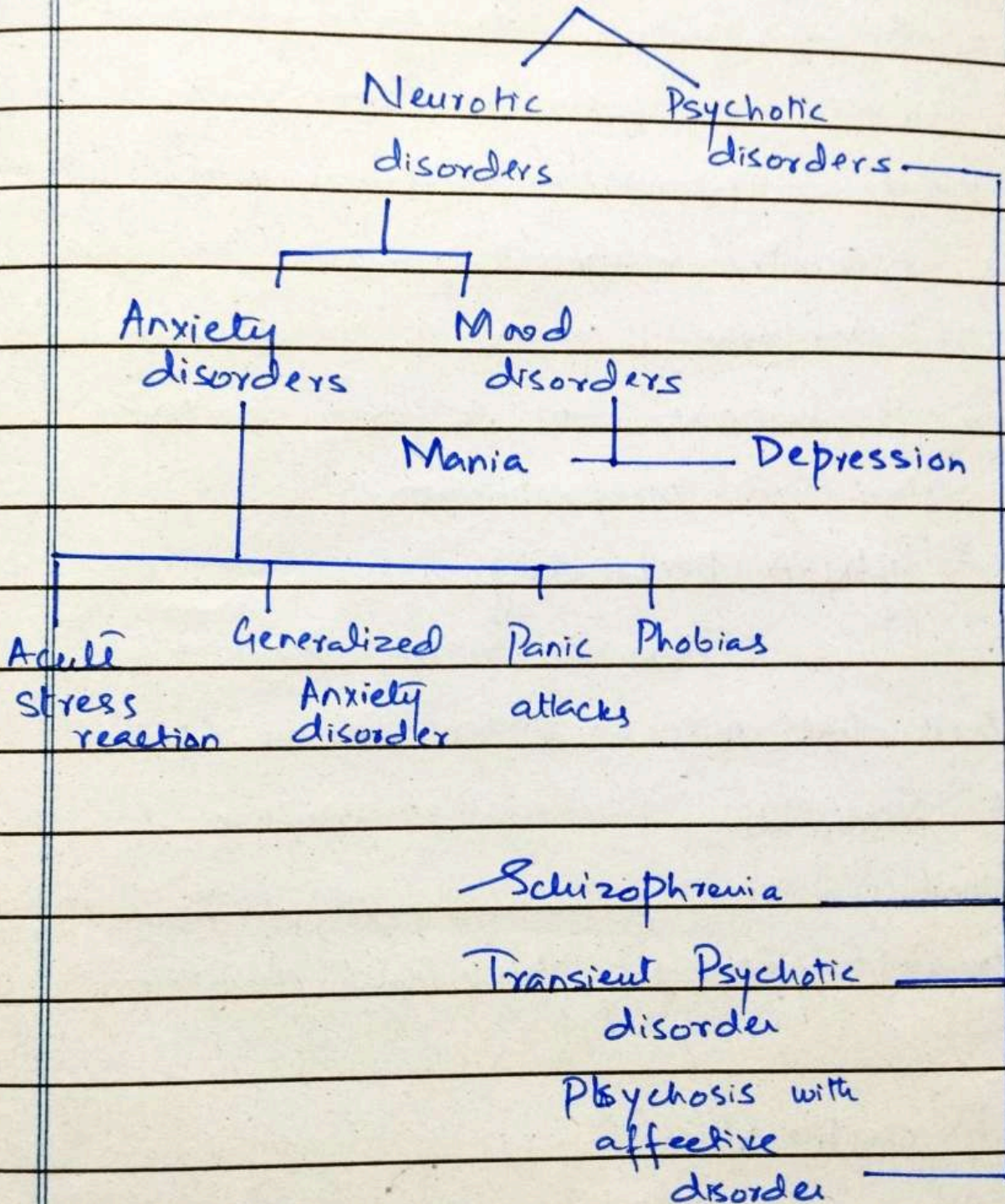
Psychotherapies:

Psychotherapies for Anxiety include

1. Cognitive behavioral therapy
2. Interpersonal therapy
3. Family therapy
4. Stress relaxation techniques

Major Disorders:

There are two types of Psychological disorders



Anxiety disorders:

Causes:

won't be able to understand much in the beginning. When the same melody is heard again, similar neuronal assembly fires signals in the brain. Over time, there is strengthening of stimulation. Thus, after some time, the unfamiliar melody starts feeling familiar and understood. Although sensation remains same, but the perception changes.

Interdependence:

Sensation can exist without perception but perception cannot exist without sensation. Perception is dependent but sensation is independent.

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What are the major Psychological disorders. What are their causes and psychotherapies.

the example of motion parallax.

The sense of vision is similar in both but the perception is different.

Organs:

2. Sensation is made via sense organ. There are five primary senses. For each sense, there is a separate sense organ. For vision, there are eyes. For hearing, there are ears. Similarly nose is for smelling, tongue is for tasting and skin is for sensing touch, pressure and temperature. However, there is only one organ for perception i.e. brain. The cerebral cortex receives sensory information from Thalamus. Thalamus is the relay centre of brain. All the received info is then segregated and analysed subconsciously in brain.

3. Role of Learning

Learning does not change sensations. However, it changes perception.

for eg, if you hear a song or a melody in an unfamiliar language, you

Wertheimer's law of perceptions help in the understanding of functioning of human brain. There are two types of visual cues that are received by human mind i.e. monocular cues and binocular cues. These cues further help in organising visual sensations.

Difference b/w Sensation and perception

Difference in function:

- 1- The primary difference is that sensation is the experience of raw data and perception is the organization of that experience

Example:

A person is looking at a train while sitting at a railway station. Another person is looking at the same train from faraway. The speed of the train will appear different to both. This is

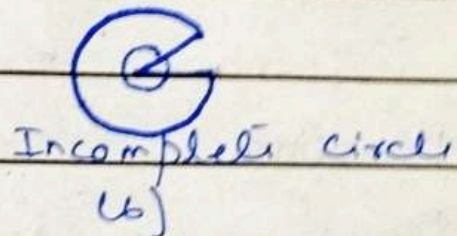
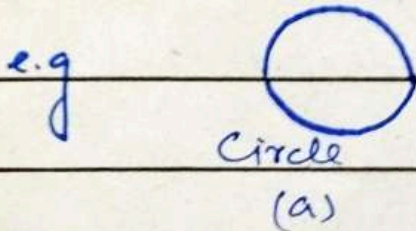
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e.g. Green moth on a green tree
↓
Not visible

White moth on a green tree
↓
Visible

Similarity often disguises visual information and contrast creates distinction

iii) Closure



Picture a is a circle and picture b is an arc of 340° . However, the brain interprets it to be an incomplete circle as closure is a basic perceptual quality

iv) Common fate

e.g. a white bear standing in white snow won't be seen. But, if the white bear is moving on the white snow, it will be seen

Psychology

Q.2 Define perception. Differentiate sensation and perception. Illustrate.

Ans. Perception:

Human brain has the distinct ability to receive, interpret and organize data. This data is taken from the surroundings. Sensation and perception are related to the reception and organization of data. Sensation is defined as the experience of raw data. After the input of data, brain tries to make sense of it. "There is a difference in geographical world and psychological world. That difference is called perception." Perception is "Why you see what you see?" Why does a football that's close look bigger than a similar football that is kept at