

6th semester-2021_psychology(SOLVED)

Q.2. shorts.....[5*4=20]

I. Write the similarities and difference between Structuralism and Functionalism?

Answer:

Similarities Between Structuralism and Functionalism:

- Both emerged in the late 19th century.
- Both focused on understanding the workings of the human mind and consciousness.
- Both were reactions to Wilhelm Wundt's work.

Differences Between Structuralism and Functionalism:

- Focus:

- Structuralism: Analyzing consciousness into basic elements.
- Functionalism: Understanding the practical functions of mental processes.

- Founders:

- Structuralism: Edward Titchener.
- Functionalism: William James.

- Methods:

- Structuralism: Used introspection.
- Functionalism: Employed a wider range of methods.

- Unconscious:

- Structuralism: Less concerned with the unconscious.
- Functionalism: More open to considering the role of the unconscious.

- Legacy:

- Structuralism: Had a limited influence.
- Functionalism: Contributed to the development of modern psychology, especially applied psychology.

II. Differentiate between Clinical psychology and Applied psychology?

Answer: Clinical Psychology:

1. Focus: Clinical psychology primarily focuses on assessing, diagnosing, and treating individuals with mental health issues, emotional disorders, and psychological problems. It deals with a wide range of clinical conditions.

2. Scope: Clinical psychologists work in clinical settings such as hospitals, mental health clinics, and private practices. They often provide psychotherapy and counseling to clients and may also conduct psychological assessments.

3. Training: Clinical psychologists typically undergo extensive training in assessment techniques, psychotherapy, and intervention strategies. They are trained to work with individuals of all ages and a variety of mental health disorders.

4. Goals: The primary goal of clinical psychology is to help individuals alleviate psychological distress, improve mental health, and enhance overall well-being. This may involve therapeutic interventions, such as cognitive-behavioral therapy or psychoanalysis.

Applied Psychology:

1. Focus: Applied psychology is a broader field that applies psychological principles, theories, and research to solve practical problems across various domains. It can encompass areas such as organizational, educational, sports, and health psychology, among others.

2. Scope: Applied psychologists work in diverse settings, including businesses, schools, sports teams, healthcare organizations, and government agencies. They address a wide range of issues, from improving workplace productivity to enhancing educational methods.

3. Training: Applied psychologists receive specialized training related to their chosen field. For example, an industrial-organizational psychologist might focus on personnel selection and organizational development, while a school psychologist may specialize in student assessment and support.

4. Goals: The goals of applied psychology vary depending on the specific field but generally involve using psychological knowledge to solve real-world problems. For example, an applied sports psychologist may work with athletes to enhance their performance and mental well-being.

Key Difference:

The main difference between clinical psychology and applied psychology lies in their focus and scope. Clinical psychology primarily deals with diagnosing and treating mental health disorders and emotional issues, often in clinical settings. In contrast, applied psychology encompasses a broader range of fields and applications, using psychological principles to address practical problems in various settings, not limited to mental health. While clinical psychology is a specialized subset of applied psychology, applied psychology has a wider array of specializations and applications beyond clinical practice.

III. What is forgetting? Briefly explain the cause of forgetting ?

Answer: Forgetting refers to the inability to recall or retrieve information that was previously stored in memory. It is a common occurrence and can happen for various reasons. Here's a brief explanation of the causes of forgetting:

1. Interference: Interference occurs when new or old information disrupts the retrieval of other information. There are two types:

- **Proactive Interference:** Earlier learning interferes with the recall of more recent information. For example, if you learned Spanish first and then tried to learn French, the Spanish vocabulary might interfere with your ability to recall French words.

- **Retroactive Interference:** Recent learning interferes with the recall of previously learned information. Using the language example, if you learned French first and then started learning Spanish, the French vocabulary might interfere with your ability to recall Spanish words.

2. Decay: Decay theory suggests that memories fade or weaken over time if they are not accessed or rehearsed. This is often compared to the idea that memories are like traces in the brain that can fade if not used.

3. Cue-Dependent Forgetting: Sometimes, we forget information because we lack appropriate cues or reminders to help us retrieve it. Providing the right cues can often facilitate memory recall.

4. Encoding Failure: If information is not properly encoded or stored in memory in the first place, it may be difficult or impossible to retrieve later. Encoding involves the initial process of transforming sensory information into a form that can be stored in memory.

5. Repression: Repression is a psychological defense mechanism where painful or traumatic memories are unconsciously blocked from conscious awareness. While this is not a typical cause of everyday forgetting, it can lead to the inaccessibility of certain memories.

6. Motivated Forgetting: Sometimes, people may purposefully forget information to protect themselves emotionally. This is known as motivated forgetting and is often associated with repressed memories or forgetting unpleasant experiences.

7. Amnesia: In cases of amnesia, forgetting is severe and often due to brain damage or injury. Retrograde amnesia affects the recall of past memories, while anterograde amnesia affects the formation of new memories.

8. Alzheimer's Disease and Dementia: Progressive neurological conditions like Alzheimer's disease can lead to significant memory impairment and forgetting. This is associated with physical brain changes.

IV. Q7-2017

V. What is the difference between conscious, subconscious and unconscious mind?

Answer: Conscious Mind:

- The conscious mind is the part of our mental activity that we are currently aware of.
- It includes thoughts, feelings, perceptions, and sensations that you are actively experiencing and can readily access and control.
- For example, when you read this text, think about your plans for the day, or feel the warmth of sunlight, you are using your conscious mind.

Subconscious Mind:

- The subconscious mind lies below the level of conscious awareness.
- It contains information and processes that are not in your immediate awareness but can be accessed with effort.
- The subconscious mind stores memories, habits, automatic behaviors, and beliefs that influence your thoughts and actions.
- For instance, skills like driving a car or riding a bike are often governed by the subconscious mind once they become ingrained.

Unconscious Mind:

- The unconscious mind represents the deepest level of mental activity, and it contains thoughts, memories, and desires that are hidden from conscious awareness.
- It includes repressed memories, instincts, and primitive urges that may influence behavior without conscious recognition.
- Concepts from psychoanalytic theory, like the id, ego, and superego, are often associated with the unconscious mind.
- The unconscious mind is a theoretical construct that is more central to psychoanalytic and certain depth psychology perspectives.

Q.3. Long.....[15*2=30]

I. Explain in detail the psychodynamic Theory of Freud . also discuss the position of Sigmund Freud in modern psychology.

Answer: (underline part of question is repeated Q2-2018.)

Sigmund Freud holds a complex and somewhat contested position in modern psychology. While his work and ideas have had a profound impact on the field of psychology, they have also faced criticism and skepticism over the years. Here are some key aspects of Freud's position in modern psychology:

1. Historical Significance: Freud is widely regarded as one of the most influential figures in the history of psychology. His pioneering work laid the foundation for the development of psychoanalysis and greatly contributed to our understanding of human behavior, personality, and mental processes.

2. Contributions: Freud introduced several key concepts that have left a lasting imprint on psychology, including the id, ego, and superego, the unconscious mind, defense mechanisms, and the importance of early childhood experiences in shaping personality. His psychoanalytic theory has had a significant impact on the field of clinical psychology and the treatment of mental disorders.

3. Controversy and Criticism: Freud's theories and methods have been criticized for their lack of empirical evidence, reliance on subjective interpretation (such as dream analysis), and lack of testability. Some of his ideas, such as the Oedipus complex and the concept of repressed memories, have been widely debated and are not universally accepted in contemporary psychology.

4. Evolution of Psychoanalysis: While Freud's original psychoanalytic approach has evolved and diversified, modern psychoanalysis remains a relevant therapeutic approach for some individuals. Many contemporary psychodynamic and psychoanalytic psychologists have adapted and refined Freud's ideas.

5. Influence on Other Theories: Freud's work has influenced other psychological theories and approaches. For example, concepts like the unconscious mind and defense mechanisms have been integrated into various psychological frameworks. Psychodynamic therapy, which is rooted in Freudian ideas, is still practiced today.

6. Limited Empirical Support: Freud's theories have faced challenges in terms of empirical validation. Modern psychology places a strong emphasis on empirical research and the scientific method, which has led to skepticism about some of Freud's more speculative and untestable ideas.

In contemporary psychology, Freud's ideas are often viewed as historically significant and influential but are approached critically. While some aspects of his work have been integrated into modern psychological thought and clinical practice, many of his theories are considered outdated or have been modified and expanded upon by subsequent generations of psychologists. Freud's legacy in modern psychology is, therefore, a mix of enduring influence and evolving perspectives.

II. Define Attention. Discuss in detail the internal and external determinants of Attention.

Answer: Attention is a cognitive process that involves the selective concentration of mental resources on a particular aspect of the environment or on the processing of specific information. It allows individuals to allocate their cognitive resources effectively to process and respond to relevant stimuli while filtering out irrelevant or distracting information.

Internal Determinants of Attention:

1. Goals and Motivation: Your goals, desires, and motivations play a significant role in directing your attention. You are more likely to pay attention to information and stimuli that align with your current goals and interests. For example, if you are hungry (motivation), you are more likely to pay attention to food-related stimuli.

2. Expectations and Prior Knowledge: Your expectations and existing knowledge shape your attention. If you have prior knowledge about a topic, you are more likely to pay attention to information related to that topic. Expectations can also guide your attention, as you tend to focus on what you expect to happen next.

3. Emotions and Arousal: Emotional states and arousal levels influence attention. Strong emotions, such as fear or excitement, can enhance attention to emotionally relevant stimuli. High arousal levels may lead to heightened alertness and increased attention to immediate threats or opportunities.

4. Individual Differences: Attention can vary among individuals due to factors like personality traits, cognitive abilities, and attentional control. For example, individuals with high levels of extraversion may be more inclined to pay attention to social stimuli, while those with better attentional control may maintain focus on tasks longer.

5. Cognitive Load: The cognitive load refers to the amount of mental effort required to perform a task. When a task is mentally demanding, it can consume more attentional resources, reducing the capacity to attend to other stimuli simultaneously. This concept is related to the limited capacity of attention.

External Determinants of Attention:

1. Novelty: Novel or unexpected stimuli tend to capture attention because they stand out from the familiar environment. This automatic orientation toward novelty can be advantageous for detecting potential threats or opportunities.

2. Salience: Salient stimuli are those that are particularly noticeable or conspicuous. Attention is often drawn to salient features in the environment, such as bright colors, loud sounds, or sudden movements.

3. Relevance: Relevance is a key external determinant of attention. Stimuli that are relevant to your goals or tasks are more likely to capture and maintain your attention. Conversely, irrelevant stimuli are often ignored or filtered out.

4. Visual and Auditory Cues: Attention can be guided by visual and auditory cues, such as arrows pointing to specific locations or auditory signals directing your focus. These cues can help orient attention effectively.

5. Competition: When multiple stimuli compete for attention simultaneously, attention may be divided or selectively allocated to the most relevant or salient

stimulus. This competition can be influenced by factors like the spatial arrangement of stimuli and their relative importance.

6. Attentional Capture: Some stimuli have a strong ability to capture attention involuntarily. For example, a sudden loud noise or a flashing light can divert attention away from the current task due to their attention-grabbing nature.

Understanding the interplay between internal and external determinants of attention is crucial for explaining how individuals prioritize, allocate, and sustain their focus on specific stimuli or tasks in various contexts. These determinants shape the attentional processes that underlie our daily experiences and decision-making.