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Subject: Introduction of Psychology

Final-term Assignment

Instructions: Attempt all questions in the Microsoft Office document. Format your document with 12 size Font and Times New Roman. Make sure you do not copy material directly from the internet or other materials. This is an open-source assignment and you can take help from any material available to you. However, it is important to apply your knowledge and understanding of the concepts. Copied answers will not be marked. Assignments will be checked for plagiarism as well. Only original content will be marked.

Q1: Between positive reinforcement, negative reinforcement, positive punishment, and negative punishment, which approach do you think can yield the best results and why? Support your answer with arguments.

Positive reinforcement is better as it builds confidence and helps people have a more pleasurable experience while avoiding the negative side effects associated with negative reinforcement, such as frustration, anger, anxiety, and depression. **Positive enforcement** **is when** something is added to increase the likelihood of a behavior. For example, Ali, if he cleans his room, he will get a reward. Ali quickly cleans his room because he wants a new video game. Positive reinforcement as a learning tool is extremely effective. We are constantly and consistently rewarded in our lives. Our paychecks are rewards, as are high grades and acceptance into our preferred school. Being praised for doing a good job and for passing a test is also a reward. **Negative enforcement is when** something is removed to increase the likelihood of a behavior. For example, Negative reinforcement is used in horse training. Riders apply pressure by pulling the reins or squeezing their legs and then remove the pressure when the horse performs the desired behavior, such as turning or speeding up. The pressure is the negative stimulus that the horse wants to remove.

Positive punishment is more effective as it immediately follows the unwanted behavior. It works best when applied consistently.it helps the person to learn different behaviors. **Positive punishment is when** something is added to decrease the likelihood of a behavior. For example, scolding a student to get the student to stop texting in class. In this case, a stimulus (the reprimand) is added to decrease the behavior (texting in class). **Negative punishment is when** something is removed to decrease the likelihood of a behavior. In negative punishment, you remove a pleasant stimulus to decrease a behavior. For example, when a child misbehaves, a parent can take away a favorite toy. In this case, a stimulus (the toy) is removed to decrease the behavior.

Many people confuse negative reinforcement with punishment, but they are two very different mechanisms reinforcement, even when it is negative, always increases a behavior. In contrast, punishment always decreases a behavior

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

The **id**, **ego, and superego** are the vital components that play a role in the creation of human behavior. The **id** creates the demands, the **ego** adds the needs of a desirable object, and the **superego** adds morality to the action. The theory of personality places great importance on how conflicts among parts of mind shape behavior and personality. These conflicts are mostly unconscious. Personality develops during childhood. During each stage, a child is presented with a conflict between biological drives and social expectations, successful navigation of these internal conflicts will lead to mastery of each development stage, and ultimately to a fully mature personality. The id is concerned with constant gratification of basic physical needs and urges. It operates unconsciously, for example, if your id walked past a stranger eating ice cream, it would demand ice-cream for itself. It does not care that it is rude to take someone belonging.it would only care that it needs ice cream. Ego, on the other hand, is a rational part of the personality. It is partly conscious and partly unconscious .so, if you walked past a person eating ice cream, your ego will mediate the conflict between your id(I want the ice cream right now) and superego(it is wrong to take someone else's ice cream) and decide to go buy your ice cream. Which would frustrate your id, your ego decides to make that sacrifice. Satisfying your desire for ice cream also avoids an unpleasant social situation and a potential feeling of shame. If your ego walks past the same stranger it would not demand ice cream because it would know that would be rude .however if both your id and superego were involved, your id was strong enough to override your superegos concern, you would still take ice cream, but afterward, you would most likely feel guilt and shame over your actions. Adult personality and behavior are the results of internal struggles throughout childhood. A healthy personality can only evolve through constant training of id, ego, and superego.

Q3: List three key findings of Bandura's Bobo Doll Experiments? Do you agree/disagree with these findings? Explain.

Bendura’s BoBo Doll experiments on human behavior reflect that human can learn through

* observation
* imitation and
* modeling

Yes, observational learning emphasizes human behavior. It stresses that direct rewards and punishments have a profound impact on an observer's behavior while indirect exposure to violent behavior through media may lead to actions being imitated. In today's world exposure to violent media is almost impossible which leads to increased aggressive behavior. Media violence plays with the basic human psychologically, Direct imitation of the observed behavior, Observational learning of attitudes, beliefs and expected benefits of aggression, Increased excitation, Priming of aggression-related ways of thinking and feeling.

Violent media motivates the person to think in more aggressive ways, feels more aggressive. Moreover, practicing football or playing ludo improves performance on these skills. Aggressive thinking grew slowly and gradually. The small frequent doses pile up to be a huge burden of aggression. E.g. repeated exposure to blood, war, and fights lead to emotional desensitization to the pain and suffering of others. this desensitization effect reduces the sensations of socialization, sympathy, helping behavior. Another emerging problem is an online video game that generates addiction, internet addiction, and internet/gaming disorder. A few days back the resident adolescents of Lahore commit suicide because they had been restricted to play an online game. The sole reason behind this action is to transform what these children observe in the virtual world.

Q4 (a): You are in a public area and hear a familiar notification chime and instinctively reach for your smartphone, only to realize it's coming from someone else's phone. Identify the **conditioned stimulus** and **conditioned response** in this situation.

The example above is very similar to the original experiment Pavlov performed. Hearing notification from your smartphone is a conditioned stimulus and your reaction to reach for your smartphone immediately is a conditioned response. The Example suggests that a person will check his phone in response to the notification. The sound of notification is the conditioned stimulus as it is related to the tune of your phone. The sound of notification is heard multiple times from your phone, the sound alone would eventually trigger the conditioned response.

(b): Give an example where you can establish that variable interval reinforcement is better than fixed-interval reinforcement.

A **fixed-interval reinforcement schedule** is when behavior is rewarded after a set amount of time. For example, a person undergoes major surgery in a hospital. While recovering, he is expected to experience pain and will require prescription medications for pain relief. He is administered an IV drip with a patient-controlled painkiller. His doctor sets a limit: one dose per hour. he pushes a button when the pain becomes seems difficult to bear, and he receives a dose of medication. 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 living being gets the reinforcement based on the variation of time, which is unpredictable. For example, a person is a manager at a fast-food restaurant. Every once in a while someone from the quality control division comes to his restaurant. If the restaurant is clean and the service is fast, everyone on that shift earns a 200 rupees bonus. He never knows when the quality control person will show up, so he always tries to keep the restaurant clean and ensures that his employees provide good services. His productivity regarding service and keeping a clean restaurant are steady because he wants his crew to earn the bonus.

The above examples suggest that variable interval reinforcement is better than fixed-interval reinforcement. This schedule usually generates a steady rate of performance due to the uncertainty about the time of the next reward and is thought to be habit-forming.

Q5: Discuss a situation from your real-life experiences where you may have used one or more defense mechanisms to reduce cognitive dissonance/anxiety/deal with difficult emotions. Explain which mechanism did you use and why.

Once I was frustrated by senior students in my school. At home, I used to kick the door, beat up my dog, or engage in fights among peers. I experienced displacement mechanism ( redirection of an impulse (usually aggression) onto a powerless substitute target). Displacement occurs when the Id wants to do something of which the Superego does not permit. The Ego thus finds some other way of releasing the psychic energy of the Id. I also encounter a Sublimation mechanism when I fail to displace my unacceptable emotions into behaviors that are constructive and socially acceptable, rather than indulge in destructive activities. I encounter a denial mechanism because I was refusing to accept that my senior is only a bully and tormentor. I indulged myself in Sports to putt out my emotions (e.g., aggression) into something constructive.