

## 6<sup>th</sup> semester-2022\_psychology(SOLVED)

### Q.1. Answer the following short [6\*5=30]

#### I. Evaluate the definition of Psychology as a Science of Mental processes and behavior ?

**Answer:** The definition of psychology as the "science of mental processes and behavior" is a widely accepted and foundational description of the field. Let's break down this definition and evaluate its key components:

**1. Science:** Psychology is considered a science because it employs systematic and empirical methods to study and understand human behavior and mental processes. It adheres to the scientific method, which involves formulating hypotheses, conducting experiments, gathering data, and drawing conclusions based on empirical evidence. Psychologists use objective and replicable methods to explore various aspects of human experience.

**2. Mental Processes:** This part of the definition acknowledges that psychology is concerned with the study of mental activities and cognitive processes. Mental processes encompass a wide range of phenomena, including perception, memory, learning, problem-solving, decision-making, and consciousness. Psychologists investigate these processes to uncover the underlying mechanisms and structures that influence human thought and behavior.

**3. Behavior:** Behavior refers to observable actions, reactions, and responses exhibited by individuals. It encompasses everything from simple reflexes to complex social interactions. Studying behavior is a fundamental aspect of psychology because it allows researchers to observe, measure, and analyze how individuals interact with their environment, other people, and themselves.

#### II. Explain the goal of psychology?

**Answer:**The goals of psychology are:

**1. Understanding Behavior and Mental Processes:** Psychology seeks to comprehend the various facets of human behavior and mental processes. This involves exploring the underlying mechanisms, cognitive processes, and emotional experiences that influence how individuals think, feel, and act in different situations.

**2. Explaining Behavior:** Beyond mere observation, psychology aims to provide explanations for why people behave the way they do. It delves into the factors and variables that contribute to specific behaviors, whether they are related to genetics, biology, environment, or social and cultural influences.

**3. Predicting Behavior:** Psychology aspires to make predictions about future behavior based on existing knowledge and research findings. This predictive ability is valuable in fields such as clinical psychology, where understanding how individuals may respond to treatments or interventions is crucial.

**4. Influencing Behavior Positively:** One of the practical applications of psychology is using its knowledge to influence behavior in positive ways. This can involve interventions for improving mental health, changing harmful behaviors (like addiction or aggression), enhancing educational methods, and promoting well-being.

**5. Informing Policies and Practices:** Psychology contributes to the development of evidence-based policies and practices in various domains, including education, healthcare, criminal justice, and workplace management. It offers insights into how to create environments that are conducive to human flourishing.

**6. Advancing Knowledge:** Psychology is an evolving field, and a significant goal is to continually advance our understanding of the human mind and behavior. Researchers in psychology conduct studies to discover new insights and refine existing theories, contributing to the overall body of knowledge.

**7. Enhancing Quality of Life:** Ultimately, psychology aims to enhance the quality of life for individuals and society as a whole. This can involve improving mental health services, reducing prejudice and discrimination, fostering positive relationships, and enhancing personal and societal well-being.

In summary, the overarching goal of psychology is to deepen our understanding of human behavior and mental processes, apply this understanding to improve various aspects of human life, and contribute to the betterment of individuals and society as a whole.

### **III. What is Insomnia? Describe its different symptoms and causes.**

**Answer: Insomnia** is a common sleep disorder characterized by persistent difficulty falling asleep, staying asleep, or experiencing restorative sleep, despite having the opportunity to do so. It can lead to various daytime impairments and negative effects on physical and mental health. Insomnia can be acute (short-term) or chronic (long-term), and its severity can vary.

#### **Symptoms of Insomnia:**

**1. Difficulty Falling Asleep:** Individuals with insomnia often have trouble initiating sleep, lying awake for an extended period before finally falling asleep.

**2. Frequent Awakenings:** Insomnia may involve waking up frequently during the night and having difficulty returning to sleep.

**3. Early Morning Awakening:** People with insomnia may wake up earlier than desired and be unable to fall back asleep, even if they haven't had sufficient sleep.

**4. Non-Restorative Sleep:** Even after a full night's sleep, individuals with insomnia often wake up feeling unrefreshed and fatigued.

**5. Daytime Symptoms:** Insomnia can lead to various daytime impairments, including daytime sleepiness, irritability, difficulty concentrating, and decreased energy.

#### **Causes of Insomnia:**

**1. Stress and Anxiety:** High levels of stress, worry, or anxiety can make it difficult to relax and fall asleep. Racing thoughts and tension can interfere with sleep onset.

**2. Poor Sleep Hygiene:** Irregular sleep schedules, excessive use of electronic devices before bedtime, and an unsuitable sleep environment can contribute to insomnia.

**3. Medical Conditions:** Certain medical conditions such as chronic pain, respiratory problems, gastrointestinal issues, and hormonal imbalances can disrupt sleep.

**4. Medications:** Some medications, particularly stimulants, certain antidepressants, and medications that affect blood pressure or heart rate, can interfere with sleep patterns.

**5. Psychiatric Disorders:** Conditions like depression and anxiety disorders are often associated with insomnia. The symptoms of these disorders can disrupt sleep.

**6. Substance Use:** The use of caffeine, nicotine, and alcohol, especially close to bedtime, can disrupt sleep patterns and contribute to insomnia.

**7. Shift Work and Jet Lag:** Irregular work schedules and travel across time zones can disrupt the body's natural circadian rhythms, leading to sleep problems.

**8. Age:** As people age, they may experience changes in their sleep patterns, which can include more frequent awakenings and difficulty staying asleep.

**9. Genetics:** Some individuals may have a genetic predisposition to insomnia, making them more susceptible to the disorder.

**10. Life Changes:** Major life events such as divorce, bereavement, or job loss can lead to stress and anxiety, which may trigger insomnia.

#### **IV. Differentiate between Classical and operant Conditioning ?**

##### **Answer: Classical Conditioning:**

Definition: Classical conditioning is a type of learning in behavioral psychology that involves forming associations between stimuli and responses.

**1. Unconditioned Stimuli and Responses:** It starts with unconditioned stimuli (like food) naturally triggering unconditioned responses (like salivation).

**2. Conditioned Stimuli and Responses:** Through pairing a neutral stimulus (like a bell) with the unconditioned stimulus (food), the neutral stimulus becomes a conditioned stimulus (bell), eliciting a conditioned response (salivation).

**3. Discovered by Ivan Pavlov:** This form of learning was discovered and extensively studied by Ivan Pavlov in his famous dog experiments.

**4. Everyday Examples:** Classical conditioning can be seen in various real-life situations, such as the development of phobias or emotional responses to certain stimuli.

**Operant Conditioning:**

Definition: Operant conditioning is a type of learning that focuses on modifying behavior by manipulating the consequences (reinforcement or punishment) that follow specific actions.

**1. Behavior and Consequences:** It revolves around behaviors and their consequences, which can either increase (reinforcement) or decrease (punishment) the likelihood of those behaviors occurring again.

**2. Reinforcement and Punishment:** Reinforcement can be positive (adding something rewarding) or negative (removing something aversive). Punishment can also be positive (adding something aversive) or negative (removing something rewarding).

**3. Developed by B.F. Skinner:** B.F. Skinner is a prominent figure associated with operant conditioning and its principles.

**4. Practical Applications:** Operant conditioning is widely applied in training animals, modifying human behavior in education and therapy, and shaping behavior in various contexts.

## **V. Define personality and its Structure.**

**Answer: Personality Definition:**

Personality refers to the unique and relatively enduring patterns of thoughts, feelings, and behaviors that distinguish individuals from one another. It encompasses a person's characteristic traits, attitudes, motivations, and the way they interact with and respond to their environment and others.

**Structure of Personality:**

Personality structure can be understood through various theoretical models, but one widely recognized framework is the one proposed by Sigmund Freud, which consists of three main components:

**1. The Id:** The id is the primitive, instinctual part of personality that operates on the pleasure principle. It seeks immediate gratification of desires and needs, without considering the consequences. It operates at an unconscious level.

**2. The Ego:** The ego is the rational and conscious part of personality. It operates on the reality principle, trying to satisfy the id's desires in a way that is socially acceptable and doesn't lead to negative consequences. The ego balances the demands of the id, superego, and external reality.

**3. The Superego:** The superego represents the internalized moral and ethical standards of society and one's parents or caregivers. It serves as the individual's conscience, guiding them toward socially and morally acceptable behavior. It can lead to feelings of guilt when a person's actions conflict with its standards.

In addition to Freud's model, other theorists have proposed different ways of conceptualizing personality structure. For example, Carl Rogers introduced the idea of the self-concept, which includes self-esteem and self-ideal, as key components of personality. Many contemporary theories emphasize traits as the fundamental building blocks of personality, with traits representing enduring patterns of behavior, thought, and emotion.

## **VI. Define perception and its various characteristics ?**

### **Answer: Perception Definition:**

Perception refers to the process by which individuals interpret and make sense of sensory information from their environment. It involves the brain's organization and interpretation of sensory data, such as what we see, hear, touch, taste, and smell, into meaningful experiences and perceptions of the world around us.

### **Characteristics of Perception:**

Perception is a complex cognitive process with several key characteristics:

- 1. Subjective:** Perception is highly individualized and influenced by an individual's past experiences, beliefs, expectations, and cultural background. Different people may perceive the same sensory information differently due to these subjective factors.
- 2. Selective:** The brain cannot process all sensory information simultaneously, so it selectively filters and focuses on certain stimuli while ignoring or downplaying others. This selectivity is influenced by factors like attention and relevance.
- 3. Organized:** Perception involves the brain's organization of sensory data into coherent and meaningful patterns. This organization helps individuals recognize objects, events, and relationships in their environment.
- 4. Interpretive:** Perception goes beyond mere sensation; it involves the interpretation of sensory data to create a meaningful understanding of the world. This interpretation often involves making inferences and judgments.

**5. Dynamic:** Perception is not static; it can change over time based on new information, shifts in attention, and alterations in an individual's internal state or beliefs.

**6. Multisensory:** Perception often involves the integration of information from multiple senses (e.g., sight, sound, touch). The brain combines sensory inputs to create a more comprehensive and accurate perception of the environment.

**7. Top-Down and Bottom-Up Processing:** Perception can occur through both top-down (using prior knowledge and expectations to interpret sensory input) and bottom-up (processing sensory input without prior expectations) processes. These processes often work together to form our perceptions.

**8. Gestalt Principles:** Gestalt psychology emphasizes that people tend to perceive elements of a stimulus as a whole, rather than as isolated parts. Gestalt principles include proximity (grouping things that are close together), similarity (grouping similar elements), closure (perceiving incomplete figures as complete), and continuity (perceiving smooth, continuous lines).

**9. Constancies:** Perception involves the recognition of constancies, such as size constancy (perceiving an object's size as constant despite changes in distance) and color constancy (perceiving an object's color as stable under varying lighting conditions).

**10. Illusions:** Perception is susceptible to illusions, where the brain misinterprets sensory information, leading to perceptual distortions. Illusions highlight the complex nature of perception and how it can be influenced by contextual factors.

## **Q.2. long.....[15\*2=30]**

### **I. What is development? Write down the physical , psychological and socio-emotional aspects of developmental stages of human being .**

**Answer: Development** refers to the process of growth, change, and maturation that individuals undergo throughout their lives. It encompasses various domains, including physical, psychological, and socio-emotional aspects. Here's an overview of these aspects in the context of developmental stages in human beings:

#### **1. Physical Development:**

- **Infancy and Early Childhood (0-5 years):** Rapid physical growth, motor skill development (crawling, walking), sensory development (vision, hearing), and physical health are primary concerns. Nutritional needs and sleep patterns are crucial.

- **Middle Childhood (6-11 years):** Continued growth in height and weight, refinement of fine and gross motor skills, physical fitness, and the development of permanent teeth are key aspects. Physical activity and a balanced diet are important.

- **Adolescence (12-18 years):** Puberty leads to significant physical changes, including sexual maturation, growth spurts, and the development of secondary sexual characteristics (e.g., breasts, facial hair). Nutritional needs and physical activity remain important.

- **Adulthood (19+ years):** Physical development continues but at a slower pace. Maintenance of physical health through exercise, nutrition, and overall self-care becomes a priority. Aging-related changes become more noticeable, including changes in metabolism, muscle mass, and bone density.

## 2. Psychological Development:

- **Cognitive Development:** This aspect includes the development of thinking, problem-solving, and reasoning abilities.

- **Infancy and Early Childhood:** Rapid cognitive development, including language acquisition and sensorimotor understanding.

- **Middle Childhood:** Improved logical reasoning and concrete operational thinking.

- **Adolescence:** Development of abstract thinking and formal operational reasoning.

- **Adulthood:** Continuing cognitive development, including wisdom and expertise in various domains.

- **Emotional Development:** This aspect encompasses the development of emotional regulation, understanding, and expression.

- **Infancy and Early Childhood:** Emotional attachment to caregivers, development of basic emotions (e.g., joy, anger).

- **Middle Childhood:** Improved emotional regulation and empathy.

- **Adolescence:** Identity formation, increased emotional complexity, and independence.

- **Adulthood:** Stability in emotional regulation and life satisfaction.

## 3. Socio-Emotional Development:

- **Social Development:** The ability to form and maintain relationships with others.

- **Infancy and Early Childhood:** Attachment to primary caregivers, social play with peers.

- **Middle Childhood:** Development of friendships and the ability to cooperate with others.

- **Adolescence:** Formation of more intimate relationships, exploration of identity.

- **Adulthood:** Development of long-term relationships, family formation, and career relationships.

- **Moral Development:** The understanding of right and wrong and the development of a personal moral code.

- **Infancy and Early Childhood:** Basic understanding of rules and consequences.

- **Middle Childhood:** Development of a sense of fairness and empathy.

- **Adolescence:** Exploration of personal values and moral dilemmas.

- **Adulthood:** Consolidation of moral beliefs and values.

Development is a lifelong process, and individuals progress through these stages at their own pace. It's important to note that development can be influenced by various factors, including genetics, environment, culture, and individual experiences, leading to diverse developmental trajectories.

## **II. Briefly explain different Branches/Disciplines of Psychology. Also discuss about their application and scope in Pakistan.**

**Answer:**

### **1. Clinical Psychology:**

- **Definition:** Clinical psychology is a branch of psychology that focuses on the assessment, diagnosis, and treatment of individuals with mental health disorders and emotional or behavioral problems.

- **Application:** Clinical psychologists work in various settings, including hospitals, clinics, and private practice, to provide therapy and support to individuals dealing with mental health challenges. They aim to improve mental and emotional well-being.

- **Scope in Pakistan:** Clinical psychology is in high demand in Pakistan due to the increasing awareness of mental health issues. Clinics, hospitals, and educational institutions often hire clinical psychologists to provide therapy and counseling services.

### **2. Counseling Psychology:**

- **Definition:** Counseling psychology is a field of psychology that aims to help individuals cope with personal challenges, improve their mental health, and enhance their overall well-being through counseling and therapeutic interventions.

- **Application:** Counseling psychologists work in educational institutions, organizations, and mental health clinics, providing guidance and support to individuals dealing with life issues, career concerns, and emotional struggles.

- **Scope in Pakistan:** Counseling services are needed in educational institutions, organizations, and mental health clinics. In Pakistan, there is a growing need for career counseling and mental health support, offering significant scope for counseling psychologists.

### **3. Educational Psychology:**

- **Definition:** Educational psychology is a discipline within psychology that studies how people learn and develop within educational settings. It explores ways to improve teaching methods, enhance learning environments, and support student development.

- **Application:** Educational psychologists work in schools, colleges, and universities, collaborating with educators to design effective curricula, assess learning outcomes, and provide guidance for students' academic and socio-emotional development.



- **Scope in Pakistan:** With the education sector expanding in Pakistan, educational psychologists play a crucial role in enhancing teaching methods, student performance, and educational policies.

#### **4. Forensic Psychology:**

- **Definition:** Forensic psychology is the application of psychological principles and methods to legal and criminal justice matters. It involves assessing and understanding the behavior of individuals within the legal system.

- **Application:** Forensic psychologists work in criminal justice settings, offering expertise in areas like criminal profiling, witness assessment, and the evaluation of offenders' mental states.

- **Scope in Pakistan:** While forensic psychology is not as prominent in Pakistan as in some other countries, there is a growing interest in the field, particularly within the criminal justice system.

#### **5. Industrial-Organizational Psychology (I/O Psychology):**

- **Definition:** Industrial-Organizational psychology is a branch of psychology that focuses on applying psychological principles to enhance workplace productivity, employee well-being, and organizational effectiveness.

- **Application:** I/O psychologists work in businesses and organizations, helping improve employee performance, motivation, and job satisfaction, as well as shaping organizational policies and practices.

- **Scope in Pakistan:** With the corporate sector in Pakistan expanding, organizations are increasingly recognizing the importance of I/O psychology in enhancing employee performance, motivation, and job satisfaction.

#### **6. Health Psychology:**

- **Definition:** Health psychology is a subfield of psychology that examines the psychological factors affecting physical health and well-being. It involves promoting healthy behaviors and addressing the psychological aspects of illness and healthcare.

- **Application:** Health psychologists work in healthcare settings, assisting patients in managing chronic illnesses, reducing stress, and making healthy lifestyle choices to improve overall health outcomes.

- **Scope in Pakistan:** As health awareness grows in Pakistan, there is a need for health psychologists to address issues such as stress management, smoking cessation, and chronic disease management.

#### **7. Social Psychology:**

- **Definition:** Social psychology is a branch of psychology that explores how individuals' thoughts, feelings, and behaviors are influenced by social interactions, groups, culture, and societal factors.

- **Application:** Social psychologists study various social phenomena, including prejudice, group dynamics, and interpersonal relationships, and their findings contribute to addressing societal issues and promoting understanding in diverse cultural contexts.

- **Scope in Pakistan:** Social psychology can contribute to addressing societal issues, such as discrimination and community development, making it relevant in Pakistan's multicultural and diverse society.

Each branch of psychology has a specific role in understanding and addressing different aspects of human behavior, mental processes, and well-being. In Pakistan, there is a growing demand for psychological services and expertise across these disciplines, offering significant opportunities for career growth and social impact.