

Test Review: Biopsychology

Branches of Psychology: Structuralism, Functionalism, Psychoanalysis, Behaviourism, Humanism, Cognitive

Four lobes of **the brain** and their functions: Parietal, Frontal, Occipital and Temporal

Sensation and Perception: 5 senses, definitions, influences, absolute threshold

Right Brain/Left Brain

Multiple Intelligences (Gardner)

Motivation

Categories of Motivation:

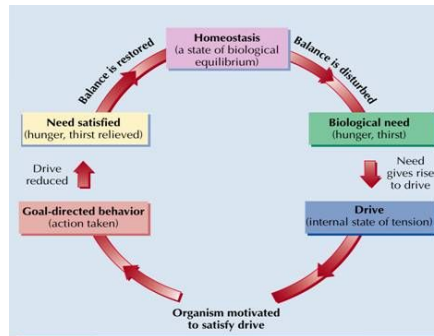
- Biological and Social
- Intrinsic and Extrinsic

Learned Needs Theory (McClelland):

We are motivated by the need for **Affiliation, Achievement** or **Power**

Drive Reduction Theory (Hull)

His theory is grounded on the principle of **homeostasis**, believing that behaviour is one of the ways in which a person can maintain the state of homeostasis or balance.

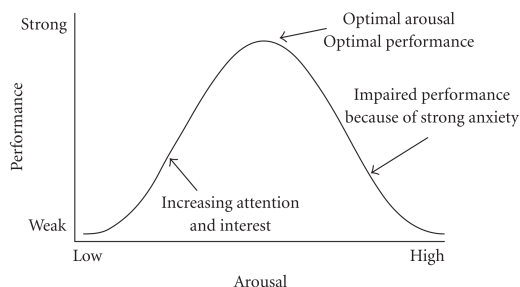


Optimal Arousal Theory of Motivation

This theory suggests that people are driven to perform actions in order to maintain an optimum level of physiological arousal. The optimal level of motivation varies from one individual to the next.

Yerkes-Dodson Law

This law suggests that there is a relationship between performance and arousal. Increased arousal can help improve performance, but only up to a certain point. At the point when arousal becomes excessive, performance diminishes.



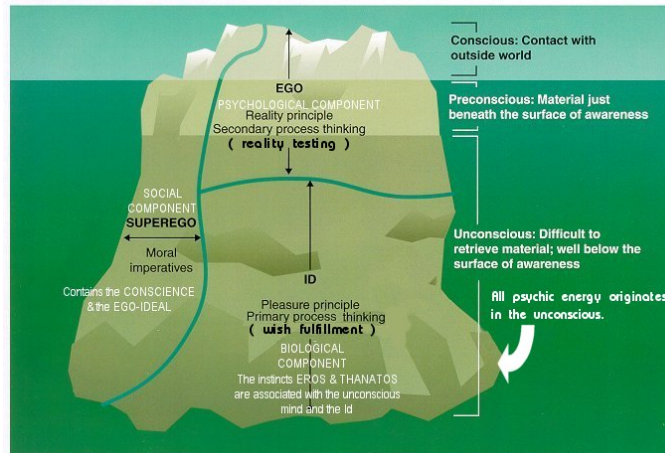
Freud's Theory of the Mind

EGO: the reality principle (conscious and rational part of the mind)

ID: the pleasure principle (instincts and biological drives)

SUPEREGO: the conscience (influenced by values)

Freud's model of personality structure



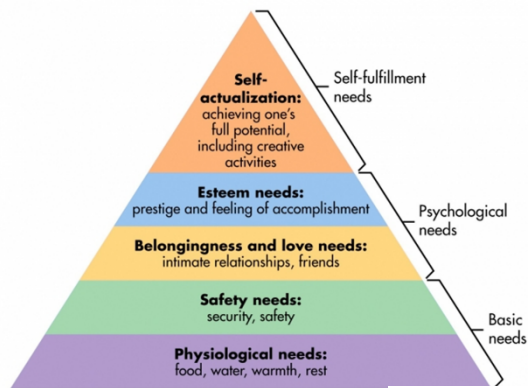
Freud's Psychosexual Stages: oral, anal, phallic, latency, genital

Psychoanalysis: Freud's concept of mind (iceberg), Hypnosis

Defence Mechanisms: unconscious processes that allow the mind to hide or change a problem so that it does not bother us in a conscious way

Examples: repression, regression, rationalization, denial, projection, sublimation

Maslow's Hierarchy of Needs



Emotion

Why do we feel emotion?

- motivate our behaviour
- survival strategy

Robert Plutchik's Model of Emotions

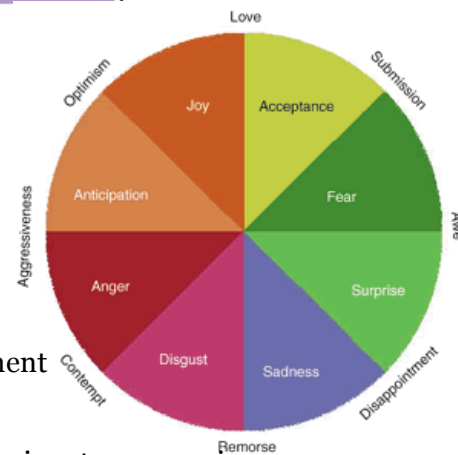
- 8 primary emotions

Three components of emotion: cognitive, physical, behavioural

Three factors that shape us emotionally: heredity, learning, maturity

Two forms of Love: Passionate and Companionate

Three major ingredients of love (Sternburg): passion, intimacy, commitment



Six distinct attitudes towards love (Lee): romantic, game-playing, companionate, possessive, pragmatic, altruistic