

# Psychology

06 October 2023 21:13

Homework-

1. Which approach considers intelligence as an aggregate of abilities

- A) behaviour setting
- B) projective technique
- C) none of the above
- D) psychometric

2. Experiential intelligence refers to

- A) using past experience creatively
- B) analysis of information
- C) ability to deal with environment
- D) none of the above

3. What is the range of average IQ

- 105 -115
- 120-140
- 110- 120
- 90-110

4. Two factors of intelligence were given by

- Guilford
- Spearman
- Stenburg
- Gardner

5. Severely intellectually disabled people have IQ range of

- 54 to 65
- 40 to 54
- 15 to 24
- 25 to 39

6. Experience intelligence refers to

- A) using past creatively
- B) none of the above
- C) ability to deal with the environment
- D) analysis of information

7. Intelligence quotient was given by which psychologist

- A) Alfred Binet
- B) Jack Naglieri
- C) William Stern
- D) Theodore Simon

8. Which factor influences aptitude formation

- A) Intelligence
- B) age
- C) family
- D) caste

9. The structure of intellect model was given by

- A) Charles Spearman
- B) Howard Gardner
- C) J P Guilford
- D) Arthur Jensen

10. Capacity to use previous experience imaginatively to take care of novel issues is known as-

- A) Contextual intelligence
- B) interpersonal intelligence
- C) musical intelligence
- D) experimental intelligence

11. \_\_\_\_ is an extraordinary general capacity displayed in unrivalled execution in wide assortment of regions

- A) Giftedness

- ✓ A) Giftedness
- B) talent
- C) intelligence
- D) creativity

12. Niya is a determined young lady who shows responsibility, diligence and tolerance. All her way of behaving is objective coordinated. Such characteristics focus on \_\_\_ facet of integral intelligence.

- ✓ A) Entrepreneurial competence
- B) cognitive capacity
- C) emotional competence
- D) social competence

13. Skills in forming visual images and patterns fall under \_\_\_

- A) kinesthetic abilities
- ✓ B) spatial ability
- C) musical ability
- D) linguistic ability

14. What is an individual's preference for engaging in one or more specific activities relative to others

- A) values
- B) aptitude
- C) intelligence
- ✓ D) interest

## Abnormality

- Unusual behaviour -
- Does not conform to social expectations or demands.
- Failure to function adequately -

## Psychological disorders.

- ↳ Depression
  - ↳ Anxiety Disorders
  - ↳ OCD.
  - ↳ PTSD
  - ↳ Bipolar Disorder.
  - ↳ Schizophrenia.
- ↳ psychotic disorders
  - ↳ eating disorders.
  - ↳ neurological disorders
    - ↳ symptoms:-
      - paralysis
      - numbness
      - vision problems
      - cognitive.

## Common neurological disorders:-

- Stroke
- Alzheimer's disease
- Parkinson's disease
- Brain tumours
- Spinal cord injuries

- Spinal cord injuries

## Substance use disorders.

- Alcohol.
- Opioid
- Cannabis
- Gambling

## Factors underlying Abnormal Behaviour.

### Biological Factors:

- Genetics -
- Brain structure and function

hippocampi - mood regulation.

- Neurotransmitters -

- Hormones.

Psychological Factors:

Early childhood experiences: -

Cognitive factors: -

Personality factors: -

Social factors:

stressful life events -

social support -

Cultural factors:

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Anxiety disorders:

↳ GAD. -

↳ Panic disorder -

↳ Social anxiety disorder (social phobia).

↳ Specific phobias. -

↳ Agoraphobia. -

↳ Reperation Anxiety disorder. -

Somatic : Psychological disorders related to physical symptoms.

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## Concept of Abnormality and Psychological Disorder

Abnormality is a deviation from ideal mental health. It can be defined in a number of ways, including:

- Unusual behavior that is different from the norm. For example, seeing things that are not there (hallucinations) is considered abnormal behavior.
- Behavior that does not conform to social expectations or demands. For example, refusing to interact with other people or to follow social rules could be considered abnormal behavior.
- Statistical infrequency. This means that the behavior is very rare, and most people do not exhibit it.

- Failure to function adequately. This means that the behavior is causing problems in the person's life, such as at work, school, or in relationships.

Psychological disorders are mental illnesses that cause significant distress or impairment in a person's daily life. These disorders can affect a person's thoughts, feelings, behavior, and physical health.

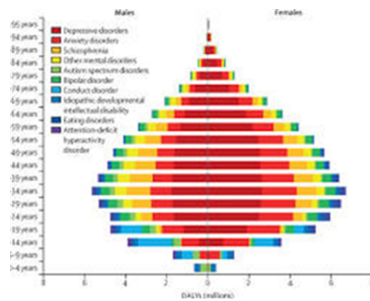
Some common psychological disorders include:

- Depression
- Anxiety disorders
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Bipolar disorder

. Treatment for psychological disorders can vary depending on the disorder and the individual's needs. Some common treatments include therapy, medication, and lifestyle changes.

It is important to note that there is no one definition of abnormality, and what is considered abnormal can vary depending on the culture and historical period. Additionally, it is important to remember that psychological disorders are real illnesses, and they should be treated with compassion and understanding.

## Classification of Disorders



Mental disorders are conditions that affect the way a person thinks, feels, behaves, or relates to others. They can cause a wide range of symptoms, including changes in mood, behavior, thinking, and physical health.

Mental disorders can be classified into different groups based on their symptoms and causes. Some of



the most common mental disorders include:

- Mood disorders, such as depression and bipolar disorder
- Anxiety disorders, such as generalized anxiety disorder and social anxiety disorder
- Schizophrenia and other psychotic disorders
- Neurodevelopmental disorders, such as autism spectrum disorder and attention-deficit hyperactivity disorder (ADHD)
- Eating disorders, such as anorexia nervosa and bulimia nervosa
- Personality disorders, such as borderline personality disorder and antisocial personality disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

## Neurological Disorders

Neurological disorders are conditions that affect the brain, spinal cord, or nerves. They can cause a wide range of symptoms, including paralysis, numbness, vision problems, and cognitive impairment.

Some of the most common neurological disorders include:

- Stroke
- Alzheimer's disease
- Parkinson's disease
- Multiple sclerosis
- Epilepsy
- Brain tumors
- Spinal cord injuries

## Substance Use Disorders

Substance use disorders are conditions that involve the use of drugs or alcohol to the point where it causes significant impairment in a person's life.

Substance use disorders can be classified into different groups based on the type of substance being used. Some of the most common substance use disorders include:

- Alcohol use disorder
- Opioid use disorder
- Stimulant use disorder
- Cannabis use disorder
- Gambling disorder

## Treatment

Treatment for disorders varies depending on the specific condition and the individual's needs. Some common treatment options include:

- Medication
- Therapy
- Support groups
- Lifestyle changes

If you are struggling with a disorder, it is important to seek help from a qualified mental health professional. With the right treatment, most people can manage their symptoms and live fulfilling lives.

# Factors Underlying Abnormal Behaviour

## Biological Factors

- **Genetics:** Some mental disorders, such as schizophrenia and bipolar disorder, have a strong genetic component. This means that people with a family history of these disorders are more likely to develop them themselves.
- **Brain structure and function:** Differences in the structure and function of the brain can also play a role in abnormal behaviour. For example, people with depression often have smaller hippocampi, a brain region involved in mood regulation.
- **Neurotransmitters:** Neurotransmitters are chemical messengers that allow neurons to communicate with each other. Imbalances in neurotransmitter levels can contribute to a variety of mental disorders, such as depression, anxiety, and schizophrenia.
- **Hormones:** Hormones also play a role in regulating mood and behaviour. Changes in hormone levels, such as those that occur during puberty and pregnancy, can increase the risk of developing certain mental disorders.

## Psychological Factors

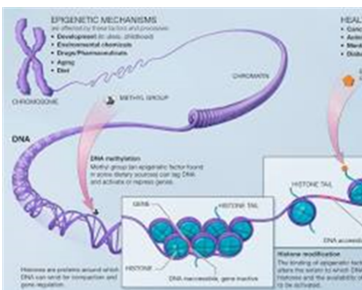
- **Early childhood experiences:** Early childhood experiences, such as abuse or neglect, can have a lasting impact on mental health. These experiences can lead to changes in brain development and functioning, which can increase the risk of developing mental disorders later in life.

**Cognitive factors:** Cognitive factors, such as negative thoughts and beliefs, can also play a role in abnormal behaviour. For example, people with depression often have negative thoughts about themselves and the

- world around them. These thoughts can lead to feelings of hopelessness and despair, which can worsen symptoms of depression.
- **Personality factors:** Certain personality traits, such as neuroticism and introversion, may also make people more vulnerable to developing mental disorders.

## Social Factors

- **Stressful life events:** Stressful life events, such as the death of a loved one, job loss, or divorce, can increase the risk of developing mental disorders.
- **Social support:** Social support from family and friends can help to protect people from developing mental disorders. However, lack of social support can increase the risk of developing mental disorders.
- **Culture:** Cultural factors, such as attitudes towards mental illness and stigma, can also play a role in abnormal behaviour. For example, people in cultures that stigmatize mental illness may be less likely to seek help for mental health problems.





## Major Psychological Disorder: Anxiety

How anxiety disorders affect people's lives:

Anxiety disorders can have a significant impact on people's lives. They can make it difficult to work, go to school, and socialize. Anxiety can also lead to other problems, such as depression, substance abuse, and relationship problems.

Treatment for anxiety disorders:

There are effective treatments for anxiety disorders. Treatment may include therapy, medication, or a combination of both.

Types of anxiety disorders:

There are many different types of anxiety disorders, including:

- Generalized anxiety disorder (GAD): GAD is characterized by excessive worry about a variety of things.
- Panic disorder: Panic disorder is characterized by sudden and unexpected panic attacks.
- Social anxiety disorder (social phobia): Social anxiety disorder is characterized by an intense fear of social situations.
- Specific phobias: Specific phobias are an intense fear of a specific object or situation.
- Agoraphobia: Agoraphobia is a fear of being in places or situations where escape may be difficult or embarrassing.
- Separation anxiety disorder: Separation anxiety disorder is a fear of being away from people or places to which one is attached.

If you think you may have an anxiety disorder, it is important to talk to a doctor or mental health professional. They can help you get the diagnosis and treatment you need.

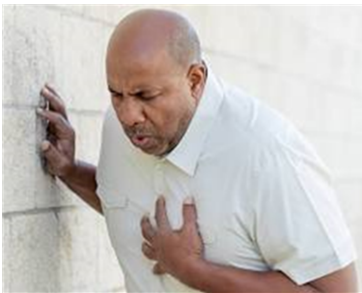
- Worry: A person with anxiety often worries excessively about things that are unlikely to happen.



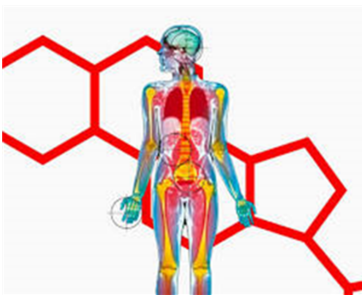
- Fear: Anxiety can also cause intense fear, even when there is no real danger.



- Panic attacks: Some people with anxiety experience panic attacks, which are sudden episodes of intense fear and anxiety.



- Physical symptoms: Anxiety can also cause physical symptoms, such as a racing heart, sweating, and shortness of breath.



## Major Psychological Disorder: Somatic

Somatic symptom disorder is a mental health condition that causes people to have an excessive focus on physical symptoms. These symptoms may be real or imagined, and they can cause significant distress and problems functioning in daily life.

People with somatic symptom disorder may experience a variety of physical symptoms, including:

- Pain
- Fatigue
- Shortness of breath
- Dizziness
- Headache
- Gastrointestinal problems
- Musculoskeletal problems
- Neurological problems

These symptoms may be associated with a diagnosed medical condition, but they may also be caused by stress, anxiety, or other mental health disorders.

If you think you may have somatic symptom disorder, it is important to talk to your doctor. They can

help you to determine the cause of your symptoms and develop a treatment plan.

Treatment for somatic symptom disorder may include therapy, medication, or a combination of both. Therapy can help you to understand and manage your symptoms, while medication can help to reduce anxiety and depression.

## **HOMEWORK**

1. Which of the following is a core component of one's self-concept?

- A. Social roles
- B. Cultural norms
- C. Self-esteem
- D. Personality traits

2. What is the term for the process by which individuals evaluate and compare themselves to others?

- A. Self-concept
- B. Self-esteem
- C. Self-perception
- D. Social comparison

3. Which psychological theory emphasizes the importance of an individual's self-concept and the need for self-actualization?

- A. Psychoanalytic theory
- B. Social learning theory
- C. Humanistic theory
- D. Cognitive-behavioral theory

4. What is self-esteem?

- A. The overall evaluation of one's worth and value
- B. The number of close friends a person has
- C. The ability to manage one's emotions effectively
- D. The degree of conformity to societal norms

5. The self-concept is influenced by:

- A. Genetic factors only
- B. Environmental factors only
- C. A combination of genetic and environmental factors
- D. Personal experiences only

6. According to Carl Rogers, what is the central concept in his humanistic theory of personality development?

- A. Ego
- B. Self-actualization
- C. Unconscious mind

D. Defense mechanisms

7. Which of the following is not considered one of the Big Five personality traits but is associated with self-concept and self-perception?

- A. Openness
- B. Agreeableness
- C. Self-consciousness
- D. Conscientiousness

8. What term describes the process of adapting one's behavior to the expectations and norms of a particular social group or culture?

- A. Self-concept
- B. Self-esteem
- C. Socialization
- D. Self-actualization

9. The concept of the "self-fulfilling prophecy" suggests that:

- A. People often deceive themselves about their true selves
- B. Expectations about oneself can influence one's behavior and outcomes
- C. Self-esteem is the most important factor in personality development
- D. Personality traits are entirely genetically determined

10. Which of the following theories of personality emphasizes the role of unconscious processes and early childhood experiences in shaping personality?

- A. Social learning theory
- B. Trait theory
- C. Psychoanalytic theory
- D. Humanistic theory