

Hi

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Paper: Introduction to psychology

Q1) (a): Give one example each of 'Chunking' and 'Maintenance Rehearsal'. What is the use of both concepts?

And)

Chunking: **Chunking** is a term referring to the process of taking individual pieces of information (chunks) and grouping them into larger units. By grouping each piece into a large whole, you can improve the amount of information you can remember.

Example: we read large paragraphs easier if we separate them into smaller paragraphs and can read and absorb shorter lines of text better than larger ones.

Maintenance Rehearsal: is the process of repeatedly verbalizing or thinking about a piece of information. Your short term memory's able to hold information about about 20 seconds. However, this time can be increased to about 30 seconds by using maintenance rehearsal.

Example: this would be repeating a phone number to yourself several times when you know you will need to remember it in a minute or two.

Use of both:

Information processing begins in sensory memory, moves to short-term memory, and eventually moves to long-term memory. Maintenance rehearsal and chunking are used to keep information in short-term memory. The capacity of long-term memory is large, and there is no known limit to what we can remember.

b): Sam can type without looking at a keyboard. Is that because of her

declarative memory or non-declarative memory? What kind of memory is required for riding a bicycle?

Ans)

Declarative memory: Explicit memory (or declarative memory) is one of the two main types of long-term human memory. ... Explicit memory is the conscious, intentional recollection of factual information, previous experiences, and concept.

Non declarative memory: Implicit memory (also called "nondeclarative" memory) is a type of long-term memory that stands in contrast to explicit memory in that it doesn't require conscious thought. It allows you to do things by rote. This memory isn't always easy to verbalize, since it flows effortlessly in our actions.

What kind of memory is required for riding bicycle?

Ans) Procedural memory is the type of implicit memory that enables us to carry out commonly learned tasks without consciously thinking about them. It's our "how to" knowledge. Riding a bike, tying a shoe and washing dishes are all tasks that require procedural memory.

Q2)

A) Behavioral Psychology and Psychodynamic Approach?

Ans) Psychodynamic approach argues personality is caused by forces in **the** unconscious but not learnt. ... Behavioural approach, on the other hand, recognizes personality as learnt and focuses only on present behaviors matters.

B) Sensation and Perception?

Ans) Sensation and perception are two separate processes that are very closely related. Sensations input about the physical world obtained by our sensory receptors, and perception is the process by which the brain selects, organizes, and interprets these sensations.

C) Proximity and Closure?

Ans) The middle three groupings exhibit a certain amount of closure grouping due to their symmetry as well as their proximity. The image frame influences closure. The frame can both complete the closure, or allow the closure to flow outside it's boundaries.

D) Stimulus Generalization and Stimulus Discrimination?

Ans) Stimulus generalization and stimulus discrimination are parts of behaviorist learning theory, which describes how behavior can be learned by operant (voluntary behaviors) or classical (reflexive behaviors) conditioning.

E) Monocular Cues and Binocular Cues?

And) Depth perception arises from a variety of depth cues. ... Binocular cues include stereopsis, eye convergence, disparity, and yielding depth from binocular vision through exploitation of parallax. Monocular cues include size: distant objects subtend smaller visual angles than near objects, grain, size, and motion parallax.

Q3: Explain any two perspectives of Psychology?

Ans)

- 1 The Psychodynamic Perspective.
- 2 The Behavioral Perspective.

1 The Psychodynamic perspective:

Psychodynamics, also known as psychodynamic psychology, in its broadest sense, is an approach to psychology that emphasizes systematic study of the psychological forces that underlie human behavior, feelings, and emotions and how they might relate to early experience. It is especially interested in the dynamic relations between conscious motivation and unconscious motivation

The term psychodynamics is also used by some to refer specifically to the psychoanalytical approach developed by Sigmund Freud (1856–1939) and his followers. Freud was inspired by the theory of thermodynamics and used the term psychodynamics to describe the processes of

the mind as flows of psychological energy(libido or psi) in an organically complex brain.[2]

There are four major schools of thought regarding psychological treatment:

psychodynamic, cognitive-behavioral, biological, and humanistic treatment. In the treatment of psychological distress, psychodynamic psychotherapy tends to be a less intensive (once- or twice-weekly) modality than the classical Freudian psychoanalysis treatment (of 3-5 sessions per week). Psychodynamic therapies depend upon a theory of inner conflict, wherein repressed behaviors and emotions surface into the patient's consciousness; generally, one's conflict is unconscious.

Example: Originating in the work of Sigmund Freud, the psychodynamic perspective emphasizes unconscious psychological processes (for example, wishes and fears of which we're not fully aware), and contends that childhood experiences are crucial in shaping adult personality

.2)The behavior perspective:

Behaviorists believe that people's behaviors are a result of their interaction with the environment. Specifically, people become conditioned, or molded, to respond in certain ways based on responses like feedback, praise and rewards. Learning is described through stimuli and responses.

If your layperson's idea of psychology has always been about people in laboratories wearing white coats and watching hapless rats try to negotiate mazes in order to get to their dinner, then you are probably thinking about behavioral psychology Behaviorism is different from most other approaches because they view people (and animals) as controlled by their environment and specifically that we are the result of what we have learned from our environment. The behaviorist perspective is concerned with how environmental factors (called stimuli) affect observable behavior (called the response).

The behaviorist perspective proposes two main processes whereby people learn from their environment: namely classical conditioning and operant conditioning. Classical conditioning involves learning by association, and operant conditioning involves learning from the consequences of behavior.

Example: Behavior is an action that is observable and measurable. Behavior is observable. It is what we see or hear, such as a student sitting down, standing up, speaking, whispering, yelling, or writing. ... For example, a student may show anger by making a face, yelling, crossing his arms, and turning away from the teacher.

