

PSYCHOLOGY / / FINAL EXAM 50%

WEEK 7 A – NON-ORDINARY STATES OF CONSCIOUSNESS

PATHOLOGICAL HALLUCINATIONS: schizophrenia & blindness

STIMULATION INDUCED HALLUCINATIONS & DREAMS

- Seeing flickering light: called hallucination (ppl have no control over it)
- Cyclical Activity in sleep is **debatable** (are we **consciously asleep?**)
- **Dreams:** we have **conscious exp** but **normal laws don't apply** (flying); **reality testing doesn't work** (not surprised you can fly); **does memory fail?**
- **Study:** ppl fall into **REM sleep**; wake them up & ask what dream is about (they felt content of dreams – dreamt of the Tetris they played in morning) → this **worked with Amnesiacs:** (played tetris a lot (**0 memory**)); forgot what they did; woken during REM sleep & responded 'bricks falling' → **Despite no conscious memory, subconsciously thought about Tetris**
- **Meditation:** changing normal flow of conscious thoughts; **EEG patterns show that ppl seem asleep when awake** (**deeper understanding of reality**)
- **Hypnosis:** works **strongly on 10% pop**; used in therapy/acting: **halted study:**
 1. Hypnosis **can sometimes unlock info hidden in memory** (but care is needed as hypnotised people are sensitive)
 2. **FMRI:** ppl **were told that they're seeing something under hypnosis & thus, see this w/o intention of lying**

SUBSTANCE INDUCED STATES OF CONSCIOUSNESS:

1. **Hallucinogens** – LSD, PCP used for decades cross-culturally
- LSD found 1938; person ingested & discovered psyc effect → 50's study on LSD & **alcoholism** (treated by 50%), **anxiety disorders** (70%) etc. hard to compare as methodology has developed since then
 - **Ayahuasca:** part of ritual ceremonies (state of consciousness now studied)
 - **in Shamanic rituals:** this is **non-drug method for unordinary consciousness**
 - **Creativity: LSD groups;** many claim LSD enhanced thoughts & shifted POV

NEAR DEATH EXPERIENCES (NDE)

- People report **seeing/hearing what happens around them when clinically said dead** (eyes taped/blind; still know who walks in & colour of clothes)
- Report are equal cross-culturally/science; **0 correlation wt hosp drugs**

ILLUSIONARY OWN BODY EXPERIENCES

- Scientists stimulate brain in below area → **weak stimulation form exp of sinking in bed** → **strong stimulation led to exp of looking down on herself**

SUMMARY

- Hallucination; **REM sleep (dreams)** → mental imagery: meditation, hypnosis
- Different drugs: LSD (Lysergic acid diethylamide) most famous; stimulants depressants & hallucinogens + Substance induced states
- Psilocybin (PCP) & Binocular Rivalry: **AFFECTS motion perception**

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- Ayahuasca, shamanic rituals & creativity through LSD → NDE

WEEK 7 – B MOTIVATION AND EMOTION PART 1

MOTIVATION

- Force that moves organism not/to behave (**approach/avoidance** motive)
→ ranges in intensity (strength of **urge**) & partially voluntary (**related to but diff from behaviour**) → humans often possess 2+ conflicting motivations
- **Self-control**: can require choosing long-term goal over short-term
- **Can be sub/conscious**: hard to word & subject to rationalisation
- **Linked to emotion**: emotion provides force behind motivation – **approach emotion** (desire, interest & anger) **avoidance emotion** (disgust & fear)
- **Instincts**: unlearned responses to universal stimuli
- **Adaptive**: assumes organisms have motive to pass on genes
- **Key ideas**: **Variability**: more diff in species = better overall survival as we adapt diff → **Natural Selection**: viability (live long enough to reproduce); fertility (successful mating); fecundity (no. of offspring) & **Heritability**

EVOLVED PSYCHOLOGICAL MECHANISMS (applying biological ideas to psyc)

- Defined as set of processes inside organism that
A. exist how they do bc they solve problems of indiv survival/reproduction
B. take certain classes of input either external/internal/actively extracted from environ/passively received from environ (to solve issue)
- **by-products**: whiteness of bones doesn't solve evolutionary problems

IMPLICATIONS FOR OUR BEHAVIOUR + INSTINCTS

- **Continuity**: abandon idea of animals use instincts & humans use minds
- **Thorndike**: Animal intelligence– law of affect (yes animals have minds)
- **Humans use instincts? James**: Principles of Psychology; we have reflexes, like Darwin's idea – difficult to distinguish reflex & instinct (naturally (**pre-programmed**) provoked by outward fact (**releasing stimulus**))
- **Instinct**: pre-programmed tendency to act a certain way; variability of behaviour from instinct + exp can modify instinctive behaviour
- **Sympathy**: probably instinctive (but we think of benefit)
- **Problematic concept**: how many instincts; descriptive, not explanatory; can we test behavioural instinct scientifically; involves circular reasoning

ETHOLOGY

- Understand instincts better; study behaviour in natural setting & identify action patterns of species & causes of these; look at evolution
- Concepts: **action specific energy (ASE)**: (motivational potential) in animal; **Key/Sign stimuli**: release action specific energy (organism reacts in v specific way to S); **innate releasing mechanisms (IRM)**: (lock) brain tool that detect stimuli & releases action-specific energy so behaviour unfolds; what unfolds is fixed action pattern (FAP): instinctive behaviour sequence

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that's indivisible & runs to completion → e.g. chicks peck at red spot (S) on beak to stimulate vomit; hunger (ASE) causes need to keep pecking (FAP)

- **Key Stimuli & IRM: socially-/adaptive behav** - monkey recognition of face expression → chimpanzee good, rhesus okay → certain face trigger instinct
- Tested preparedness theory in conditioning experiments:
 1. **Acquisition**: present photo of face followed by shock
 2. **Extinction**: present pic w/o shock & record skin activity (sweat; nerves)
- Result: **longer extinction for angry than happy**, even if face is subliminal (so quick u cant see) + longer extinction for **outgroup** than **ingroup** face DC

REMEMBERING CONCEPT OF INSTINCT

- Much behaviour is instinctive, consisting of complex actions that're characteristic of specie; triggered by stimuli; unlearned but modifiable
- Descriptive, unexplanatory; action explanation? = **simply not due to exp**

THEORIES OF MOTIVATION

- **Behaviourist/Drive Reduction Theory** → **biological need** (deprivation that energises drive to eliminate deprivation); motivated to satisfy **drive**; **goal directed action** occurs = drive reduced & need satisfied
- **Homeostasis**: bodily tendency to maintain a steady state (equilibrium)
- **Drive Theory problems**: motivation due to drive but not all due to deprive; **secondary drive** motivate us (money, external incentive & reward motive)
- **Bio Neo-Behaviourist Theory by (Grays Reinforcement Sensitivity Theory)**:
 1. **BAS** (behavioural approach) → sensitive to appetitive stimuli (**desire**)
- link to approach, anticipatory/hope pleasure motivation; personality: optimism, reward responsive; clinical: addictive/risky impulsive behaviour
- 2. **FFFS** (Fight-flight-freeze) → sensitive to **adverse** stimuli
- defensive avoid (fear) & escape; personality: fear prone; clinical: phobia
- 3. **BIS** (behavioural inhibition) → Sensitive to **goal conflict** (approa-avoida)
- Link to: inhibit behave & seeks to resolve conflict; personality: rumination; clinical: risk-assessment & anxiety
- **Gray's RST**; above 3 systems collectively regulate behaviour; situations can influence trigger of each; we have all 3 but differ in each systems strength

SUMMARY

- Definition of motivation & vital concepts in this → theories of motivation
- Evolutionary Theory: instincts, ethology, preparedness
- Behaviourist theory/drive theory → Grays RST (neo-behaviourist theory)

WEEK 7 – C PSYCHOSOCIAL MOTIVES

MASLOWS HIERARCHY OF NEEDS

- **Sequence of needs**: most vital is **physiologic** (basic); need them for higher needs activate (**safety → love & belonging → esteem**) → few get **self-actu**
- Self-actualization is growth, not deficiency motivated – Maslow

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PSYCHOLOGICAL MOTIVES – Henry Murray

- **Motives:** **mostly unconscious**; behaviour gives clues to motivation
- **Need:** recurrent concern for goal state → needs direct & energize
- Co-creator of Thematic Apperception Test: need for **affil**, **pow** & **achiev**

NEED FOR ACHIEVEMENT

- **Unique accomplishment:** doing something better for sake/intrinsic satisf
- **Achievement Imagery:** thinking of success, blockage, trying means to achieve & experiencing happy/sad upon outcome

NEED FOR POWER (Influence/control/help/impress thru strong, forceful action)

NEED FOR AFFILI: concern to establish, maintain/restore friendly relations

WHAT DO NEEDS RELATE TO?

- High in need for Achievement; hard-workers; excel at challenging tasks
- High in need for Power → Effective leaders
- High in need for Affiliation → Good team players/friends/romantic partners

SELF-REPORTED ACHIEVEMENT MOTIVE (agreement with following)

- Set difficult goals, try to reach; enjoy work as much as play
- Enjoy relaxation only when follows successful completion of a big task
- I work like a slave at everything I undertake until the result satisfies me

MEASURE OF NEEDS

- **Difficult to measure needs thru self-reports** (**motives are unconscious** & self-reports don't reflect TAT needs, but **reflect values/conscious motives**):
 - TAT need for Achievement predicts long-term entrepreneurial success & + **self-report value for A** predicts task effort & success when ppl say do well
 - Needs either traits/state: situation can raise any need (**1st seen as state**)

SELF-DETERMINATION THEORY by DECI & RYAN 3 organismic (innate) needs:

1. **Competence:** self-efficacy & achievement
 2. **Relatedness:** warm relation, belonging
 3. **Autonomy:** independent & self-reliance
- Growth needs; not trigger by fails & **human POV emphasises diff to animals**

INTRINSIC V. EXTRINSIC MOTIVATION

- **Intrinsic:** freely engage in intrinsically motivated acts (**fulfil needs** & fun)
- **Extrinsic:** engage in non-enjoyable behaviour to gain **incentives** (\$/punish)
- Rewarding intrinsically motivated behaviour reduces free-chosen action, reducing quality of behaviour & creativity

LINKED THEORIES (Deci & Ryan + Murray, McClelland, Atkinson & Winter)

- Achievement → Competence + Power → Autonomy + Affiliation → Relatedness

SEXUAL MOTIVATION (left out of needs)

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- **Evolutionary perspective:** sexual act shaped by **natural selection** → **motive** to increase reproductive success (**intergenerational passing of genes**); **Strategy:** large no. of kids & low investment (amphibians)/ small no. of kids & high investment (mammals); humans diff
- **Bonding: (sex causes emotional bond):**
 - **Neurotransmitters:** **endorphins & oxytocin** released during sex
 - Humans motivated to have sex w/o reproduction – **birth control develop**
- **Human cultures** restrict sex: social groups have varied rules for sexuality:
 - **Hierarchal societies restrict sex of women/low status men**
 - Egalitarian societies more permissive toward sexuality
- **Sex has complex effects:** on morals/values/emotions/relationships/health (old ppl → improves cardiovascular functioning → but STI's & pregnancy)

MALES

FEMALES

Stronger, specific sex drive	Physically aroused by wider variety
More permissive towards sex	More open to bisexual behaviour

EXPLANATIONS OF GENDER DIFF IN SEXUAL BEHAVIOUR; biological & social impact

SEXUAL ORIENTATION

- Orientation uninfluenced by gay parent/parenting style/kid sex experim
- **Homosexuality common in animals** → some cultures: homo not linked to identity (estimate of **non-straight is 2-10% humans** – homo multiply caused)

WHAT IS SEXUAL BEHAVIOUR: Kinsey's 48' study shock: many engage in sex behave seen as perversion = **made study of sex accepted**

HUMAN SEXUAL RESPONSE PATTERN

- **Masters & Johnson 1957-90's:** observed & measured masturbation & intercourse → over 10'000 complete cycles of sexual response → **women multi-orgasmic & debunked notion: vaginal lubrication came from cervix**

TERMS

1. **Arousal:** rising muscle tension & blood flow to genitals

→ **Sex response: not linear;** can stop random; similar for m & f; women longer

SEX & PSYCHOLOGICAL WELL-BEING (reasons for sex in teens)

- **Improve self-esteem; partners approval & avoid loneliness** → had **sex for intimacy** had more **safe sex & stable relationships; benefit: life/love satisfy**

SEX AND DEPRESSION

- Breakups of romantic relationships = risk factor for depression; teen relationships not taken seriously & may end suddenly → sex intensifies bond

REGULATING MOTIVATION – SELF-REGULATION

- Control behav to get goal; often **conflicting motivations & conscious goals**

RESISTING TEMPTATION

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- **Delay of gratification:** putting off pleasurable exp for future payoff → hard: immediate rewards valued more than delayed
- **How to resist temptation (hot emotion vs cool cognition):**
 1. **Reducing motivational characteristics:** moving reward out of sight
 2. **Internal distraction: attention** away; **external: imagery:** reward coolness

SELF REGULATION: FACTORS IN GOAL SUCCESS

- **Specific goals; challenging; long-term purpose wt short-term steps+** behavioural intentions (when ___ happens, I will ___)

IMPLEMENTAL INTENTIONS (Gollwitzer)

- **Intended project:** set goals people want to achieve → project must be **complex but achievable within next 3 months** = found success in diets etc.

OTHER FACTORS THAT ASSIST GOAL SUCCESS

- **Monitoring progress** of physical fitness aps & weighing self every-day
- **Public commitment** (friends watching)

MOTIVATION SUMMARY

- **Broad approaches to motivation:**
- Evolutionary → Instincts, ethology, preparedness → Drive reduction → Reinforcement sensitivity theory
- **Psycho-social approaches to motivation**
- Maslow's hierarchy → Needs for Achievement, Affiliation & Power → Self-Determination: intrinsic vs extrinsic motivations
- **Sexual Motivation**
- Sexual behaviour → Gender diff → Sexual orientation → Sexual response patterns → Psychological well-being
- **Regulating Motivation/Self-Regulation** → Resist temptation & reach goals