**ID 14614**

**Name . Pir shafqat**

**Subject Introduction to psychology**

**Submitted to Maam Sameen shah**

**Q1. Between positive reinforcement, negative reinforcement, positive punishment and negative punishment which approach do you think can yield best results and why?**

**Ans. Negative reinforcement.**

**Negative reinforcement** is a method that can be used to help teach specific behaviors. With negative reinforcement, something uncomfortable or otherwise unpleasant is taken away in response to a stimulus. Over time, the target behavior should increase with the expectation that the unpleasant thing will be taken away.

**Example.** Can you identify examples of negativepunishment. Losing access to a toy, being grounded, and losing reward tokens are all examples of negative punishment. In each case, something good is being taken away as a result of the individual's undesirable behavior.

**Q2. Personality evolves as a result of conflict between id, ego and superego. Explain this statement.**

**Ans.** According to [Sigmund Freud](https://www.verywellmind.com/sigmund-freud-his-life-work-and-theories-2795860), human personality is complex and has more than a single component. In his famous psychoanalytic theory, Freud states that personality is composed of three elements known as the id, the ego, and the superego. These elements work together to create complex human behaviors.﻿﻿

Each component adds its own unique contribution to personality and the three interact in ways that have a powerful influence on an individual. Each element of personality emerges at different points in life.

According to Freud, [The ego](https://www.verywellmind.com/what-is-the-ego-2795167) develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world.

**Q3.List three key findings of Bendura’s Bobo Doll Experiments? Do you agree or disagree with these findings? Explain**

**Ans. Bendura’s Bobo Doll Experiment.**

. **Stage 1: Modeling**

In the experimental conditions children were individually shown into a room containing toys and played with some potato prints and pictures in a corner for 10 minutes while either:

24 children (12 boys and 12 girls) watched a male or female model behaving aggressively towards a toy called a 'Bobo doll'. The adults attacked the Bobo doll in a distinctive manner - they used a hammer in some cases, and in others threw the doll in the air and shouted "Pow, Boom."

Another 24 children (12 boys and 12 girls) were exposed to a non-aggressive model who played in a quiet and subdued manner for 10 minutes (playing with a tinker toy set and ignoring the bobo-doll).

**Stage 2: Aggression Arousal**

All the children (including the control group) were subjected to 'mild aggression arousal.' Each child was (separately) taken to a room with relatively attractive toys.

As soon as the child started to play with the toys, the experimenter told the child that these were the experimenter's very best toys and she had decided to reserve them for the other children.

**Stage 3: Test for Delayed Imitation**

• The next room contained some aggressive toys and some non-aggressive toys. The non-aggressive toys included a tea set, crayons, three bears and plastic farm animals. The aggressive toys included a mallet and peg board, dart guns, and a 3 foot Bobo doll.

• The child was in the room for 20 minutes, and their behavior was observed and rated though a one-way mirror. Observations were made at 5-second intervals, therefore, giving 240 response units for each child.

**Q4a. You are in a public area and hear a familiar notification chime and instinctively reach for your smartphone, only to realize its coming from someone else’s phone. Identify the conditioned stimulus and conditioned response in this situation.**

**Ans.** If you've ever been in a public area and heard a familiar notification chime, this classical conditioning example will certainly ring true for you. You hear that tone and instinctively reach for your smartphone, only to realize it's coming from someone else's phone.

you've ever been in a public area and heard a familiar notification chime, this classical conditioning example will certainly ring true for you. You hear that tone and instinctively reach for your smartphone, only to realize it's coming from someone else's phone. The chime or tone is a neutral stimulus

**Q4b. Give an example where you can establish that variable interval reinforcement is better than fixed interval reinforcement.**

**Ans.** Since the reward pain relief only occurs on a fixed interval, there is no point in exhibiting the behavior when it will not be rewarded. With a variable interval reinforcement schedule, the person or animal gets the reinforcement based on varying amounts of time, which are unpredictable.

**Example.**

Your Employer Checking Your Work: Does your boss drop by your office a few times throughout the day to check your progress? This is an example of avariable-interval schedule. These check-ins occur at unpredictable times, so you never know when they might happen.

**Q5.Discuss a situation from your real life experiences where you may have used one or more defensive mechanism to reduce cognitive dissonance /anxiety deal with a difficult emotion. Explain Explain which mechanism did you used and why.**

**Ans.**

**Repression**

**Repression** is a type of psychological defense mechanism that involves keeping certain thoughts, feelings, or urges out of conscious awareness. ... This process involves pushing painful or disturbing thoughts into the unconscious in order to remain unaware of them

**Example.**

**Repression** is another well-known defense mechanism. Repression acts to keep information out of conscious awareness. ... 3﻿ For example, a person who has repressed memories of abuse suffered as a child may later have difficulty forming relationships