

Q NO 2.

Defin Intelligence. What are major theories of intelligence?

Definitions

Ebbinghaus defines Intelligence as an ability to abstract, compare, contrast and classify.

THEORIES OF INTELLIGENCE:

The theories of Intelligence are the following.

1. Single Factor Theories:

It proposes that intelligence is one general ability which affect all cognitive processes.

2. Multi factors Theories:

The people having average I.Q may have higher score on their special fields of interest for highly developed abilities.

Multi-factors Theories given by Spearman, Thurstone, Burt Guilford, Gardner and Carrol.

1. Spearman Theory of Intelligence:

Spearman presented two factors Theory of Intelligence in which he describe "General and specific abilities".

According to Spearman, general ability is a mental potential required for all types of work, found by birth in any individual. - On the other hand, specific ability is also a mental process expressed in a very childhood. Through James and aptitude Test -

He named this theory a "Two-factor Theory" because, in this theory, there are two factors one is G-factor and other is S-factor.

- G-factor → It is found in general intelligence. used for all types of tasks and can be transferred in homogeneous mental tasks and help to solve problems.

- S-factor → It is found in specialty intelligence. used for one special task.

## 2.0 GUILFORD'S THEORY:

Guilford's proposed a box like model named Structure of Intellect Model (SI model).

He classified into three dimensions.  
Operations: what the respondent does - e.g. memory recording, evaluation.  
Contents: Information on which operations are made - e.g. visual.

Products : Information given by the respondent - e.g. : Units, classes, relations.

## Thurston's Theory:-

Thurston's ~~the~~ proposed Seven Factors Theory of Intelligence -

He classifies Intelligence into Seven categories:

Verbal comprehension : reading, word analogy

Word Fluency : rhyming or naming words.

Number : identification of arithmetic.

Space : Perception of fixed space.

Memory : memory of spatial position

Perceptual Speed : quick grasping

General Reasoning : arithmetic Reasoning

## Cattell's Theory:

Cattell's proposed The Theory of Fluid and Crystallized Intelligence.

He suggested two different forms of Intelligence. Fluid Intelligence

defined as The ability to solve new problems, use logic in new situations and identify patterns.

On the other hand, Crystallized Intelligence is defined as the ability to use learned knowledge and ~~ability~~ experience.

## 5. Gardner's THEORY OF INTELLIGENCE:

Gardner's proposed Eight-Factors Theory of Intelligence - In which he suggested human intelligence can be differentiated into the following -

- Visual-Spatial
- Verbal-Linguistic
- Musical-Rhythmic
- Logical-Mathematical
- Interpersonal
- Intrapersonal
- Naturalistic

He argues that students will be better served by a broader vision of education

Human Intelligence cannot be summarised into one particular division. Everyone has multiple. So, he proposed the Theory of multiple Intelligence.

### Conclusion:

Researchers generally agree that intelligence involves abilities to learn and adapt to changing environment. They also agree that many intellectual abilities tend to be positively correlated although they disagree as to just how wide ranging these abilities are.

### QNO 5

Illustrate major psychological disorders their causes and psychotherapeutics?

### Psychological Disorders:

A disorder that can cause psychological and behavioral disturbances with varying severities called mental illness.

Psychological disorders are the mental health conditions that affect how you think, feel, and behave. They can be temporary or life long. and they can be treated with talk therapy, medications, lifestyle changes and alternative therapies like CBT, REBT, TAT, WAT and CAT etc.

These disorders create distress for the person experiencing the symptoms. The DSM-V listed hundreds of distinct disorders - Anxiety and depression are among the most common types of mental health

### major Disorders:-

There are many Psychological Disorders but some of them are major-like.

- 1- Anxiety disorders
- 2- Mood disorders
- 3- Schizophrenia disorders

- 4- Eat disorders
- 5- Stress-related disorders.
- 6- Bi-polar disorder.

## ANXIETY DISORDERS:

1- These disorders are characterized by persistent anxiety that often gets in the way of their day-to-day functioning. It is a natural response of stress. If your feeling of anxiety are extreme, last for at least 6 months. It may have disorder.

There are several types of anxiety disorders.

Phobia, Panic disorder, (OCD) obsessive-compulsive disorder, illness anxiety disorder etc.

### causes:

This chronic condition ~~has~~ <sup>have many</sup> causes like

- trouble sleeping, Genetics.
- irritability, Brain chemistry.
- muscle tension, medical conditioning — like heart, lung, and thyroid conditions can cause symptoms similar to anxiety disorders.
- History of mental health can also cause anxiety disorder. childhood sexual abuse and Traumas also linked to anxiety disorder.

## Psychotherapeutics:-

Treatment of anxiety disorder may include combination of therapy and medication -

- CBT → cognitive-Behavioral Therapy can help to change negative thought pattern.
- Exposure Therapy - helps to face your fears and overcome them - medication -

## 2. BIPOLAR DISORDER

Bipolar disorder is a mental health condition marked by large shifts in mood from mania to depression.

It is a chronic mood disorder.

There are three types -

- 1) Bipolar - I
- 2) Bipolar - II
- 3) Cyclothymic disorder.

### causes:-

The causes of bi-polar disorders are environmental factors.

Genetics,

brain abnormalities

## Psychotherapeutics:-

The condition manageable through medication.

CBT - Cognitive Behaviour Therapy.

Family counselling - and

psychotherapy.

### 3. Sleep disorders

Sleep disorder is the disorder which can affect sleep pattern, which means you may significantly, more or less than typical. For a month or more than 2 months it can be converted into a disorder.

There are many types of this disorder -

- insomnia.
- hypersomnia disorder.
- sleep wake disorder.
- night mare disorder.

#### Causes

It can be caused by various factors:

medical conditions.

mental health conditions

lifestyle habits.

substances.

genetic factors

depression,

anxiety, chronic pain etc.

#### Psychotherapeutic :-

PIT can be treated through psychotherapy - (CBT) Cognitive Behavioral Therapy and other psychotherapeutic approaches including relaxation therapy, sleep education and meditation therapy.



#### 4. Schizophrenia disorder:

It is a serious mental disorder that affects your thinking, emotions, relations and decision-making.

#### causes:

It can be caused by environmental factors

Genetics

trauma's

drug abuse.

family history.

#### Psychotherapies:

Psychotherapy is the most effective treatment for schizophrenia. CBT and

Therapy - relaxation therapy, and

meditation therapy.

The Antipsychotic medications are the

primary treatment.

#### Q No 3

Define Perception. Differentiate

Perception and Sensation - illustrate.

#### Definition:

Perception refers to the way sensory information is organized, interpreted and consciously experienced. It is the process that helps individuals organize and interpret their sensory impressions.

Morgan says that  
"Perception is to know,  
differentiate and give meanings  
to things"

### DIFFERENTIAL BEHAVIOUR

Sensation  
The primary experience of a stimulus identified by a specific sensory organ called sensation.  
The process with which we interpret the sensations by experiences by us in our day-to-day life and then we act upon called perception

It provides raw data  
The stimuli received from sensory organs -  
The Rudimentary behaviour that greatly depends on physiological functioning.  
It makes an individual aware

It develops into our experiences -  
Information is provided to the brain -  
It deals with the complex and the process is cognitive and psychological.  
It gives meaning to the stimulus -

only sensory organs of the person are active

Examples

Activation of

The ear to hear

a sound is a

Sensation

Brain receives

input from the

sensory organ.

It results in

Perception.

All parts of the body become inactive

Examples

Inference of

what is being

heard is

perception.

The brain makes

Sense out of the

input from sensory

organ.

It results in

perception and

giving meaning to

the information

received.

It begins with

some objects

The person's

interpretation of

that sensation. In

this case, the

person perceives

the heat as

painful and

quickly removes

their hand from

the stove.

It begins with stimulus.

A person touching a hot stove.

The sensory receptors in the person's skin detect the heat and send a signal to the brain.

Ques  
Define learning and memory.  
Narrate major theories of learning?

## LEARNING

According to Robert's Woodworth -  
Learning is a process of development in an individual's behaviour on the basis of exercise and reinforcement.

## Memory

According to Woodworth & memory means to remember which has been learned in the past.

## THEORIES OF LEARNING

There are several theories of learning that has been proposed.

### 1. Behavioral Learning Theory

This theory suggest that the learning is a result of environmental factors such as rewards and punishments. It is based on the idea that behavior can be shaped through conditioning.

The interaction between an individual and their environment. It emphasizes the role of external stimuli in shaping behavior and focuses on observable behaviors rather than internal mental processes.

## Cognitive Learning Theory

The theory emphasizes the role of mental processes in learning. It suggests that people actively process information and use it to make sense of the world.

around them - learning is an active process that involves the acquisition, organization and interpretation of information. It emphasizes the role of internal mental processes.