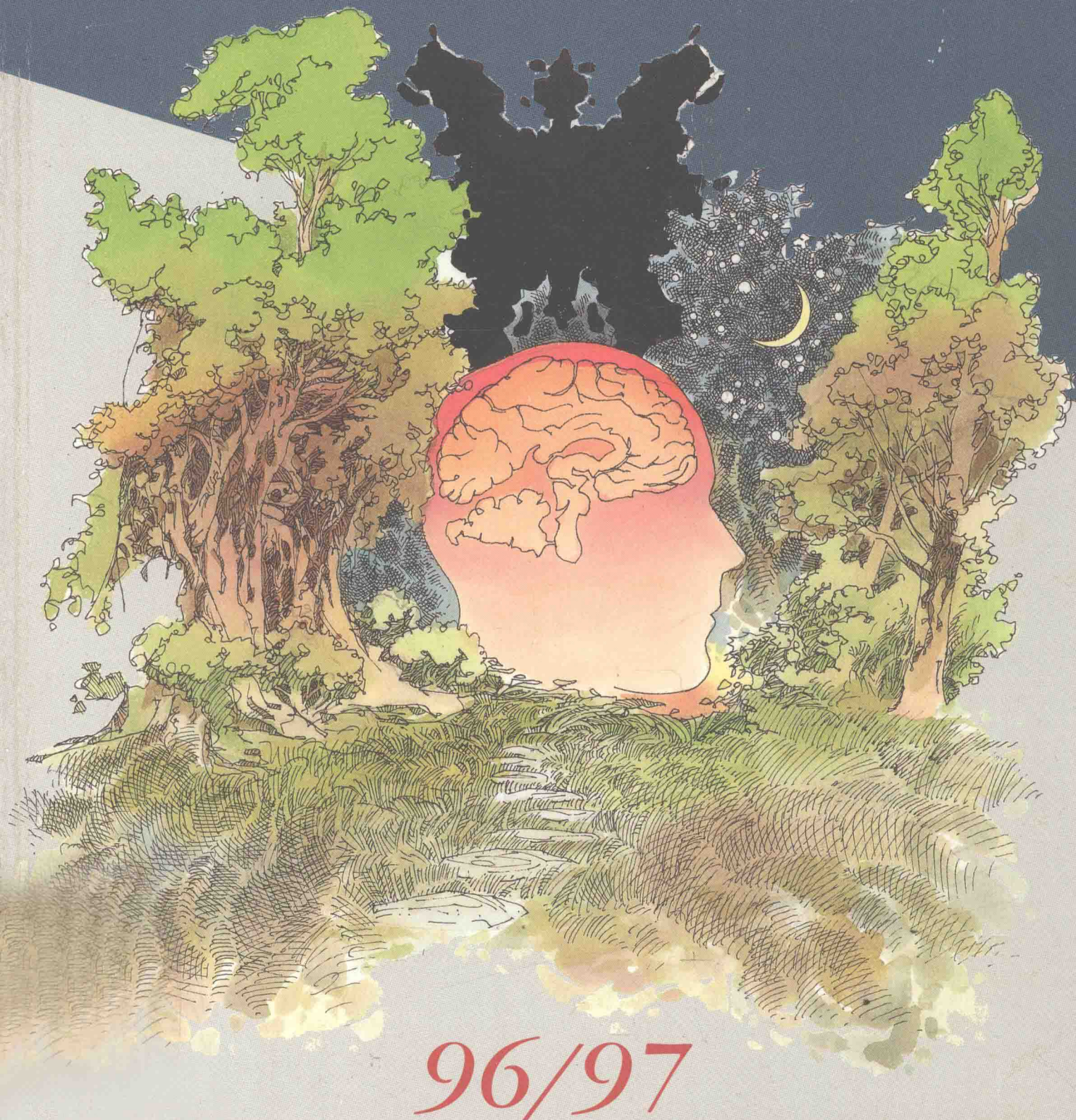


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PSYCHOLOGY



96/97

PSYCHOLOGY 96/97

Twenty-Sixth Edition

Editor

Karen G. Duffy
SUNY College, Geneseo

Karen G. Duffy holds a doctorate in psychology from Michigan State University and is currently a professor of psychology at SUNY at Geneseo. She sits on the executive board of the New York State Employees Assistance Program and is a certified community and family mediator. She is a member of the American Psychological Society and the Eastern Psychological Association.

A Annual Editions E
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Cover illustration by Mike Eagle

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Twenty-Sixth Edition

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Members of the Advisory Board are instrumental in the final selection of articles for each edition of Annual Editions. Their review of articles for content, level, currentness, and appropriateness provides critical direction to the editor and staff. We think you'll find their careful consideration well reflected in this volume.

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To the Reader

In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the *public press* in providing current, first-rate educational information in a broad spectrum of interest areas. Within the articles, the best scientists, practitioners, researchers, and commentators draw issues into new perspective as accepted theories and viewpoints are called into account by new events, recent discoveries change old facts, and fresh debate breaks out over important controversies.

Many of the articles resulting from this enormous editorial effort are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully collected, organized, indexed, and reproduced in a low-cost format, which provides easy and permanent access when the material is needed.

That is the role played by *Annual Editions*. Under the direction of each volume's *Editor*, who is an expert in the subject area, and with the guidance of an *Advisory Board*, we seek each year to provide in each ANNUAL EDITION a current, well-balanced, carefully selected collection of the best of the public press for your study and enjoyment.

We think you'll find this volume useful, and we hope you'll take a moment to let us know what you think.

Ronnie's parents could not understand why he did not want to be picked up and cuddled as did his older sister when she was a baby. As an infant, Ronnie did not respond to his parents' smiles, words, or attempts to amuse him. By the age of two, Ronnie's parents knew that he was not like other children. He spoke no English, was very temperamental, and often rocked himself for hours. Ronnie is autistic. His parents feel that some of Ronnie's behavior may be their fault; they both work long hours as young professionals and leave both children with an older woman during the week days. Ronnie's pediatrician assures his parents that their reasoning, while logical, probably holds no merit because the causes of autism are little understood. What can we do about children like Ronnie? From where does autism come? Can autism be treated or reversed? Can autism be prevented?

Psychologists attempt to answer these and other questions in a specific way, with scientific methods. Researchers, using carefully planned methods, try to discover the answers to the complexities of human behavior, normal or not. The scientific results of most psychological research are published in professional journals, and therefore may be difficult for the layperson to understand.

Annual Editions: Psychology 96/97 is designed to meet the needs of lay people and introductory level students who are curious about psychology. This *Annual Edition* provides a vast selection of readable and informative articles from popular magazines and newspapers. These articles are written primarily by journalists, but a few are written by psychologists with writing styles that are clear yet retain the excitement of the discovery of scientific knowledge.

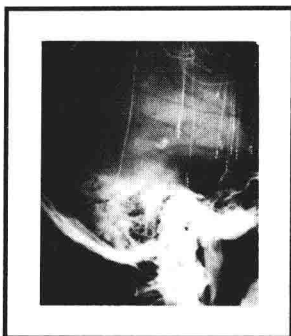
The particular articles selected for this volume were chosen to be representative of current work in psychology. They were selected because they are accurate in their reporting and provide examples of the types of psychological research discussed in most introductory psychology classes. As in any science, some of the findings discussed in this collection are startling, while others will confirm what we already suspect. Some will invite speculation about social and personal ramifications; others will demand careful thought about potential misuse of the applications of research findings. You will be expected to make the investment of effort and critical judgment needed to answer such questions and concerns.

I assume that you will find this collection of articles readable and useful. I suggest that you look at the organization of this book and compare it to the organization of your textbook and course syllabus. By examining the *topic guide* provided after the *table of contents*, you can identify those articles most appropriate for any particular unit of study in your course. Your instructor may provide some help in this effort. As you read the articles, try to connect their contents with the principles you are learning from your text and classroom lectures. Some of the articles will help you better understand a specific area of research, while others are designed to help you connect and integrate information from various research areas. Both of these strategies are important in learning about psychology or any other science; it is only through intensive investigation and subsequent integration of the findings of many scientists that we are able to discover and apply new knowledge.

Please take time to provide me with some feedback to guide the annual revision of this anthology by completing and returning the *article rating form* in the back of the book. With your help, this collection will be even better next year. Thank you.



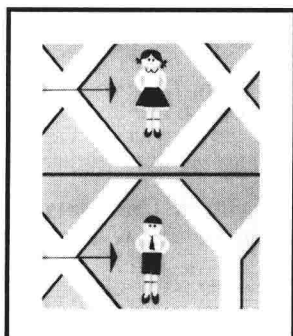
Karen Grover Duffy
Editor



Unit 1

The Science of Psychology

Three articles examine psychology as the science of behavior.



Unit 2

Biological Bases of Behavior

Five selections discuss the biological bases of behavior. Topics include brain functions and the brain's control over the body.

To the Reader

Topic Guide

Overview

1. **The 'Soul': Modern Psychological Interpretations**, Morton Hunt, *Free Inquiry*, Fall 1994.

Morton Hunt traces the concept of *soul*, or *mind*, from early philosophers to psychologists' more contemporary concepts of *consciousness*. As he develops history, Hunt reveals important points: for example, that humans are the only creatures that think about thinking.

2. **Scientific and Professional Psychology**, Nathaniel J. Pallone, *Society*, November/December 1992.

The number of psychologists in the United States has approximately quadrupled over the last three decades. Nathaniel Pallone looks at the *scientists versus the practitioners*, fragmentation in psychology, and the future of this vast field.

3. **Pollsters Enlist Psychologists in Quest for Unbiased Results**, Daniel Goleman, *New York Times*, September 7, 1993.

Public survey results can be easily biased, for example, by how questions are sequenced. Psychologists are studying and assisting in the development of less biased *surveys*.

Overview

4. **Up from Gorilla Land: The Hidden Logic of Love and Lust**, Robert Wright, *Psychology Today*, March/April 1995.

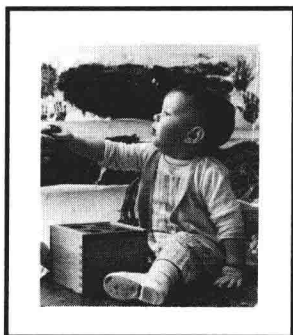
Evolutionary psychologists are studying human behavior, and no behavior affects the transmission of *genes* more than does sex. Psychologists are examining whether *men* are quantity creatures and *women* are quality creatures where *sexuality* and genetics are concerned.

5. **How We Become What We Are**, Winifred Gallagher, *The Atlantic Monthly*, September 1994.

Perhaps our *genes* determine who we are, or maybe it is the *environment* that shapes us. On the other hand, perhaps nature tempers nurture or vice versa. The nuances of each of these stances is skillfully explored by Winifred Gallagher.

6. **The Human Mind: Touching the Intangible**, *The Economist*, December 26, 1992.

Neuropsychologists, using modern technology such as positron emission tomography (*PET*), are able to study *brain functioning* in relationship to *vision*, *memory*, *language*, and other specific psychological phenomena. How the brain functions as a coordinated whole is yet to be understood.



Unit 3

Perceptual Processes

Five articles discuss the impact of the senses on human perceptual processes.

7. **Man's World, Woman's World? Brain Studies Point to Differences**, Gina Kolata, *New York Times*, February 28, 1995. 40

The use of magnetic resonance imaging provides scientists with a noninvasive technique to study the **brain**. Using resting and active images, scientists are uncovering some interesting cognitive, behavioral, and emotional differences in the brain functioning of **men** and **women**.

8. **Research Dispels Myth That Brain in Adults Is Unable to Renew Itself**, Lawrence K. Altman, *New York Times*, April 18, 1995. 43

A scam in the 1930s in which female canaries injected with testosterone began to sing is prompting scientists to search for ways to **regenerate human brain cells**. Their research holds promise for those with **nervous system damage**.

Overview 46

9. **How the Brain Might Work: A New Theory of Consciousness**, Sandra Blakeslee, *New York Times*, March 21, 1995. 48

Timing and rhythm in the **brain** may be the organizing principles for making visual images and other **sensory impressions**. Should this new theory be correct, it would provide scientists with a new explanation for **consciousness**.

10. **Good Vibrations**, JoAnn C. Gutin, *Discover*, June 1993. 52

We are besieged each day with **noises**. The 32,000 receptors in our ears receive this **stimulation** and transmit it to the **brain**. The noise becomes interpretable sounds via this fascinating and sophisticated process.

11. **Powerhouse of Senses, Smell, at Last Gets Its Due: How Smells Are Processed**, Natalie Angier, *New York Times*, February 14, 1995. 57

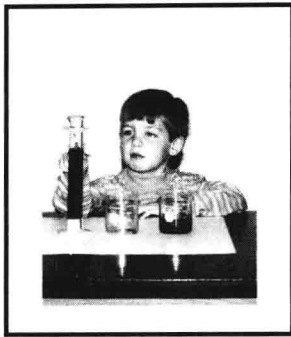
The nose's repertory of 10,000 smells plays a huge role in most human and animal interplay. Behaviors from sex to eating to survival utilize the **nose**. Researchers are learning much more about the **brain-nose connection**.

12. **Touching the Phantom**, James Shreeve, *Discover*, June 1993. 60

Phantom limbs (amputated limbs with remaining **sensations**) produce stimuli that do not exist. The study of these limbs is enabling scientists to understand the relationship of the **brain** to sensation.

13. **Does ESP Exist?** Daryl J. Bem, *The World & I*, August 1994. 65

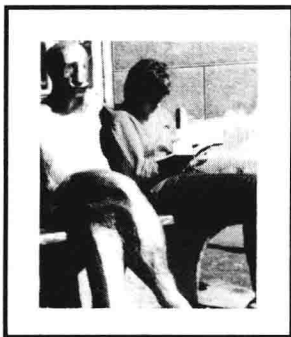
In science, a phenomenon is not generally considered established until it has been observed repeatedly by different researchers. Daryl Bem explores **research** on **extrasensory perception** and concludes that evaluating psychic data is a risky business at best.



Unit 4

Learning and Remembering

Four selections examine how operant conditioning, positive reinforcement, and memory interact during the learning process.



Unit 5

Cognitive Processes

Six articles examine how social skills, common sense, and intelligence affect human cognitive processes.

Overview

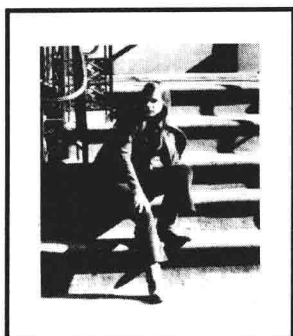
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14. **Measured Learning**, *The Economist*, December 5, 1992. 70
B. F. Skinner's and Ivan Pavlov's work on **learning** are described in this essay. A summary of where both forms of **conditioning**, operant and classical, fit into contemporary psychology concludes the article.
15. **It's Magical! It's Malleable! It's . . . Memory**, Jill Neimark, *Psychology Today*, January/February 1995. 73
Memory is complex. It is malleable and mysterious. Psychologists have developed more clever and sophisticated techniques for studying this all important phenomenon.
16. **Biologists Find Site of Working Memory**, Daniel Goleman, *New York Times*, May 2, 1995. 79
Using positron emission tomography (PET) scans, **neuroscientists** think they have located the scratch pad of the brain that operates like random access memory in a computer. Located in the **prefrontal cortex**, this working **memory** retrieves information stored elsewhere in the brain.
17. **Lies of the Mind**, Leon Jaroff, *Time*, November 29, 1993. 82
Many adults are discovering **memories of childhood abuse**. Real or imagined, these memories are wreaking psychological havoc on individuals and families. New support groups and therapies are available, but some of the **therapy** may be prompting memories that are not accurate.

Overview

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18. **The EQ Factor**, Nancy Gibbs, *Time*, October 2, 1995. 88
Recent brain research suggests that emotions, not the traditional IQ rating, may be **the true measure of human intelligence**. This article examines this latest trend in the assessment of human ability to cope successfully with challenges.
19. **A Child's Theory of Mind**, Bruce Bower, *Science News*, July 17, 1993. 93
Knowledge and thought change substantially throughout childhood. Today's researchers in **cognitive development** disagree with the **theory of Jean Piaget**. Much more goes on in children's heads than Piaget hypothesized.
20. **Theory on Human Brain Hints How Its Unique Traits Arose**, Sandra Blakeslee, *New York Times*, November 8, 1994. 97
Humans possess many unique abilities, among them **language** and music. A new theory suggests that these abilities evolved from the area of the **brain** known as the cerebellum. Current brain imaging technology is supporting this theory.
21. **Glimpses of the Mind**, Michael D. Lemonick, *Time*, July 17, 1995. 101
The **brain and consciousness** are inspiring research on a variety of topics. Theories and research on learning, memory, emotions, sensation, language, and self are just some of these topics.

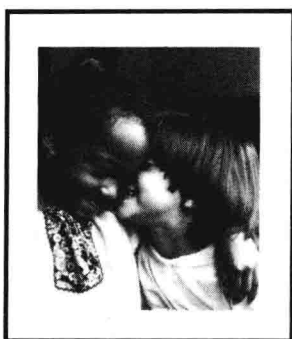


Unit 6

Emotion and Motivation

Six articles discuss the influences of stress, mental states, and emotion on the mental and physical health of the individual.

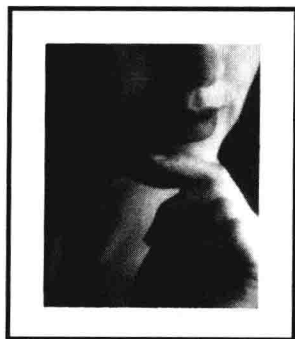
22. **What Is 'Consciousness'?** Adam L. Carley, *Free Inquiry*, Fall 1994. 105
How can a piece of meat have feelings? Adam Carley asks. By examining two different **models of consciousness**, as well as several ingenious experiments, Carley answers this and other questions about consciousness.
23. **Clever Measures**, Hans Eysenck, *The Times Higher Education Supplement*, January 27, 1995. 110
A noted psychologist suggests that Sir Francis Galton's theory that general **intelligence** is primarily **inherited** and Alfred Binet's theory that **environment** influences intelligence both have merit. This balanced perspective on intelligence is a welcome addition to the recent and heated debate over IQ.
- Overview 112
24. **Where Emotions Come From**, *U.S. News & World Report*, June 24, 1991. 114
The range of human **emotions**, sincere and fake, is as complex as the **physiological circuitry** and **developmental patterns** underlying our emotions.
25. **A Doubtful Device**, Lisa Davis, *Hippocrates*, November/December 1992. 121
There is no doubt that the **polygraph** measures **physical arousal**. However, it is very doubtful that the apparatus measures lying. In fact, an innocent person has a 50-50 chance of failing a polygraph test.
26. **Kernel of Fear**, Mark Caldwell, *Discover*, June 1995. 123
Researchers now know that the **amygdala** of the brain monitors **fear** responses. Finding a chemical or drug to overcome the effects of this chickpea-size part of the brain may help individuals with posttraumatic stress disorder.
27. **The Brain Manages Happiness and Sadness in Different Centers**, Daniel Goleman, *New York Times*, March 28, 1995. 127
Scientists are remapping the human **brain** with a surprising result for **emotions**. Opposite emotions such as **happy and sad** are not registered as opposites in the brain. Rather, each emotion entails quite independent brain activity.
28. **Chemistry and Craving**, Hara Estroff Marano, *Psychology Today*, January/February 1993. 130
The epicenter in the brain for **eating** is the **hypothalamus**. Two different **neurochemicals** are linked to our preferences for carbohydrates and fats. **Dieting** and **stress** upset the delicate balance between the two neurochemicals.
29. **Is There a Science of Success?** Nicholas Lemann, *The Atlantic Monthly*, February 1994. 136
Americans want to believe in success or, as Americans label it, "achievement." Nicholas Lemann examines the relationship between motivation and economic success. Psychologist David McClelland is reviewed along with other psychologists who have made a science of studying **achievement and other motives**.



Unit 7

Development

Six articles consider the importance of experience, discipline, familial support, and physiological aging during the normal human development process.



Unit 8

Personality Processes

Four selections discuss a few of the processes by which personalities are developed. Topics include sex differences, state of mind, and hostility.

Overview 148

30. **The Solace of Patterns**, Robert M. Sapolsky, *The Sciences*, November/December 1994. 150

The author traces **psychological patterns** humans follow in grieving, morality, cognition, and other life passages. Such patterns have a purpose, although many other patterns may have become extinct.

31. **Child Injury and Abuse-Neglect: Common Etiologies, Challenges, and Courses toward Prevention**, Lizette Peterson, *Current Directions in Psychological Science*, August 1994. 152

Injured and **abused children** often present some of the same symptoms. Lizette Peterson focuses on differentiating between unintentional injury and child abuse-neglect and how to prevent these types of injuries.

32. **Why Schools Must Tell Girls: 'You're Smart, You Can Do It,'** Myra Sadker and David Sadker, *USA Weekend*, February 4-6, 1994. 157

Boys tend to capture the lion's share of teachers' time and attention from grade school to grad school. **Education** has become a spectator sport for many **girls**; a situation much to their detriment.

33. **The Inside Story**, David Aronson, *Teaching Tolerance*, Spring 1995. 160

Prejudice is probably developed before children enter school. Teachers, counselors, and psychologists can ease intolerance if they recognize that it might mask insecurity. Several intervention strategies are offered.

34. **New Passages**, Gail Sheehy, *U.S. News & World Report*, June 12, 1995. 166

Renowned author Gail Sheehy examines **adulthood**. She says that we pass through three distinct adulthoods rather than one. Sheehy places particular emphasis on **midlife** in this article.

35. **Brain Power**, Joannie M. Schrof, *U.S. News & World Report*, November 28, 1994. 171

New research demonstrates that **aging** does not necessarily cause a decline in **cognition**. In addition to delineating this research, the article also examines and debunks common myths about aging **brains**.

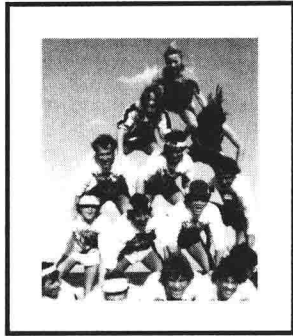
Overview 176

36. **The Assault on Freud**, Paul Gray, *Time*, November 29, 1993. 178

Sigmund Freud's ideas, theories, and cases are dissected in a multiplicity of new books. While most authors criticize **Freud**, his theories have left their mark on psychology and psychiatry, nonetheless.

37. **The Stability of Personality: Observations and Evaluations**, Robert R. McCrae and Paul T. Costa Jr., *Current Directions in Psychological Science*, December 1994. 181

There is substantial evidence for the **stability of personality** as well as for **individual differences** in personality traits. The authors review research on personality that supports their view and critique research methodology that does not.

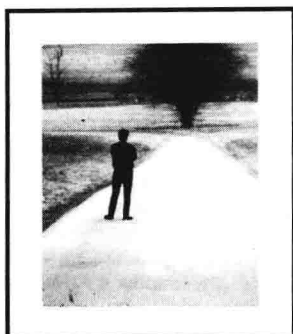


Unit 9

Social Processes

Five selections discuss how the individual's social development is affected by genes, stereotypes, prejudice, and self-help.

38. **Piecing Together Personality**, Bruce Bower, *Science News*, March 5, 1994. 184
Current psychological research on **personality** casts doubt on traditional psychiatric diagnoses. Contemporary researchers suggest that personalities vary along five major dimensions or **traits** and include individuals with psychological disorders.
39. **Hotheads and Heart Attacks**, Edward Dolnick, *Health*, July/August 1995. 187
Type H theory is replacing the concept of **Type A personality**. Type As are competitive, hostile, and deadline oriented. Hostility, though, especially when acted on, may be the real culprit for those prone to heart attacks.
- Overview 192
40. **Charge of the 'Right' Brigade**, Bruce Bower, *Science News*, October 29, 1994. 194
How we perceive ourselves and others is an important issue. **Social perceptions** affect our own self-esteem and our interactions with others. Researchers are ingeniously examining personal perception in the laboratory and the real world.
41. **The Dynamics of Social Dilemmas**, Natalie S. Glance and Bernardo A. Huberman, *Scientific American*, March 1994. 197
Inducing individuals to contribute to common causes when selfish actions would be more immediately and personally beneficial is a challenge. The dimensions of groups and **social dilemmas** that impact on cooperation and other processes are examined by Natalie Glance and Bernardo Huberman.
42. **Seeking the Criminal Element**, W. Wayt Gibbs, *Scientific American*, March 1995. 202
Scientists are seeking the causes of crime, especially **violent crime**. While some search for biological causes, others are concerned that results will trigger premature attempts to funnel at-risk children into prevention programs. Recent reviews of these programs suggest that some are only modestly successful.
43. **Media, Violence, Youth, and Society**, Ray Surette, *The World & I*, July 1994. 208
Violence is a cultural product. Years of research have linked violence on our streets to the **mass media**. Ray Surette suggests other reasons for our epidemic of violence as well as solutions for decreasing violence.
44. **Should This Marriage Be Saved?** Elizabeth Gleick, *Time*, February 27, 1995. 216
Marriage is still popular in the United States, but so, too, is divorce. Elizabeth Gleick explores good and bad marriages, divorce and its effects on children, marriage therapy, and other important aspects of coupling.

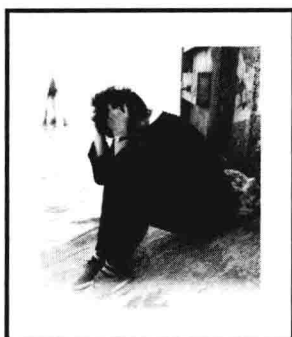


Unit 10

Psychological Disorders

Four articles examine several psychological disorders.

Topics include unexpected behavior, the impact of depression on a person's well-being, and addiction.



Unit 11

Psychological Treatments

Four selections discuss a few psychological treatments, including psychoanalysis, psychotherapy to alleviate depression, self-care, and the use of drugs.

Overview 220

45. Idleness and Lawlessness in the Therapeutic State, Thomas Szasz, *Society*, May/June 1995. 222

The controversial psychiatrist Thomas Szasz suggests that **mental disorders** such as schizophrenia are fictions created by society and that psychiatry is coercion masquerading as care and cure.

46. Defeating Depression, Nancy Wartik, *American Health*, December 1993. 228

Millions are afflicted with **depression**. Scientists believe a combination of genetics, personality structure, and life events triggers major depression. A self-assessment quiz is included in this essay, and a discussion of a variety of all-important treatments is presented.

47. Patterns of Abuse, *Newsweek*, July 4, 1994. 234

Two million women are physically abused every year. Who they are, who the **abusers** are, why some women stay while others leave after being abused, and where they can get help are highlighted in this article.

48. Addiction: A Whole New View, Joann Ellison Rodgers, *Psychology Today*, September/October 1994. 239

Is **addiction** a life-long disease or a behavior similar in several respects to other behaviors? The latter view is adopted in this article that examines successful versus unsuccessful treatment methods.

Overview 246

49. Oops! A Very Embarrassing Story, Virginia Rutter, *Psychology Today*, March/April 1994. 248

A recent review of the literature suggests that **psychotherapy** might not work well at all. In fact, nonprofessionals may be as effective or more effective than professionals.

50. What You Can Change and What You Cannot Change, Martin E. P. Seligman, *Psychology Today*, May/June 1994. 250

Americans seem to be on constant **self-improvement** kicks, many of which fail. Martin Seligman helps us understand on which endeavors we waste our time and on which ones we can probably make some progress. In particular, he discusses **psychological disorders**.

51. Outsmarting Stress, Dava Sobel, *Newdigest*, November 1993. 258

Chronic **stress** pervades many lives. A multitude of **stress-reducing techniques**, including meditation, relaxation training, and vacations, can ease stress and enhance both our emotional and physical health.

52. One Pill Makes You Larger, and One Pill Makes You Small . . . , Sharon Begley, *Newsweek*, February 7, 1994. 261

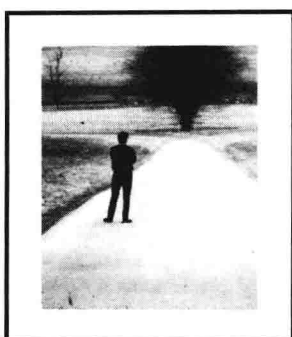
Psychopharmacology, the science of studying drugs that affect the mind, is making enormous gains in altering personality. This article reviews various personality-altering possibilities available in a bottle.

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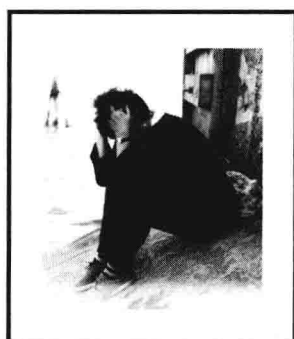
Article Rating Form 277



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Four selections discuss a few psychological treatments, including psychoanalysis, psychotherapy to alleviate depression, self-care, and the use of drugs.

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45. **Idleness and Lawlessness in the Therapeutic State**, Thomas Szasz, *Society*, May/June 1995. 222
The controversial psychiatrist Thomas Szasz suggests that **mental disorders** such as schizophrenia are fictions created by society and that psychiatry is coercion masquerading as care and cure.
46. **Defeating Depression**, Nancy Wartik, *American Health*, December 1993. 228
Millions are afflicted with **depression**. Scientists believe a combination of genetics, personality structure, and life events triggers major depression. A self-assessment quiz is included in this essay, and a discussion of a variety of all-important treatments is presented.
47. **Patterns of Abuse**, *Newsweek*, July 4, 1994. 234
Two million women are physically abused every year. Who they are, who the **abusers** are, why some women stay while others leave after being abused, and where they can get help are highlighted in this article.
48. **Addiction: A Whole New View**, Joann Ellison Rodgers, *Psychology Today*, September/October 1994. 239
Is **addiction** a life-long disease or a behavior similar in several respects to other behaviors? The latter view is adopted in this article that examines successful versus unsuccessful treatment methods.

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49. **Oops! A Very Embarrassing Story**, Virginia Rutter, *Psychology Today*, March/April 1994. 248
A recent review of the literature suggests that **psychotherapy** might not work well at all. In fact, nonprofessionals may be as effective or more effective than professionals.
50. **What You Can Change and What You Cannot Change**, Martin E. P. Seligman, *Psychology Today*, May/June 1994. 250
Americans seem to be on constant **self-improvement** kicks, many of which fail. Martin Seligman helps us understand on which endeavors we waste our time and on which ones we can probably make some progress. In particular, he discusses **psychological disorders**.
51. **Outsmarting Stress**, Dava Sobel, *Newdigest*, November 1993. 258
Chronic **stress** pervades many lives. A multitude of **stress-reducing techniques**, including meditation, relaxation training, and vacations, can ease stress and enhance both our emotional and physical health.
52. **One Pill Makes You Larger, and One Pill Makes You Small . . .**, Sharon Begley, *Newsweek*, February 7, 1994. 261
Psychopharmacology, the science of studying drugs that affect the mind, is making enormous gains in altering personality. This article reviews various personality-altering possibilities available in a bottle.

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Topic Guide

This topic guide suggests how the selections in this book relate to topics of traditional concern to psychology students and professionals. It is useful for locating articles that relate to each other for reading and research. The guide is arranged alphabetically according to topic. Articles may, of course, treat topics that do not appear in the topic guide. In turn, entries in the topic guide do not necessarily constitute a comprehensive listing of all the contents of each selection.

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Achievement	29. Is There a Science of Success?	Education	32. Why Schools Must Tell Girls: 'You're Smart, You Can Do It' 33. Inside Story
Addictions	48. Addiction	Emotions	24. Where Emotions Come From 25. Doubtful Device 27. Brain Manages Happiness and Sadness in Different Centers 39. Hotheads and Heart Attacks
Adults	34. New Passages 35. Brain Power	ESP (Extrasensory Perception)	13. Does ESP Exist?
Brain	6. Human Mind 7. Man's World, Woman's World? 8. Research Dispels Myth That Brain in Adults Is Unable to Renew Itself 16. Biologists Find Site of Working Memory 20. Theory on Human Brain Hints How Its Unique Traits Arose 21. Glimpses of the Mind 26. Kernel of Fear 27. Brain Manages Happiness and Sadness in Different Centers 28. Chemistry and Craving 35. Brain Power	Evolution	4. Up from Gorilla Land
Child Abuse	17. Lies of the Mind 31. Child Injury and Abuse-Neglect	Families	17. Lies of the Mind
Children	18. EQ Factor 19. Child's Theory of Mind 31. Child Injury and Abuse-Neglect 32. Why Schools Must Tell Girls: 'You're Smart, You Can Do It' 33. Inside Story	Fear	26. Kernel of Fear
Cognition	19. Child's Theory of Mind	Freud, Sigmund	36. Assault on Freud
Conditioning	14. Measured Learning	Genes/Genetics	4. Up from Gorilla Land 5. How We Become What We Are
Consciousness	1. 'Soul': Modern Psychological Interpretations 9. How the Brain Might Work 21. Glimpses of the Mind 22. What Is 'Consciousness'?	History of Psychology	1. 'Soul': Modern Psychological Interpretations 2. Scientific and Professional Psychology
Crime	42. Seeking the Criminal Element	Hostility	39. Hotheads and Heart Attacks
Depression	46. Defeating Depression	Intelligence	18. EQ Factor 23. Clever Measures
Development	18. EQ Factor 19. Child's Theory of Mind 30. Solace of Patterns	Language	20. Theory on Human Brain Hints How Its Unique Traits Arose
Domestic Violence	47. Patterns of Abuse	Learning	14. Measured Learning
Eating	28. Chemistry and Craving	Marriage	44. Should This Marriage Be Saved?
		Memory	6. Human Mind 15. It's Magical! It's Malleable! It's . . . Memory 16. Biologists Find Site of Working Memory 17. Lies of the Mind
		Mental Disorder	45. Idleness and Lawlessness in the Therapeutic State
		Middle Age	34. New Passages

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Mind	1. 'Soul': Modern Psychological Interpretations	Research	2. Scientific and Professional Psychology 3. Pollsters Enlist Psychologists in Quest for Unbiased Results
Motivation	28. Chemistry and Craving 29. Is There a Science of Success?	Schools	32. Why Schools Must Tell Girls: 'You're Smart, You Can Do It' 33. Inside Story
Nature/Nurture	5. How We Become What We Are	Sensation/ Perception	9. How the Brain Might Work 10. Good Vibrations 11. Powerhouse of Senses, Smell, at Last Gets Its Due
Noise	10. Good Vibrations	Sex Roles	4. Up from Gorilla Land 7. Man's World, Woman's World?
Odor/Olfaction	11. Powerhouse of Senses, Smell, at Last Gets Its Due	Social Processes	40. Charge of the 'Right' Brigade 41. Dynamics of Social Dilemmas
Personality	37. Stability of Personality 38. Piecing Together Personality	Stress	51. Outsmarting Stress
Phantom Limbs	12. Touching the Phantom	Television	43. Media, Violence, Youth, and Society
Polygraph	25. Doubtful Device	Violence	42. Seeking the Criminal Element 43. Media, Violence, Youth, and Society
Prejudice	33. Inside Story	Vision	6. Human Mind 9. How the Brain Might Work
Psychopharmacology	52. One Pill Makes You Larger, and One Pill Makes You Small . . .		
Psychotherapy	49. Oops! A Very Embarrassing Story 50. What You Can Change and What You Cannot Change		

The Science of Psychology

Little did Wilhelm Wundt realize his monumental contribution to science when, in 1879 in Germany, he opened the first psychological laboratory to examine consciousness. Today Wundt would barely recognize the science of psychology as he practiced it.

Contemporary psychology is defined as *the science or study of individual mental activity and behavior*. This definition reflects the two parent disciplines from which psychology emerged: philosophy and biology. Compared to its parents, psychology is very much a new discipline. Some aspects of modern psychology are particularly biological, such as neuroscience, sensation and perception, and behavioral genetics. Other aspects are more philosophical, such as the study of personality.

Today's psychologists work in a variety of settings. Many psychologists are academics, teaching and researching psychology on university campuses. Others work in applied settings such as hospitals, mental health clinics, industry, and schools. Most psychologists also specialize in psychology after some graduate training. Industrial psychologists specialize in human performance in organizational settings, while clinical psychologists are concerned about the assessment, diagnosis, and treatment of individuals with a variety of mental disorders.

There are some psychologists who think that psychology is still in its adolescence and that the field seems to be experiencing some growing pains. Since its establishment, the field has expanded to many different areas. As mentioned above, some areas are very applied. Other areas appear to emphasize theory and research. The growing pains have resulted in some conflict over what the agenda of the first national psychological association, the American Psychological Association, should be. Because academics perceived this association as mainly serving practitioners, the academics established their own competing association, the American Psychological Society. Despite its varied nature and the so-called growing pains, psychology remains a viable and exciting field. The first unit of the book is designed to introduce you to the nature and history of psychology.

In the first article, "The 'Soul': Modern Psychological Interpretations," Morton Hunt traces the concept of soul, or mind, from early philosophers to contemporary psy-

chologists. Hunt also reveals important psychological information about human beings and how we differ from other creatures in terms of our consciousness.

The next article, "Scientific and Professional Psychology," Nathaniel Pallone provides an excellent overview of the discipline, both its scientific aspects and its practice. He also provides some discussion of the problems with the field, such as the split between academics and practitioners and the development of two national parallel organizations.

In our final selection of this unit, a few of the research aspects of psychology are explored. Surveys are one form of data collection utilized by psychologists. By means of surveys, experiments, and other research techniques, psychologists can better understand human behavior. "Pollsters Enlist Psychologists in Quest for Unbiased Results" elaborates about how psychologists share their vast research knowledge to facilitate the design of better surveys.

Looking Ahead: Challenge Questions

Do you think that the emergence of applied areas in psychology (such as clinical psychology) has hurt or advanced scientific psychology? Why?

Which area of psychology do you think is the most valuable and why? About which area of psychology is the public most aware? About which other areas of psychology do you think the public ought to be informed? What trends shaped psychology as we know it today? How might psychology be related to other disciplines on your campus?

Do you think psychologists will ever be able to piece together a single grand theory of human psychology? What are the various definitions of consciousness or the mind that have emerged over the years? How is psychology related to philosophy? Do you think one position is stronger than another? Why?

Why is research important to psychology? What kinds of information can be gleaned from surveys? What types of problems are inherent in poorly designed surveys? How can surveys be improved using psychology?

