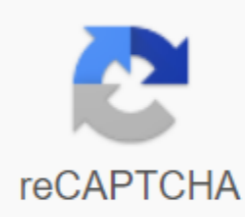




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Ap psychology chapter 15 personality study guide answers

The psychoanalytic perspective of exploiting the unconscious Sigmund Freud's treatment of emotional disorders led him to believe that they arose from unconscious dynamics, which he sought to analyze through free associations and dreams. Freud saw a personality consisting of the pleasure of seeking psychic impulses (id), reality-oriented executive power (ego), and an internalized set of ideals (superego). Freud believed that children develop through psychosexual stages - oral, phallic, delays and sexual stages. He suggested that our personalities were influenced by the way we resolved the conflicts associated with these stages, and whether we remained fixated at any stage. The tension between the requirements of the ID and the superego is worrisome. The ego copes with the help of protective mechanisms, of which repression are the most basic. Neo-Freudian and psychodynamic theorists Uno-Freudian Alfred Adler and Karen accepted many of Freud's ideas, as did Carl Jung. But they also argued that we have motives other than sex and aggression, and that conscious ego control is greater than Freud intended. Evaluation of unconscious Processes Projective tests tests that try to assess the personality by presenting ambiguous stimuli that are designed to reveal the unconscious. Although design tests, such as Rorschach inkwells, have dubious reliability or validity, some clinicians continue to use them. Assessing the psychoanalytic Perspective Today study psychologists find some of Freud's specific ideas implausible, untested, or contradicting new research, and they note that his theory offers only post-fact explanations. Many researchers now believe that repression rarely, if ever, occurs. However, Freud drew the attention of psychology to the unconscious, to the struggle to cope with anxiety and sexuality, and to the conflict between biological impulses and social limitations. Its cultural impact was enormous. Humanistic promising humanistic psychologists sought to turn the attention of psychology from basic motives and environmental conditions into the growth potential of healthy people, as stated in the human experience. Abraham Maslow self-realization Person Abraham Maslow believes that if basic human needs are met, people will strive to actualize their high potential. To describe self-realization, he studied some exemplary personalities and summarized his impressions of their qualities. Carl Rogers Man-Center Perspective To develop growth in others, Carl Rogers advised to be authentic, accepting, and sympathetic. In such circumstances, people can develop a deeper self-awareness and more realistic and positive self-esteem. Evaluation of self-humanist psychologists personality through questionnaires in which people report their self-esteem and therapy in an effort to subjective personal experiences of other people. Assessment of humanistic perspective humanistic psychology helped to renew the interest of psychology to itself. However, critics of humanistic psychology complain that its concepts are vague and subjective, its values are individualistic and self-centered, and its assumptions are naively optimistic. Trait Perspective Exploring Traits Rather than explain the hidden aspects of personality, a trait researchers describe the predispositions that underlie our actions. For example, by analyzing factors, the researchers identified important aspects of the individual. The Traits Personality Inventory Assessment (e.g. MMPI-2) presents questionnaires in which people respond to subjects designed to assess a wide range of feelings and behaviors. Elements on the tests are empirically obtained, and the tests objectively scored. Peer reports can, however, provide more reliable clues to a person's behavioral traits. The size of the personality of the big five - stability, extroversion, openness, pleasantness and conscientiousness - offer a fairly comprehensive picture of personality. These traits are influenced by genetic predispositions and other biological factors. Evaluation of Trait Perspective Critics perspective features a matter of consistency with which traits are expressed. Although people's traits persist over time, human behavior varies greatly from situation to situation. Despite these differences, the average behavior of a person in different situations is usually quite consistent. Traits matter. Social-cognitive perspective Reciprocal influences Social and cognitive perspective applies the principles of learning, cognition and social behavior to the individual, with a special emphasis on the ways in which our personality is influenced and influenced by our interaction with the environment. It suggests a mutual determinism that personal-cognitive factors combine with the environment to influence human behavior. Personal Control Studying how people differ in their perceived locus control and in their experiences learned helplessness, the researchers found that a sense of personal control helps people cope with life. Studies on learned helplessness have evolved into studies of optimism and now into a broader positive movement of psychology. Assessing behavior in situations Social cognitive researchers observe how people's behaviors and beliefs affect and affect their situations. They found that the best way to predict someone's behavior in a given situation is to observe what a person's behavior pattern in similar situations. Assessment of social-cognitive perspective Hoy is accused of infringing on the importance of unconscious dynamics, emotions and inner traits, social-cognitive perspective is based on well-established concepts of psychology of learning and cognition and us the power of social situations. The study of Self The Benefits Self-Esteem Research on itself has recently expanded to include the concept of a possible self, vision of ourselves we dream of becoming, and the concept of attention effect, the assumption that we overestimate others noticing and evaluating our appearance, performance and mistakes. But research confirms the importance of high self-esteem and the potency of self-interested biases. Culture and self-esteem People of stigmatized groups do not suffer from a decline in self-esteem as a result of their minority. Self-assessment can be maintained by assessing the areas in which they have succeeded, attributing problems to prejudice, and people comparing themselves with others in the same group. Self-Serving Bias Recent research firmly concludes that we exercise self-serving bias, willingness to perceive ourselves favorably. People tend to feel personally responsible for successes while taking less responsibility for adversity, and most feel better than average. Scientists suggest that humans function best when two types of self-esteem, defensive (fragile) self-esteem and safe (less fragile) self-esteem are in balance. Personality is a characteristic model of thinking, feeling and acting of a person. Free association - in psychoanalysis, a method of unconscious research, in which a person relaxes and says everything that comes to mind, no matter how trivial it is embarrassing. Psychoanalysis is Freud's personality theory, which attributes thoughts and actions to unconscious motives and conflicts. The unconscious is, according to the Freudian, a reservoir of mostly unacceptable thoughts, desires, feelings and memories. According to modern psychologists, we do not know about the processing of information. Preconscious - in Freud's theory, a level of consciousness in which thoughts and feelings are not conscious but easy to return to consciousness. Id - contains a reservoir of unconscious mental energy that, according to the Freudian, seeks to satisfy basic sexual and aggressive drives. Works on the principle of pleasure, demanding immediate satisfaction. The principle of pleasure - Freud's theory regarding the desire of the identifier to maximize pleasure and minimize pain to achieve immediate satisfaction. The ego is largely a conscious, executive part of the personality that, according to Freud, is the mediator among the demands of identifier, superego and reality. Acts on the principle of reality, satisfying the desires of the ID in a way that will actually bring pleasure, not pain. Principle of reality - According to Freud, the attempt of the ego to satisfy both the identifier and the superego when considering the reality of the situation. Superego is a part of personality that, according to Freud, represents internalized ideals and provides standards for judgment (conscience) and for the future Stages - children's stages of development (oral, phallic, delays, genitals), during which, according to Freudian, energy seeking pleasure, focused on different erogenous zones. The oral scene is the first stage of Freud's psychosexual development, during which pleasure is concentrated in the mouth. stage is the second stage of Freud's psychosexual development, where the main sexual focus is on eliminating or holding onto faeces. The scene is often seen as representing a child's ability to control their own world. The phallic stage is Freud's third psychosexual development, in which the genitalia are a source of pleasure and the Oedipus complex begins. Oedipus Complex - on Freudian, sexual desires of the boy in relation to the mother and a feeling of jealousy and hatred for his father-rival. Identification is the process by which, according to Freudian, children incorporate their parents' values into their developing superego. Gender identity is a sense of a man or a woman. Delay Stage - In Freud's psychosexual stage, when you have dormant sexual feelings (6 - puberty). The genital scene is the stage of Freud's psychosexual development, when adult sexuality is noticeable. Fixation - By Freudian, the lingering focus of pleasures seeks energy at an earlier psychosexual stage in which conflicts were unresolved. Mechanisms of protection - in psychoanalytic theory, the protective methods of ego reduce anxiety by unconscious distortion of reality. Repression - in psychoanalytic theory, the main defense mechanism that banishes anxious thoughts, feelings and memories from consciousness. Regression is a psychoanalytic defense mechanism in which a person faced with anxiety retreats to a more infantile psychosexual stage, where some mental energy remains fixated. Reaction formation is a psychoanalytic defense mechanism by which the ego unconsciously switches unacceptable impulses to its opposites. In this way, people can express feelings that are the opposite of their anxiety-inducing unconscious feelings. Projection is a psychoanalytic defense mechanism by which people mask their threatening impulses by attributing them to others. Rationalization is a protective mechanism that offers self-justification explanations instead of real, more threatening, unconscious causes of their actions. Moving is a psychoanalytic defense mechanism that shifts sexual or aggressive impulses towards a more acceptable or less threatening object or person, as when anger is redirected towards a safer exit. Sublimation is a protective mechanism in which unacceptable energies are sent to socially acceptable outlets such as sport. The Collective Unconscious - Karl Jung's concept of common, reservoir of memory traces from the history of our species. Project tests are a personality test, such as Rorschach or TAT, which provides ambiguous incentives for projection of their inner thoughts and feelings. TAT - a design test in which the subjects look and tell the story of ambiguous pictures. Rorschach Inkblot Test is the most widely used design test, a set of 10 ink developed by Herman Rorschach; seeks to determine people's inner feelings by analyzing their interpretations of blots. Trait is a typical pattern of behavior or propensity to feel and act as measured by self-assessment of stocks and reports of colleagues. Identity inventory - a questionnaire (often with true false or agree-disagree points) to which people respond to elements designed to assess a wide range of feelings and behaviors; is used to evaluate selected personality traits. MMPI-2 is the most extensively researched and clinically used of all personality tests. Originally developed to identify emotional disorders (still considered most appropriate for use), this test is now used for many other screening purposes. An empirically obtained test is a test (e.g. MMPI) developed by testing a pool of items and then selecting those that distinguish the groups. Self-realization - according to Maslow, the ultimate psychological need that arises after meeting basic physical and psychological needs and self-esteem is achieved; motivation to fulfill their potential. Unconditional positive review - according to Rogers, the attitude of full acceptance to another person. Self Concept - (1) a sense of identity and personal value. (2) all our thoughts and feelings about ourselves, in response to the question: Who am I? Self-Esteem is a feeling of high or low self-esteem. Self Serving Bias - willingness to perceive yourself favorably. Mutual determinism is an interacting influence between personality and environmental factors. Individualism is a priority over one's own goals over group goals and the determination of one's identity in terms of personal qualities, not group identities. Ex: America Collectivism - prioritizing the goals of your group (often its extended family or working group) and defining their identity accordingly. Ex: China, Japan Personal Control - our sense of control of our environment, not a sense of helplessness. The external locus of control is the perception that chance or external forces outside personal control determine its fate. The inner locus of control is the perception that a person controls his own destiny. Learned helplessness - hopelessness and passive resignation of an animal or a person learns when not able to avoid repeated adverse events. Positive psychology - scientific study of optimal human functioning; seeks to discover and promote the strengths and virtues that allow individuals and communities to thrive. Social cognitive - sees behavior as being influenced by interaction between people (and their thinking) and their social context. Spotlight effect - - others notice and evaluate our appearance, performance and misses (as if we assume the spotlight shines on us). Terror management theory - goals that believe in their worldview and the desire for self-esteem provide protection against deep-rooted fear or

death. Death.

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