

PSYCHOLOGY ENTRANCE EXAMINATIONS

Useful for CUET-PG Psychology, GATE & Other M.A/ M.Sc
Psychology Entrances

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Chapter 03

Motivation & Emotion

Explanations

1. b) drive

Explanation: The term “motivational state” is synonymous with “drive.” A drive is an internal condition that orients an individual towards specific goals or incentives and compels them to take action. Drives arise from physiological or psychological needs and create a state of tension or arousal that motivates behavior aimed at reducing this tension and fulfilling the need. For instance, hunger is a drive that motivates eating, and thirst is a drive that motivates drinking. Drives are fundamental components in understanding motivation and behavior in both humans and animals.

2. d) all of the above.

Explanation: The elements of emotion include the face and body, the mind, and the culture. Emotions are complex responses that involve multiple components:

The Face and Body: Physical expressions of emotion, such as facial expressions, body posture, and physiological responses (e.g., heart rate, sweating), play a critical role in how emotions are experienced and communicated.

The Mind: Cognitive processes, such as thoughts, beliefs, and perceptions, influence how emotions are interpreted and felt. This includes the appraisal of situations and the subjective experience of emotions.

The Culture: Cultural norms and values shape the way emotions are expressed, perceived, and regulated. Different cultures may have varying emotional expressions and interpretations, influencing how emotions are experienced and displayed in social contexts.

3. d) energizes and directs behaviour.

Explanation: Motivation is best understood as a state that energizes and directs behavior. By energizing and directing behavior, motivation helps organisms to engage in goal-directed activities, persist in the face of challenges, and ultimately satisfy their needs and desires. This definition encompasses the key aspects of motivation, which include:

Energizing: Motivation provides the necessary energy or drive that prompts

an organism to take action. This aspect of motivation involves the activation of internal processes that initiate and sustain behavior.

Directing: Motivation also involves directing behavior towards specific goals or outcomes. It influences the direction of behavior by focusing an organism's actions on achieving particular objectives or fulfilling certain needs.

4. d) homeostasis.

Explanation: According to Walter Cannon, tissue needs produce drives, which in turn produce behaviors that will restore homeostasis. Homeostasis refers to the body's ability to maintain a stable internal environment despite changes in external conditions. Walter Cannon introduced the concept of homeostasis to describe how physiological systems regulate themselves to maintain equilibrium. When tissue needs arise, such as a lack of nutrients or a drop in body temperature, they create a drive, such as hunger or the need to seek warmth. This drive motivates behavior aimed at meeting those needs, like eating food or finding a warm place, thereby restoring the body's internal balance. Homeostasis is a key concept in understanding how organisms regulate their internal environment to ensure survival and optimal functioning.

5. c) facial-feedback hypothesis.

Explanation: The facial-feedback hypothesis suggests that facial expressions can influence emotional experiences. According to this hypothesis, the act of forming a facial expression can lead to the corresponding emotional feeling. In the given statement, the individual feels angry after clenching their jaw and knitting their brows, which are typical expressions of anger. This suggests that the physical act of making an angry face can actually lead to the feeling of anger, illustrating the facial-feedback hypothesis. This concept highlights the interplay between physical expressions and emotional states, proposing that our facial muscles send signals to the brain that can affect our emotional experiences.

6. b) Needs are physiological states; drives are psychological states.

Explanation: Needs and drives are related concepts in psychology, but they have distinct differences. Needs are physiological states that arise from a biological requirement for well-being, such as the need for food, water, or oxygen. These needs create a state of deprivation or imbalance in the body.

Drives, on the other hand, are psychological states that are motivated by these physiological needs. Drives are the internal motivational forces that prompt an individual to take action to satisfy the need and restore balance, such as the drive to eat when hungry or drink when thirsty.

Answer Key

7. c) amygdala.

Explanation: The amygdala is a key structure in the brain involved in the processing of emotions, particularly those related to fear and threat detection. It is part of the limbic system and plays a crucial role in evaluating sensory information and triggering immediate responses to potential danger. When a person perceives a threat, the amygdala is activated quickly, often before the conscious mind has time to fully process the information. This rapid response mechanism allows for quick reactions to potentially dangerous situations, such as the “fight or flight” response, which prepares the body to either confront or flee from the threat. Thus, the amygdala is essential for immediate threat perception and emotional reactions related to fear.

8. c) atypical prenatal hormones.

Explanation: Research on the biological basis of sexual orientation suggests that prenatal hormone exposure may play a significant role in influencing sexual orientation. Studies have indicated that variations in the levels of sex hormones, such as androgens, during critical periods of fetal development can affect brain structures and later sexual preferences. For example, higher or lower levels of testosterone exposure in utero have been linked to the development of homosexual orientation in both males and females. While this area of research is complex and still evolving, and no single factor can entirely account for sexual orientation, prenatal hormonal influences are considered a significant biological component. This line of inquiry is part of a broader effort to understand the interplay between genetic, hormonal, and environmental factors in shaping sexual orientation.

9. b) the arousal response.

Explanation: The arousal response, also known as the “fight or flight” response, is a pattern of physiological changes that prepare the body to deal with threats or emergencies. This response is triggered by the activation of the sympathetic nervous system, which leads to a series of bodily changes designed to enhance survival. These changes include increased heart rate, elevated blood pressure, rapid breathing, and the release of adrenaline and other stress hormones. The purpose of these changes is to prepare the body either to confront the threat directly (fight) or to escape from it (flight). This response is a critical component of the body’s overall stress response system, enabling individuals to react quickly and effectively to dangerous situations.

10. a) epinephrine

Explanation: Epinephrine, also known as adrenaline, is one of the primary hormones

involved in the body's "fight or flight" response and plays a crucial role in providing the energy necessary for emotional reactions. When an individual experiences a strong emotion, such as fear or excitement, the adrenal glands release epinephrine into the bloodstream. This hormone increases heart rate, elevates blood pressure, and boosts energy supplies by increasing the flow of glucose and oxygen to the muscles and brain. Epinephrine's effects prepare the body for rapid action and enhance physical performance, which is why it is often associated with heightened emotional states and the arousal response. This hormone ensures that the body has the necessary resources to respond to emergencies or stressors effectively.

11. (a) lower blood sugar and trigger hunger.

Explanation: Insulin is a hormone that helps cells absorb glucose from the bloodstream, thus lowering blood sugar levels. When blood sugar levels drop, the body may signal hunger to prompt food intake to restore glucose levels. Therefore, increases in insulin lead to lower blood sugar and can trigger feelings of hunger.

12. d) all of the above

Explanation: The physiological experience of emotion involves various brain regions and physiological systems. Here's how each option is involved:

- a) Amygdala: The amygdala plays a central role in the processing and regulation of emotions, particularly in response to threatening or arousing stimuli. It helps initiate the body's physiological responses to emotions, such as the "fight or flight" response.
- b) Prefrontal Cortex: The prefrontal cortex, especially the ventromedial prefrontal cortex (vmPFC), is involved in the cognitive regulation and interpretation of emotions. It helps in understanding emotional experiences, making decisions, and regulating emotional responses.
- c) Autonomic Nervous System: The autonomic nervous system (ANS) is responsible for regulating involuntary bodily functions, including those involved in the physiological response to emotions. This response is often referred to as the "fight or flight" response and involves activation of the sympathetic nervous system, leading to changes in heart rate, respiration, and other physiological processes.

13. c) both a. and b.

Explanation: James: William James, a pioneering psychologist, proposed the James-Lange theory of emotion. This theory suggests that physiological changes caused by emotions (increased heart rate, sweating, etc.) are actually what we perceive as emotions. In simpler terms, we don't feel happy because we smile; we smile because we feel happy (due to

Answer Key

some external stimulus). Schachter: Stanley Schachter, along with Jerome Singer, proposed the Schachter-Singer theory of emotion. This theory suggests that physiological arousal (caused by any event, not necessarily emotional) combined with a cognitive interpretation of the situation leads to the emotional experience.

14. d) facial-feedback hypothesis

Explanation: The facial-feedback hypothesis suggests that facial expressions can influence emotional experiences. According to this theory, facial muscles send signals to the brain, which in turn can influence an individual's emotional state. In the scenario described, Dr. Nguyen's prolonged smiling can lead to the activation of facial muscles associated with happiness, which then sends signals to her brain contributing to the improvement of her mood. This aligns with the idea that changes in facial expressions can influence emotions, supporting the facial-feedback hypothesis.

15. b) protected our ancestors from potentially toxic substances.

Explanation: Neophobia, or the fear of new things, particularly in the context of taste, likely served as an adaptive mechanism for our ancestors. It helped them avoid potentially harmful or toxic substances in their environment, enhancing their chances of survival. This cautious approach to novel tastes may have provided an evolutionary advantage by reducing the risk of ingesting harmful foods. While neophobia may be more common in children, it can also persist into adulthood to varying degrees.

16. b) cortex

Explanation: The cortex, especially the prefrontal cortex, is involved in higher-order cognitive functions such as reasoning, decision-making, and evaluating complex situations. When you feel a tap on your shoulder, the cortex helps you analyse the context and determine the nature of the situation by integrating sensory information and past experiences to make a reasoned judgment about potential danger.

17. a) secretes hormones that affect appetite.

Explanation: The arcuate nucleus, located in the hypothalamus, is involved in the regulation of various physiological processes, including appetite and energy balance. It contains specialized neurons known as proopiomelanocortin (POMC) neurons and neuropeptide Y/agouti-related protein (NPY/AgRP) neurons, which play key roles in appetite control. These neurons produce and release hormones and neuropeptides that influence hunger, satiety, and energy expenditure. For example, POMC neurons release α -melanocyte-stimulating hormone (α -MSH), which suppresses appetite, while NPY/AgRP neurons

release neuropeptide Y (NPY) and agouti-related protein (AgRP), which stimulate appetite and reduce energy expenditure. Therefore, the arcuate nucleus is notable in the study of motivation, particularly in the context of appetite regulation and the physiological mechanisms underlying hunger and satiety.

18. d) all of the above

Explanation: All of the listed options epinephrine, adrenal glands, and norepinephrine are involved in the physiological response described. When the body perceives a threat or experiences stress, the sympathetic nervous system initiates the fight-or-flight response. This response involves the release of hormones such as epinephrine (also known as adrenaline) and norepinephrine from the adrenal glands, which are located on top of the kidneys. These hormones act as neurotransmitters and activate various physiological changes to prepare the body to deal with the perceived threat. Some of the physiological responses triggered by epinephrine and norepinephrine include increased heart rate (leading to a sensation of the heart beating faster), dilation of the pupils (resulting in larger pupils), and hyperventilation (rapid breathing).

19. b) excitement; plateau; orgasm; resolution.

Explanation: Masters and Johnson's sexual response cycle describes the physiological responses during sexual activity and consists of four stages:

Excitement: This initial phase is characterized by the beginning of sexual arousal, where there is an increase in heart rate, blood pressure, and blood flow to the genitals, leading to erection in males and lubrication in females.

Plateau: During this phase, the changes that began in the excitement phase intensify. Sexual arousal is maintained, and physiological responses continue to increase, but at a slower rate.

Orgasm: This is the climax of the sexual response cycle, characterized by rhythmic contractions of the pelvic muscles, leading to ejaculation in males and contractions of the vaginal muscles in females. It is accompanied by a peak in sexual pleasure and a release of sexual tension.

Resolution: In this final phase, the body gradually returns to its normal state, with a decrease in heart rate, blood pressure, and muscle tension.

20. d) shame

Explanation: Shame is an emotion that depends heavily on higher cognitive capacities and a sense of self. Unlike basic emotions such as anger, disgust, and fear, which can be experienced and expressed without necessarily requiring complex cognitive

Answer Key

processes, shame often involves self-evaluation and introspection. It arises from a sense of personal failure, embarrassment, or moral transgression, and it is typically linked to one's internalized standards, values, and beliefs about the self. Displaying shame may involve reflecting on one's actions, considering how they align with societal or personal expectations, and experiencing negative feelings about oneself in relation to those standards. Therefore, shame is more intricately tied to self-awareness, self-evaluation, and social cognition compared to other basic emotions.

21. c) instincts

Explanation: Instincts are innate, fixed patterns of behavior that are characteristic of a species and are largely independent of learning and individual experience. While many animal behaviors are driven by instincts, human behaviors are generally considered to be less rigidly patterned and more influenced by learning, culture, and individual differences. While needs, drives, and incentives play roles in motivating human behavior, they do not typically exhibit the fixed, stereotypical patterns associated with instincts. Instead, human behavior tends to be more flexible, variable, and context-dependent, shaped by a wide range of factors including social norms, personal goals, and environmental cues.

22. c) energy

Explanation: While energy is indeed necessary for physical and mental activities, it does not inherently drive behavior toward goals or away from unpleasant situations. Energy facilitates action but is not the process that specifically causes an organism to move toward a goal or away from unpleasant situations.

23. c) satisfying relationships

Explanation: Research suggests that satisfying relationships are often cited as one of the primary factors that make life meaningful for individuals. Human beings are social creatures, and the quality of their relationships with family, friends, and romantic partners significantly impacts their sense of fulfillment and purpose in life. While good health, challenging work, and serving others can also contribute to a meaningful life, satisfying relationships tend to be a fundamental aspect of human well-being and are commonly prioritized when individuals reflect on what gives their lives meaning.

24. b) intrinsic motivation

Explanation: Intrinsic motivation refers to the desire to engage in an activity for its own sake, deriving pleasure and satisfaction from the activity itself rather than from any external rewards or incentives. When individuals are intrinsically motivated, they are

driven by internal factors such as personal enjoyment, curiosity, or a sense of mastery. This type of motivation often leads to deeper engagement, persistence, and creativity in activities because individuals find them inherently rewarding and fulfilling. In contrast, extrinsic motivation involves engaging in an activity to obtain external rewards or avoid punishments.

25. b) general mental ability

Explanation: General mental ability, often measured through standardized tests like IQ tests, is considered one of the best predictors of on-the-job performance across various occupations, especially for jobs that require cognitive skills and problem-solving abilities. While factors like motivation and job experience also play important roles in job performance, general mental ability tends to have a stronger and more consistent correlation with overall job success, particularly in roles that demand complex decision-making, learning, and adaptability. This is because individuals with higher general mental ability are often better equipped to grasp new concepts, solve novel problems, and perform tasks efficiently, regardless of their specific job roles.

26. d) hypothalamus

Explanation: The hypothalamus is a crucial brain structure involved in the regulation of appetite and feeding behavior. It contains specialized regions responsible for monitoring and responding to signals related to hunger and satiety. These regions within the hypothalamus detect changes in nutrient levels and hormonal signals from the body, integrating this information to regulate eating behavior. For example, the lateral hypothalamus is often associated with the initiation of eating, while the ventromedial hypothalamus is involved in signaling feelings of fullness and satiety. Dysfunction or damage to these areas of the hypothalamus can lead to disruptions in appetite regulation and may contribute to conditions such as obesity or eating disorders.

27. c) organizational psychologist

Explanation: Organizational psychologists focus on understanding behavior within organizational settings, including factors such as leadership, management styles, motivation, teamwork, and organizational culture. Dr. Iverson's research on how management styles influence worker motivation aligns with the interests and expertise of organizational psychologists, who study various aspects of behavior in the workplace to improve organizational effectiveness, productivity, and employee well-being.

28. b) sexual scripts

Answer Key

Explanation: Sexual scripts refer to culturally and socially constructed norms and expectations regarding sexual behavior, including beliefs about gender roles, sexual desire, and appropriate sexual conduct. In this scenario, the differences in motivation between boys and girls to impress others with their sexual experiences reflect adherence to traditional sexual scripts that prescribe different roles and expectations based on gender. Boys may feel pressure to conform to expectations of masculinity by boasting about sexual experiences, while girls may feel pressure to adhere to societal norms that discourage overt expressions of sexual pleasure.

29. d) all of these statements are true.

Explanation: Maslow's theory of motivation posits that human needs are arranged in a hierarchy, with lower-level needs taking priority over higher-level needs. At the base of the hierarchy are physiological needs, such as the need for food, water, and shelter. Once these basic needs are met, individuals move on to seek safety and security, followed by the desire for love and belongingness, esteem, and finally, self-actualization. Maslow later expanded his theory to include self-transcendence, which involves connecting with something beyond the self, such as spirituality or a greater cause. Therefore, all the statements provided are consistent with Maslow's theory of motivation.

30. d) none of the above

Explanation: Research has consistently shown that explanations attributing homosexuality to factors such as "bad mothering" or the influence of parental role models are not supported by empirical evidence. Similarly, the idea that childhood same-sex sexual play contributes to homosexuality lacks empirical support. Current scientific understanding suggests that sexual orientation is complex and likely involves a combination of genetic, hormonal, developmental, and environmental factors, but no single explanation has been definitively proven.

31. d) all of these factors.

Explanation: Hunger and sexual motivation are complex drives influenced by a combination of internal physiological factors, external stimuli, and cultural expectations. Here's how each factor plays a role:

Internal physiological factors: Both hunger and sexual motivation are driven by internal biological mechanisms. For hunger, this includes hormones like ghrelin and leptin, as well as signals from the hypothalamus that regulate appetite.

External and imagined stimuli: Environmental cues and psychological factors significantly impact both hunger and sexual motivation. Visual and olfactory cues, the sight and smell

of food, can trigger hunger, while visual stimuli, fantasies, and other forms of sensory input can enhance sexual desire and arousal.

Cultural expectations: Societal norms and cultural values heavily influence attitudes towards eating and sexual behavior. Cultural factors determine what is considered desirable or appropriate, shaping individual preferences and behaviors in both areas.

32. a) approach-approach conflict.

Explanation: An approach-approach conflict occurs when an individual is faced with a choice between two desirable outcomes. In this scenario, you have a desire for both Chinese food and Italian food, which are both positive and attractive options. Deciding between two appealing dinner choices represents a classic example of approach-approach conflict because you must choose one desirable option over another. This type of conflict occurs when a single option has both attractive and unattractive aspects. For instance, wanting to eat a delicious dessert (approach) but being concerned about the calories (avoidance).

33. d) the resolution phase.

Explanation: Masters and Johnson's research on the sexual response cycle identified four phases: excitement, plateau, orgasm, and resolution. While males and females experience similar physiological responses in the first three phases, the resolution phase shows the most significant differences between the sexes, particularly due to the refractory period in males. During the excitement phase, both males and females exhibit initial physiological changes, such as increased heart rate, muscle tension, and blood flow to the genitals, leading to erection in males and lubrication in females. These responses are generally comparable across genders.

34. d) task involving creativity or careful judgment.

Explanation: The Yerkes-Dodson law suggests that performance increases with physiological or mental arousal up to a point, after which it decreases. For tasks involving creativity or careful judgment, too much arousal can lead to overstimulation or anxiety, impairing performance. In such tasks, a moderate level of arousal is optimal for facilitating concentration, problem-solving, and decision-making. Conversely, for instinctive or well-practiced tasks (option b), higher arousal levels might enhance performance due to increased focus and energy. Similarly, for tasks that demand persistence or endurance (option c), higher arousal levels might provide the necessary motivation and stamina to sustain effort. However, for tasks involving creativity or careful judgment (option d), excessive arousal can lead to distractions, cognitive overload, or anxiety, ultimately hindering performance.

Answer Key

35. c) An unlearned, species-specific behavior triggered by certain stimuli.

Explanation: A fixed-action pattern (FAP) is an innate, stereotyped behavior sequence exhibited by members of a species in response to specific stimuli. These behaviors are largely inflexible and occur in a rigid, predictable sequence. They are not learned through experience but rather are genetically programmed and triggered by particular environmental cues. Fixed-action patterns are adaptive and typically serve a specific function related to survival or reproduction. Examples include courtship displays in birds, nest-building behaviors in mammals, and migration patterns in insects.

36. b) As innate but subject to modification based on environmental demands.

Explanation: Modern instinct theory in ethology views instinctual behavior as innate, meaning it is genetically programmed and present at birth. However, it also acknowledges that these instinctual behaviors can be modified or influenced by environmental factors and experiences. While certain behaviors may have a strong genetic basis, they can still be shaped or adjusted based on an individual's interactions with their environment. This perspective highlights the interaction between genetics and environmental influences in shaping behavior, rather than viewing behavior as completely fixed and unchangeable.

37. b) Organisms are motivated to ensure the survival of their genes.

Explanation: The main premise of socio-biology is that organisms, including humans, are primarily motivated to ensure the survival and reproduction of their genes. This perspective suggests that behaviors observed in organisms, such as mating, parental care, and social interactions, are ultimately driven by the desire to pass on one's genetic material to future generations. Socio-biology emphasizes the role of evolutionary processes, such as natural selection, in shaping behavior and highlights the importance of genetic fitness in determining an organism's motivation and behavior.

38. c) Organisms are motivated to eliminate or reduce unpleasant drive.

Explanation: According to Hull's drive reduction theory, drive is a state of tension or arousal that motivates an organism to engage in behavior aimed at reducing or eliminating that tension. In this theory, drive is closely linked to motivation, as it serves as the primary mechanism through which organisms are motivated to act. The goal of behavior, according to Hull, is to satisfy physiological needs and reduce the associated drive. Therefore, organisms are motivated to engage in behaviors that lead to the reduction of unpleasant drives, such as hunger or thirst.

39. d) Eating to alleviate hunger.

Explanation: Homeostasis refers to the body's ability to maintain a stable internal environment despite external changes. It involves various physiological processes that balance the body's internal conditions, such as temperature, fluid balance, and energy levels. While eating in response to hunger is a normal and essential behavior, it does not fit the strict definition of homeostasis in the same way the other examples do. Homeostasis typically involves automatic physiological responses that the body initiates to maintain internal stability. Eating when hungry is a behavioral response rather than a direct physiological adjustment. Hunger and eating are part of a complex set of behaviors related to energy balance and nutrition, involving hormonal signals and psychological factors, rather than a straightforward homeostatic mechanism.

40. d) Nutrient levels falling below a certain threshold

Explanation: The experience of hunger in most organisms is triggered when nutrient levels fall below a certain threshold. This drop in nutrient levels, particularly glucose, triggers physiological signals that stimulate hunger and initiate the drive to seek food. Low blood sugar levels, which are indicative of insufficient nutrient intake, play a role in signaling hunger. Once food is consumed and nutrients are absorbed, the sensation of hunger diminishes, illustrating the body's regulatory mechanisms aimed at maintaining homeostasis.

41. a) Lateral hypothalamus (LH) and ventromedial hypothalamus (VMH)

Explanation: The lateral hypothalamus (LH) was initially identified as the “start eating” center, as its stimulation can induce eating behavior, while lesions in this area can lead to reduced food intake and even starvation. Conversely, the ventromedial hypothalamus (VMH) was identified as the “stop eating” center, as lesions in this area can lead to overeating and obesity, while stimulation can suppress eating behavior. These discoveries provided foundational insights into the neurobiological regulation of feeding behavior.

42. c) Cholecystokinin (CCK)

Explanation: Cholecystokinin (CCK) is a hormone released by the small intestine in response to the presence of food, especially fats and proteins. It acts as a “stop-eating” signal to the brain by inhibiting hunger and reducing food intake. CCK works by stimulating the release of bile from the gallbladder and pancreatic enzymes, which aid in digestion, and by activating receptors in the brain associated with feelings of fullness and satiety.

43. a) Low blood sugar levels initiate eating.

Explanation: Research has shown that low blood sugar levels are a key physiological signal

Answer Key

that initiates the drive to eat. **Glucose Utilization:** Glucose is the primary energy source for the body's cells, particularly for the brain. When blood sugar levels drop, it indicates that the body's readily available energy supply is running low.

Hunger Signals: The drop in blood sugar levels is detected by the brain, specifically the hypothalamus. This triggers hunger signals that drive the organism to seek food and eat to restore glucose levels.

44. d) (A) is false, but (R) is true.

Explanation: Assertion (A): False. Instinct theory proposes the opposite of what this assertion states. It suggests that behaviors are driven to a large extent by innate biological tendencies, rather than being primarily determined by complex human learning and environmental variables.

Reason (R): True. This statement accurately describes the concept of instincts. Instincts are considered to be unlearned, genetically predetermined patterns of behavior that are triggered by specific stimuli in the environment. These built-in tendencies help ensure survival and reproduction for an organism and its species.

45. b) It is necessary for the survival of the species.

Explanation: Sexual behavior is considered a powerful motivator of behavior primarily because it is essential for the survival of the species. Without engaging in sexual behavior, reproduction cannot occur, leading to the eventual extinction of the species. This fundamental biological drive to reproduce motivates individuals to seek out sexual partners and engage in sexual activities. While hormonal factors play a role in regulating sexual behavior, the primary reason it is considered a powerful motivator is its crucial role in ensuring the continuation of the species.

46. c) Hormones guide the development of the male or female reproductive system.

Explanation: Hormones play a significant role in gender determination during fetal development. The presence or absence of certain hormones, particularly testosterone, guides the development of the male or female reproductive system. In the absence of specific hormones, the fetus will develop along a female pathway, while the presence of these hormones will result in male reproductive system development. This process occurs during critical periods of fetal development and is essential for the differentiation of male and female characteristics. Therefore, hormones have a crucial impact on gender development in humans.

47. b) Tactile and visual stimuli are particularly important for human sexual arousal.

Explanation: External stimuli play a significant role in human sexual arousal, with tactile (touch) and visual stimuli being particularly important. The human sexual response is highly influenced by sensory inputs, including physical touch and visual cues. Tactile stimulation, such as caressing and kissing, can elicit physiological responses and enhance sexual arousal. Similarly, visual stimuli, such as erotic images or the sight of an attractive partner, can also trigger arousal responses. While olfactory (smell) and auditory (sound) stimuli may contribute to sexual arousal to some extent, tactile and visual stimuli are often considered primary factors in human sexual arousal.

48. c) Positive sexual attitudes increase sexual arousal.

Explanation: Sexual attitudes can significantly influence sexual arousal. Positive sexual attitudes, characterized by acceptance, openness, and comfort with one's sexuality and sexual experiences, are more likely to enhance sexual arousal. Individuals with positive sexual attitudes tend to have fewer inhibitions and greater willingness to engage in sexual activities, leading to increased arousal in appropriate contexts. On the other hand, negative sexual attitudes, such as guilt, shame, or discomfort regarding sexual behavior, can inhibit arousal and impair sexual functioning. Overall, individuals with positive attitudes towards sexuality are more likely to experience heightened sexual arousal compared to those with negative attitudes.

49. b) Plateau phase

Explanation: The plateau phase is the stage of the human sexual response cycle characterized by a high level of arousal that feels intense and cannot increase further without progressing to the next phase, which is orgasm. During the plateau phase, physiological responses such as increased heart rate, elevated blood pressure, and muscle tension continue to build up, preparing the body for orgasm. This phase represents a peak level of arousal before reaching the climax of sexual pleasure during orgasm.

50. b) It is the phase where men are not capable of sexual orgasm for some time.

Explanation: The refractory phase is a period following orgasm during which men are physiologically incapable of achieving another orgasm. This phase is more commonly experienced by men than by women. It involves a temporary period of reduced sexual arousal and responsiveness, during which further sexual stimulation typically does not lead to arousal or orgasm. The duration of the refractory period can vary widely among individuals and may increase with age.

Answer Key

51. a) Homosexuality is no longer considered a mental disorder.

Explanation: One significant reason for the increased acceptance of homosexuality in recent years is the change in its classification by mental health organizations. Previously, homosexuality was classified as a mental disorder by psychiatric associations. However, this classification has been revised, and homosexuality is no longer considered a mental disorder. This change has contributed to shifting societal attitudes towards acceptance and understanding of sexual orientation diversity. Additionally, increased awareness and education about sexual orientation, advocacy efforts, and legal changes recognizing the rights of LGBTQ+ individuals have also played roles in promoting acceptance. While biological factors have been suggested as contributors to sexual orientation, they are not the sole determinant, and family factors alone do not cause homosexuality.

52. b) They involve the excitement, plateau, and orgasm stages.

Explanation: The physiological aspects of the human sexual response involve a sequence of stages that are common to both men and women. These stages typically include excitement, plateau, orgasm, and resolution. During the excitement stage, there is an increase in heart rate, blood pressure, and muscle tension, along with genital arousal. The plateau stage is characterized by further increases in physiological arousal, leading to a high level of sexual tension. Orgasm is the peak of sexual arousal, marked by rhythmic contractions of the genital muscles and intense pleasure. Finally, during the resolution stage, physiological arousal gradually decreases, and the body returns to its pre-aroused state. While there may be variations in the intensity and duration of these stages among individuals, the general physiological response pattern remains consistent across genders.

53. c) Social motives are acquired during interactions, while biological drives stem from physiological conditions.

Explanation:

Social motives and biological drives differ in their origins and manifestations. Biological drives, such as hunger, thirst, and sexual desire, are rooted in physiological needs and conditions. These drives are essential for survival and are influenced by internal factors like hormones and metabolism. In contrast, social motives arise from interactions with others and the social environment. They include motives such as the need for affiliation, achievement, and approval from others. Social motives are shaped by cultural norms, social expectations, and individual experiences. While biological drives are primarily concerned with satisfying physiological needs, social motives are driven by psychological and social factors, making them distinct from biological drives.

54. c) Sigmund Freud

Explanation: Sigmund Freud, the founder of psychoanalysis, emphasized the role of unconscious processes and innate drives in shaping human behavior. He proposed the concept of the “pleasure principle,” suggesting that human behavior is motivated by the drive to seek pleasure and avoid pain. Freud believed that the libido, or Eros, represents the primary motivational force behind human behavior, encompassing the desire for bodily pleasure and satisfaction. According to Freud, the libido operates on the pleasure principle, seeking immediate gratification of instinctual needs. Freud’s theories laid the foundation for understanding the influence of unconscious drives and motivations on human behavior, including the role of Eros in shaping psychological functioning.

55. b) Thanatos

Explanation: Freud introduced the concept of Thanatos, often referred to as the “death instinct” or “death drive,” to describe the instinctual drive toward destruction, aggression, and self-destructive behavior. In Freudian theory, Thanatos represents the innate urge for aggression, violence, and the destruction of life. It is considered to be in conflict with Eros, the life instinct or libido, which drives individuals to seek pleasure and life-sustaining activities. According to Freud, the interplay between Eros and Thanatos influences human behavior and psychological development, with aggression and destructive tendencies being channeled outward or turned inward depending on various factors.

56. d) Olfactory sensitivity

Explanation: Henry Murray, an American psychologist, proposed a list of psychogenic needs in his theory of personality. These needs include affiliation (the desire for social interaction and acceptance), exhibition (the desire to attract attention and be recognized), autonomy (the need for independence and self-determination), and various others. Olfactory sensitivity, or the sensitivity to smell, is not typically included in Murray’s list of needs. Murray’s theory emphasizes the role of these psychogenic needs in driving human behavior and shaping personality traits.

57. c) Need for achievement

Explanation: The need for achievement is the motivation to excel, to accomplish difficult tasks, and to meet high standards of excellence. Individuals with a high need for achievement are often driven by a desire to succeed, to surpass challenges, and to attain personal goals. This need can manifest in various domains of life, including academic, professional, and personal pursuits. It involves a sense of accomplishment and satisfaction derived from overcoming obstacles and accomplishing tasks that require effort and skill.

Answer Key

58. c) It can decrease intrinsic motivation.

Explanation: Rewarding achievement strivings can sometimes decrease intrinsic motivation. When external rewards or incentives are introduced for tasks that individuals already find inherently rewarding or enjoyable, it may undermine their intrinsic motivation. This phenomenon is known as the over justification effect. Essentially, the provision of extrinsic rewards can shift the focus from the inherent enjoyment or satisfaction derived from the activity itself to the external reward. As a result, individuals may become less intrinsically motivated to engage in the activity once the external rewards are removed or become less salient.

59. b) Women perceive praise as controlling, while men perceive it as a sign of competence.

Explanation: Research suggests that men and women may respond differently to praise due to societal and cultural factors that shape their perceptions and experiences. In many cultures, women have historically been subjected to more scrutiny and expectations regarding their behavior, leading them to perceive praise as controlling or patronizing. On the other hand, men may interpret praise as a sign of competence and validation of their abilities, as they are often encouraged to assert themselves and demonstrate their skills. These differing interpretations of praise can influence individuals' intrinsic motivation and how they perceive their autonomy and competence in various tasks.

60. b) Subjective experience, physiological arousal, and overt expression

Explanation: Psychologists typically define emotions using three main components:

Subjective experience: This component refers to the individual's internal feeling or perception of the emotion. It encompasses how the person consciously experiences and labels their emotional state.

Physiological arousal: Emotions are often accompanied by physiological changes in the body, such as increased heart rate, sweating, or changes in hormone levels. These physiological responses are part of the body's automatic reaction to emotional stimuli.

Overt expression: Emotions can also be expressed outwardly through facial expressions, body language, tone of voice, and other nonverbal cues. These outward expressions provide observable indicators of an individual's emotional state and can influence social interactions and communication.

61. c) Managing the internal organs, blood vessels, and sweat glands

Explanation: The primary function of the autonomic nervous system (ANS) in the context of emotions is to manage the internal organs, blood vessels, and sweat glands. The ANS is responsible for regulating involuntary bodily functions, including heart rate, digestion,

respiratory rate, and perspiration, all of which can be influenced by emotional experiences. During emotional arousal, the ANS is activated to produce physiological changes in the body, such as increased heart rate, changes in blood flow, and perspiration, in response to emotional stimuli. These physiological responses are part of the body's adaptive response to emotional experiences and are coordinated by the autonomic nervous system.

62. d) Emotions can sometimes act as motivators for behavior.

Explanation: Emotions can indeed act as motivators for behavior. While motivations are the internal states or desires that drive individuals to act in certain ways to fulfill their needs or goals, emotions often accompany or influence these motivations. For example, feeling excited about achieving a goal can motivate someone to pursue it further, while feeling anxious or fearful about a situation may motivate avoidance behavior. Emotions provide the energy and direction necessary to engage in or avoid particular behaviors, making them integral to the motivational process.

63. b) Reducing physiological arousal and returning to balance

Explanation: The parasympathetic division of the autonomic nervous system (ANS) primarily functions to reduce physiological arousal and return the body to a state of balance or homeostasis after experiencing stress or excitement. It is often referred to as the “rest and digest” system because it promotes activities that occur when the body is at rest or in a non-stressful state, such as digestion, lowering heart rate, and promoting relaxation. This division counteracts the effects of the sympathetic division, which is responsible for mobilizing the body's resources during times of stress or danger.

64. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: Assertion (A) states that homosexual couples often report greater sexual satisfaction compared to heterosexual couples. This statement is generally supported by research findings that show sexual satisfaction can vary among different types of couples, and it's not uncommon for homosexual couples to report high levels of sexual satisfaction.

Reason (R) suggests that homosexual couples have more flexible cultural expectations for their sexual behavior. While this may be true in some contexts, it does not directly explain why homosexual couples often report greater sexual satisfaction compared to heterosexual couples. Other factors such as communication, compatibility, and societal acceptance may also play significant roles.

65. b) Drive theory

Answer Key

Explanation: Drive theory emphasizes the role of internal physiological needs in motivating behavior. According to this theory, when individuals experience a deficit in certain physiological requirements, such as hunger or thirst, they are driven to engage in behaviors that will reduce or satisfy those needs, thus restoring a state of physiological balance or homeostasis. Drive theory suggests that motivation arises from the desire to maintain internal equilibrium and alleviate any imbalances or tensions caused by unmet physiological needs.

66. b) Hunger, sexual motivation, and social motivation

Explanation: The examples provided in option b represent specific motivations related to physiological needs (hunger), reproductive needs (sexual motivation), and interpersonal or social needs (social motivation). These motivations are fundamental to human behavior and play significant roles in driving individuals to fulfill essential biological and social requirements for survival, reproduction, and social connection.

67. c) Ethologists

Explanation: Ethologists, such as Konrad Lorenz and Niko Tinbergen, revised instinct theory by introducing the concept of fixed-action patterns. They observed innate behaviors in animals, proposing that certain behaviors are genetically programmed and not learned. Fixed-action patterns are stereotyped behaviors triggered by specific stimuli, highlighting the role of genetics in behavior. This perspective shifted focus from purely environmental influences to include innate biological factors in understanding behavior.

68. d) That instincts should not be considered innate because they are influenced by experience.

Explanation: Critics argue that instincts, while often thought of as innate or genetically predetermined behaviors, are also influenced by an individual's experiences and learning. This challenges the idea of instincts being purely innate, suggesting that they are shaped and modified through interactions with the environment. For example, while certain behaviors may have a genetic basis, the specific expression of those behaviors can be influenced by an individual's unique experiences and learning throughout life. This criticism highlights the complex interplay between genetic predispositions and environmental influences in shaping behavior, suggesting that the concept of instincts being entirely innate may be oversimplified.

69. b) An act that increases the fitness of the group as a whole.

Explanation: In socio-biology, Edmund Wilson defines altruism as an act that increases

the fitness of the group as a whole. This definition emphasizes behaviors that benefit others within a social group, even at potential cost or risk to the individual performing the behavior. Altruistic behaviors are seen as contributing to the survival and reproductive success of the group, promoting cooperation and social cohesion among its members.

70. c) Drives motivate organisms to reduce tension or arousal.

Explanation: In Hull's drive theory, drives are central to motivation. Drives are internal states of tension or arousal that arise from biological needs, such as hunger or thirst. These drives motivate organisms to engage in behaviors that will reduce or alleviate the tension, returning the organism to a state of physiological equilibrium or homeostasis. Therefore, according to Hull's theory, drives play a fundamental role in motivating behavior by directing individuals towards actions that satisfy biological needs and reduce internal tension.

71. b) The automatic correction of internal states to maintain equilibrium.

Explanation: Homeostasis, in the context of motivation, refers to the body's natural tendency to maintain internal stability and balance. It involves the automatic regulation of physiological processes to keep various bodily functions within optimal ranges, such as temperature, fluid balance, and energy levels. When disruptions occur and internal states deviate from the set points, homeostatic mechanisms are activated to restore equilibrium. For example, when the body experiences hunger or thirst, homeostatic mechanisms prompt behaviors aimed at satisfying these needs, such as eating or drinking, to return the body to a state of balance.

72. c) Some behaviors could not be attributed to a reduction in tension or arousal.

Explanation: Contemporary views of drive theory have faced the challenge of explaining certain motivated behaviors that cannot be easily attributed to a reduction in tension or arousal. While traditional drive theory proposed that motivation arises from the need to reduce physiological imbalances or discomfort (such as hunger or thirst), psychologists have recognized that not all behaviors can be explained solely by the desire to alleviate internal tension. Some behaviors are driven by factors beyond basic physiological needs, such as curiosity, exploration, and the pursuit of novelty or challenge.

73. b) Performance is impaired when arousal is too low.

Explanation: The arousal-performance relationship, often depicted as an inverted-U function, suggests that performance is impaired when arousal is too low. As arousal increases from a low level, performance typically improves, reaching an optimal point

Answer Key

where arousal is at a moderate level. Beyond this point, if arousal continues to increase, performance begins to decline. Therefore, while very high levels of arousal might enhance performance for some tasks, the relationship between arousal and performance is not linear, and excessive arousal can lead to decreased performance.

74. c) An opposite emotional state, like depression

Explanation: According to the opponent-process theory of motivation, extreme emotions like happiness and euphoria trigger complementary opposite emotional responses as well. So, if an individual experiences extreme happiness, the nervous system tends to counteract with an opposite emotional state, such as depression, as a way to restore emotional equilibrium. This theory proposes that emotions are paired in opposing valence, and experiencing one emotion will lead to the subsequent activation of its opposite to maintain emotional balance.

75. a) It focuses on the external goals and incentives in the environment.

Explanation: Incentive theory of motivation emphasizes the role of external stimuli or incentives in driving behavior. Unlike instinct, drive, and arousal theories, which focus on internal states such as biological needs or arousal levels, incentive theory suggests that behavior is primarily motivated by external rewards or goals in the environment. These incentives can be anything from tangible rewards like food or money to intangible rewards like social approval or recognition.

76. d) (A) is false, but (R) is true.

Explanation: Assertion (A) states that hunger is solely driven by nutrient deficiencies in the body. This is false because hunger is influenced by various factors including physiological, psychological, and environmental cues, not solely nutrient deficiencies.

Reason (R) states that organisms eat primarily to satisfy their physiological need for nutrients. This is true; one of the reasons organisms eat is to obtain essential nutrients necessary for bodily functions. Other factors such as hormonal regulation and psychological factors also play significant roles in regulating hunger.

77. b) Stomach contractions were the primary and essential signals of hunger.

Explanation: Early researchers like Cannon and Washburn believed that stomach contractions were the primary and essential signals of hunger. This belief was based on Washburn's experiment in which he swallowed a balloon and reported feeling hunger pangs coinciding with stomach contractions, leading to the conclusion that stomach

contractions were closely associated with the experience of hunger. However, later research has shown that hunger is influenced by a complex interplay of physiological, psychological, and environmental factors, and stomach contractions alone do not entirely account for the experience of hunger.

78. c) A full stomach plays a role in signaling satiety.

Explanation: Subsequent research revealed that a full stomach plays a significant role in signaling satiety. Cutting the nerves from the stomach to the brain reduces hunger, indicating that neural signals from the stomach are involved in regulating appetite and satiety. This suggests that both the stomach's fullness and emptiness contribute to the regulation of hunger and satiety, rather than solely relying on one factor.

79. a) Both (A) and (R) are true and (R) is the correct explanation of (A).

Explanation: Assertion (A) states that damage to the ventromedial hypothalamus (VMH) leads to continuous overeating without selectivity for palatable foods. This is true; research has shown that damage to the VMH can result in hyperphagia, a condition characterized by excessive eating and obesity, often without the normal satiety signals.

Reason (R) states that the VMH is responsible for regulating the “stop eating” or satiety response. This is also true; the VMH is involved in the regulation of feeding behavior and plays a role in signaling satiety, or the feeling of fullness, during and after eating. Therefore, Reason (R) provides a correct explanation for Assertion (A).

80. c) Fat cells remain the same in number throughout life.

Explanation: Throughout adulthood, the number of fat cells (adipocytes) in the human body remains relatively stable. This phenomenon is known as adipocyte hyperplasia. While the size of individual fat cells can change due to fluctuations in energy balance (such as weight gain or weight loss), the overall number of fat cells typically remains constant after adolescence. This means that once fat cells are formed, they generally do not increase in number throughout life, barring certain medical conditions or extreme circumstances.

81. (b) Overeating during early childhood

Explanation: Overeating during early childhood can significantly influence the formation of fat cells. Excessive calorie intake during critical periods of growth can lead to an increase in both the size and number of fat cells, contributing to long-term obesity risks. Hormonal imbalances are also a factor, but overeating is a more direct and common cause related to dietary habits in early childhood.

Answer Key

82. c) A setting on a thermostat

Explanation: The concept of a “set point” for body weight in humans resembles a setting on a thermostat. Just as a thermostat in a heating or cooling system is programmed to maintain a specific temperature range, the body is thought to have a biological set point for body weight. This set point represents the weight range that the body naturally tends to maintain through mechanisms such as appetite regulation, metabolism, and energy expenditure. Similar to how a thermostat works to maintain a constant temperature, the body’s set point helps regulate body weight by adjusting hunger levels and metabolic rate in response to changes in food intake and energy expenditure.

83. c) They feel a constant state of hunger, leading to increased food intake.

Explanation: According to the set point theory, when a dieter’s weight falls below their set point, they may experience a constant state of hunger. This hunger is believed to be the body’s response to maintain its original set point weight, leading to increased food intake. This increased food intake can make it difficult for individuals to sustain weight loss below their set point, as the body’s physiological mechanisms work to restore the original weight. Additionally, this constant state of hunger may contribute to feelings of frustration and difficulty in maintaining lower weights over the long term.

84. b) Obese subjects ate more crackers regardless of whether they had eaten sandwiches.

Explanation: In Schachter’s study, the findings regarding the eating behaviors of obese and non-obese subjects after consuming roast beef sandwiches or not showed that obese subjects tended to eat more crackers regardless of whether they had eaten sandwiches. This behavior suggests that obese individuals may have a different response to food cues compared to non-obese individuals, potentially reflecting differences in hunger regulation, satiety cues, or other psychological factors related to eating behavior.

85. c) Mild stress leads to a slight increase in a rat’s food intake.

Explanation: Mild stress, such as that induced by tail pinching, has been observed to lead to a slight increase in a rat’s food intake. This phenomenon is often attributed to stress-induced changes in hormonal and neurobiological pathways that can affect appetite and feeding behavior. While severe stress may lead to decreased food intake, mild stressors may have the opposite effect, causing animals to consume more food as a coping mechanism or as a response to altered metabolic processes.

86. d) Stress produced an increase in eating in obese subjects and a decrease in normal-weight subjects.

Explanation: Slochower's study found that stress had different effects on eating behaviors depending on the weight status of the subjects. Obese individuals tended to eat more under stress, while normal-weight individuals tended to eat less. This suggests that stress can influence eating behaviors differently in individuals with varying weight statuses, possibly due to differences in coping mechanisms or physiological responses to stress.

87. c) Sexual dimorphism

Explanation: Sexual dimorphism refers to the phenotypic differences between males and females of the same species, which result from genetic and hormonal influences during development. These differences can include physical characteristics such as body size, shape, coloration, and reproductive anatomy. Sexual dimorphism is a common phenomenon observed across many species, including humans, and it plays a crucial role in reproductive processes and behaviors.

88. c) They had male and female sex organs and exhibited more male-like behavior.

Explanation: In studies where pregnant monkeys were administered testosterone, the female offspring were observed to have male and female sex organs, a condition known as intersexuality or pseudohermaphroditism. Additionally, these female offspring exhibited more male-typical behaviors compared to typical female monkeys, suggesting that exposure to high levels of testosterone during prenatal development can influence both physical and behavioral characteristics in females. This phenomenon highlights the importance of hormonal influences during critical periods of fetal development in shaping sexual differentiation and behavior.

89. c) Grasping and thrusting response

Explanation: The grasping and thrusting response, also known as sociosexual play, is essential for successful sexual behavior later in life in monkeys. This behavior involves young monkeys engaging in play activities that mimic adult sexual behaviors, such as grasping objects or other monkeys and performing thrusting motions. Through sociosexual play, young monkeys learn about mating rituals, social hierarchies, and appropriate sexual behaviors, which are important for their reproductive success as adults. This type of play helps them develop the skills and social cues necessary for navigating sexual interactions and forming reproductive relationships later in life.

90. d) Masters & Johnson therapy

Explanation: Masters & Johnson therapy, developed by William Masters and Virginia Johnson, is a form of sexual therapy that focuses on teaching individuals the physical skills of sexual behavior. This approach often involves a combination of education, behavioral

Answer Key

exercises, and techniques aimed at enhancing sexual functioning and satisfaction. Masters & Johnson therapy emphasizes the importance of physiological responses, such as arousal and orgasm, in sexual health and aims to address issues related to sexual dysfunction through systematic desensitization, sensate focus exercises, and other behavioral interventions.

91. c) Erection of the penis

Explanation: During the excitement phase of sexual arousal in men, there is increased blood flow to the erectile tissues of the penis, leading to its enlargement and erection. This physiological response prepares the male body for sexual activity by enabling penetration and facilitating sexual intercourse. Erection of the penis is a key feature of the excitement stage in the male sexual response cycle.

92. c) The greater variety in the kinds of touching and caressing found arousing

Explanation: Human sexual experience is more varied compared to that of animals due to the greater variety in the kinds of touching and caressing found arousing. Unlike many animal species that rely primarily on instinctual mating behaviors, humans have a diverse range of sexual preferences, desires, and fantasies. This diversity extends to the types of physical stimulation and erotic activities that individuals find pleasurable and arousing. Human sexuality is influenced by cultural, social, psychological, and individual factors, leading to a wide spectrum of sexual behaviors and experiences.

93. b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Explanation: Assertion (A) states that some psychologists suggested that one or two major needs dominated human action when classifying human motives. This is true; certain psychologists, such as those influenced by the psychoanalytic perspective, proposed that a few fundamental needs, such as those related to survival, safety, and social belonging, underlie human behavior.

Reason (R) states that other psychologists felt that many needs play important roles in motivating behavior. This is also true; alternative perspectives, such as the humanistic and cognitive approaches, emphasize the complexity of human motivation and propose that individuals are driven by a variety of needs, desires, and goals. While both statements are true, Reason (R) does not fully explain why some psychologists suggested that one or two major needs dominated human action; it simply offers an alternative perspective on the complexity of human motivation.

94. c) Oedipus

Explanation: According to Freudian psychoanalytic theory, the Oedipus complex refers to a stage of psychosexual development in which young boys experience sexual desires for their mothers and jealousy towards their fathers. Freud proposed that this complex arises during the phallic stage (around ages 3 to 6) and is a normal part of the development of male sexuality. The term “Oedipus complex” is derived from the Greek myth of Oedipus, who unknowingly killed his father and married his mother.

95. a) The lack of a comprehensive account of human motivation.

Explanation: One of the main criticisms of Freud’s theory of motivation is that it does not provide a comprehensive account of human motivation. Freud’s theory primarily focuses on unconscious sexual and aggressive drives as the primary determinants of behavior, largely overlooking other important factors such as social, cultural, and cognitive influences on motivation. Critics argue that Freud’s theory fails to adequately address the full range of human motives, desires, and goals, leading to an incomplete understanding of human behavior.

96. c) They frequently change their behavior to gain approval or avoid disapproval.

Explanation: Individuals with a high need for approval often exhibit behaviors aimed at gaining acceptance and avoiding rejection or disapproval from others. They may prioritize maintaining positive social relationships and seek validation and recognition from peers or authority figures. As a result, they may adapt their behavior, beliefs, or opinions to align with perceived social norms or expectations in order to gain approval or avoid criticism. This tendency to change behavior to seek approval is a key characteristic of individuals with a high need for approval.

97. d) Human needs can be ranked in a hierarchy, with lower needs satisfied before higher ones.

Explanation: Abraham Maslow proposed a hierarchy of human needs, often depicted as a pyramid, with lower-level needs at the base and higher-level needs at the top. According to Maslow, individuals must satisfy lower-level needs, such as physiological and safety needs, before higher-level needs, such as belongingness, esteem, and self-actualization, become motivating factors. This hierarchical model suggests that once lower-level needs are adequately met, individuals are motivated to pursue higher-level needs. Therefore, human needs can be ranked in a hierarchy, with lower needs satisfied before higher ones.

98. c) Social Desirability Scale

Answer Key

Explanation: The Social Desirability Scale was developed by Douglas Crowne and David Marlowe to measure the extent to which individuals try to gain approval by behaving in socially desirable ways. This scale consists of a series of statements or questions designed to assess the tendency of individuals to respond in a socially desirable manner, even if it means providing answers that may not accurately reflect their true beliefs or behaviors. Participants are asked to indicate the extent to which they agree or disagree with each statement, and their responses are then scored to determine their level of social desirability bias.

99. d) The two divisions tend to have opposing effects on physiological arousal.

Explanation: The sympathetic and parasympathetic divisions of the autonomic nervous system (ANS) generally have opposing effects on physiological arousal. The sympathetic division is responsible for the “fight or flight” response, which increases physiological arousal by stimulating processes such as increased heart rate, dilation of pupils, and release of adrenaline. In contrast, the parasympathetic division is responsible for the “rest and digest” response, which decreases physiological arousal by promoting processes such as decreased heart rate, constriction of pupils, and increased digestion.

100. d) gender dysphoria

Explanation: Gender dysphoria is a psychological condition characterized by discomfort or distress caused by a discrepancy between an individual’s gender identity and their biological sex assigned at birth. People with gender dysphoria may feel uncomfortable or distressed with the gender roles, expectations, or physical characteristics associated with their assigned sex and may desire to live as another gender. This experience is different from sexual orientation (homosexuality, bisexuality, asexuality), which refers to the gender(s) to which someone is sexually attracted. Gender dysphoria relates specifically to the incongruence between gender identity and assigned sex.

101. d) Self-actualization needs

Explanation: According to Maslow’s Hierarchy of Needs, self-actualization needs represent the highest level of human needs. Once lower-level needs, such as physiological needs, safety needs, belongingness and love needs, and esteem needs, are satisfied, individuals may strive to fulfill their need for self-actualization. Self-actualization refers to the realization of one’s full potential, personal growth, creativity, and fulfillment of one’s unique talents and abilities. This level of need involves pursuing meaningful goals, seeking personal fulfillment, and achieving a sense of purpose and meaning in life.

102. b) A moderate level of arousal is optimal for efficient performance

Explanation: According to the Inverted U Hypothesis proposed by the Arousal Theory, performance tends to improve with increased arousal levels, but only up to a certain point. Beyond this optimal level of arousal, further increases in arousal can lead to a decline in performance. Therefore, the hypothesis suggests that there is an inverted U-shaped relationship between arousal and performance, with moderate levels of arousal being associated with optimal performance. Extremely low levels of arousal may result in lethargy and lack of motivation, leading to poor performance, while extremely high levels of arousal may cause anxiety, stress, or overstimulation, impairing performance.

103. c) Control of hormone release related to sexual behavior

Explanation: The hypothalamus plays a crucial role in regulating sexual behavior by controlling the release of hormones involved in the reproductive system. It coordinates the release of gonadotropin-releasing hormone (GnRH), which stimulates the pituitary gland to release follicle-stimulating hormone (FSH) and luteinizing hormone (LH). These hormones, in turn, regulate the production of sex hormones such as testosterone in males and estrogen and progesterone in females, which are essential for the development of sexual characteristics and the regulation of sexual behavior. Therefore, the hypothalamus is centrally involved in coordinating the physiological processes underlying sexual motivation and behavior.

104. c) Need for achievement

Explanation: David McClelland proposed that the need for achievement (nAch) is a crucial determinant of how much a person strives to achieve. The need for achievement refers to an individual's desire to accomplish challenging goals, excel in their endeavors, and attain a sense of accomplishment. McClelland suggested that individuals with a high need for achievement tend to set ambitious goals, persist in the face of obstacles, and seek opportunities for success. This need for achievement serves as a powerful motivator for striving toward personal and professional excellence.

105. c) Processing of fear-related emotions

Explanation: The amygdala, a region of the brain located in the temporal lobe, plays a crucial role in processing emotions, particularly fear-related emotions. It is involved in the evaluation and response to emotional stimuli, including the identification of potential threats in the environment. The amygdala processes sensory information related to emotions and helps initiate the appropriate physiological and behavioral responses, such as the “fight or flight” response when encountering a threatening situation. Additionally, the amygdala is involved in emotional learning and memory, particularly in the formation and consolidation of memories associated with emotionally significant events.

Answer Key

106. c) Calms body responses

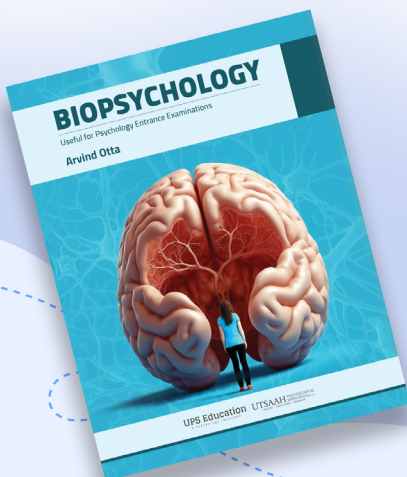
Explanation: The parasympathetic nervous system contributes to the autonomic nervous system by primarily calming body responses. It is often referred to as the “rest and digest” system because its activation promotes relaxation, digestion, and energy conservation. The parasympathetic nervous system helps regulate various bodily functions during non-stressful situations, such as slowing heart rate, decreasing blood pressure, stimulating digestion, and promoting relaxation. In contrast, the sympathetic nervous system is responsible for arousing body responses and initiating the “fight or flight” response during stressful or threatening situations.

107. c) Each emotion is accompanied by a specific pattern of visceral arousal.

Explanation: The James-Lange theory proposes that each emotion is accompanied by a specific pattern of visceral (bodily) arousal. According to this theory, physiological arousal occurs first, and emotional experience arises as a result of interpreting or “appraising” these bodily changes in the context of a situation. In other words, specific patterns of physiological arousal give rise to specific emotional experiences. This theory suggests that our emotional experiences are determined by how we interpret or make sense of our bodily responses to external stimuli.

108. b) Cognitive labelling of physiological arousal

Explanation: According to the Schachter-Singer two-component theory of emotion, emotions are determined by two factors: physiological arousal and cognitive interpretation or labeling of that arousal. The theory posits that physiological arousal alone is not sufficient to experience an emotion; instead, individuals must also interpret the arousal within the context of their current situation to determine which emotion they are experiencing. Cognitive processes, such as attributing the arousal to a particular cause or stimulus, play a crucial role in determining the specific emotion felt.



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