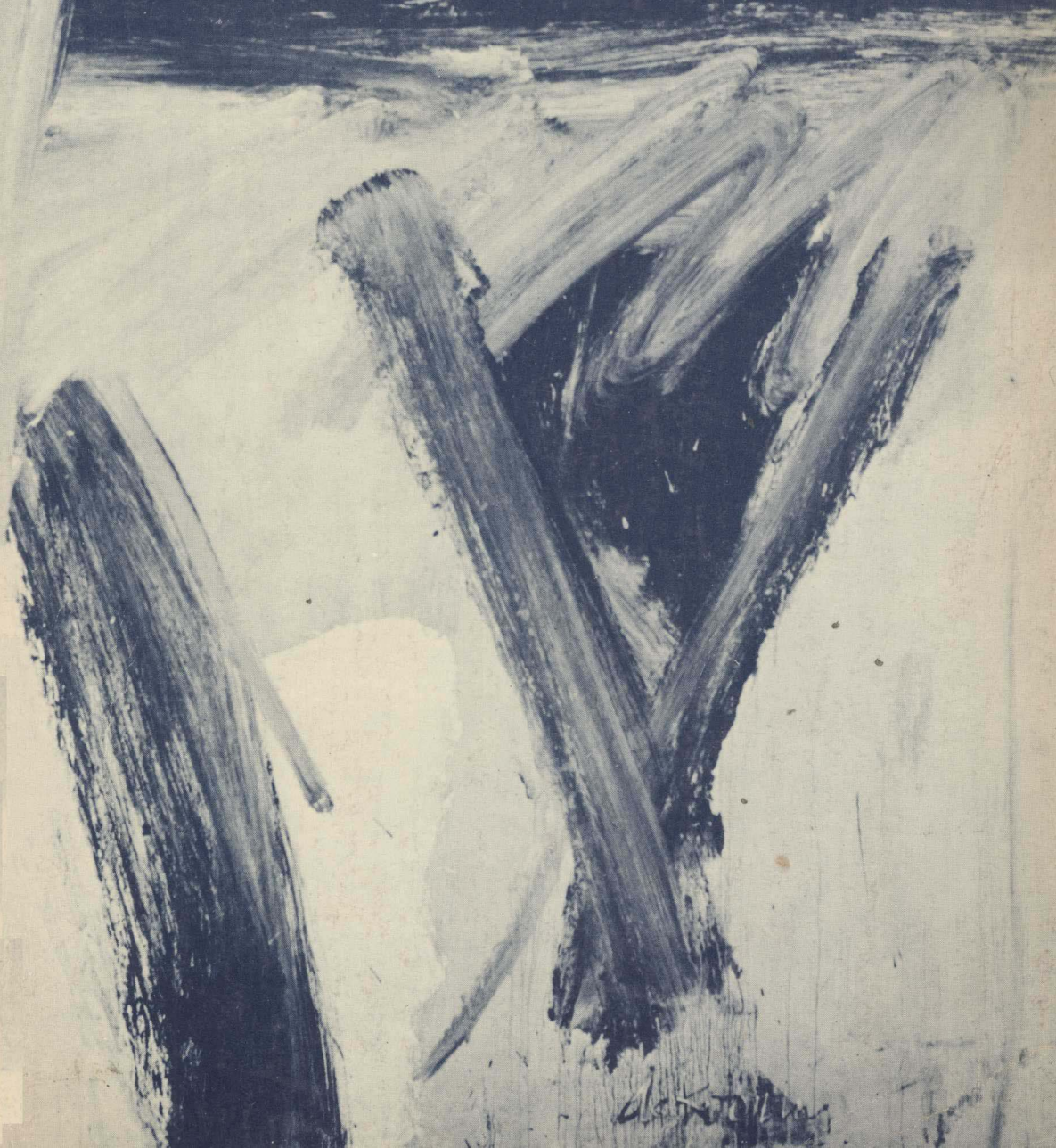


Study Guide and Workbook

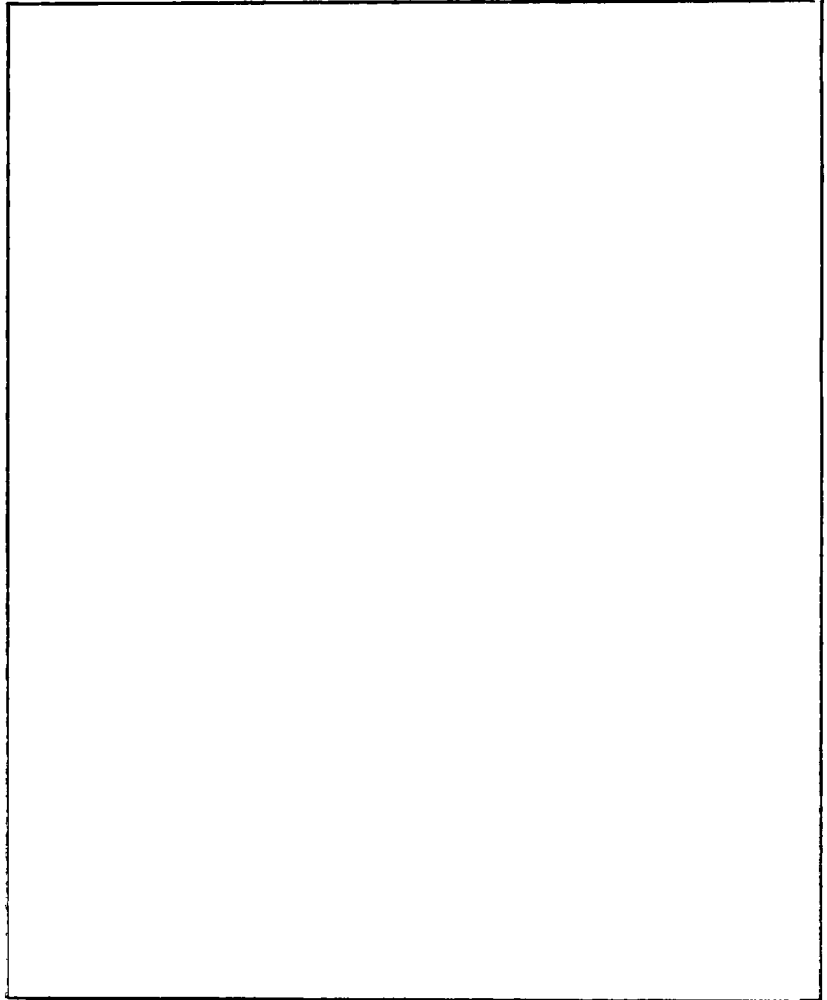
**Robert E.
Silverman**

Psychology

THIRD EDITION



Study Guide and Workbook



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Silverman**

Psychology

THIRD EDITION

PRENTICE-HALL, INC. Englewood Cliffs, N.J.

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Preface

This *Study Guide and Workbook* is designed to accompany the third edition of *Psychology*, by Robert E. Silverman. Its goal, as a supplement to the text, is to help you develop a full understanding of the material—not as individual, unrelated concepts, but as sequential steps that lead toward a comprehensive view of human behavior.

A weekly schedule is provided immediately following this Preface. Proper use of the schedule will enable you to organize your daily activities and thus achieve more efficient learning.

Each chapter in the Study Guide is keyed to a chapter in the text and is divided into five sections. A list of *objectives* and a list of *key words and concepts* summarize what you should get out of each chapter. If you read through these two sections before you read each chapter in the text, you will know what to expect and will be prepared to focus on the major points as you read. After you have read the chapter, go through the objectives and the list of terms again and review any areas that might seem unclear to you. If you are not sure about one or two of the terms, you can also look them up in the glossary at the back of the text.

The next section of the Study Guide is a *programmed review*, consisting of a step-by-step recapitulation of the text chapter, with the key words left out. The answers are given in a column to the right of the questions, so you can find out immediately whether your answer is correct. To get the most out of these programmed reviews, cover up the answers with a strip of paper while you are thinking. You should stop to review the text whenever you have forgotten or misunderstood material. To make it easier for you to find the section of the text that discusses each question, the appropriate page number is given to the left of the question. Once you have completed the programmed review correctly, you will not only have added to your understanding of the material, but you will also have prepared a helpful summary of the text chapter which you can reread in preparation for an exam.

The next section of each chapter is a *self-test*. Many of the questions in this section are very specific. As with the programmed reviews, use a strip of paper to cover up the answers while you are thinking. The results of the self-test will tell you how well you

have studied the text and will indicate areas you need to review on your own or bring up in class. The self-test also includes the page numbers in the text where each question is discussed.

The *application* section that concludes each Study Guide chapter is designed to help you apply your understanding of psychology to issues not directly covered in the text. A series of questions is constructed around additional topics. These questions will help you to test your ability to evaluate what you read and to apply your knowledge of psychology to other material. You should consider these questions as a means to practice for exams or as a chance to record your own thoughts as you begin to learn the basics of psychology.

WEEKLY SCHEDULE

Fill out a week's schedule. Include time for study (by subject), leisure activities, food, and rest. Try this schedule. Revise where it seems unworkable.

	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00
Mon.								
Tues.								
Wed.								
Thurs.								
Fri.								
Sat.								
Sun.								

4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00

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The Science of Psychology

OBJECTIVES

1. To describe the scientific method.
2. To describe the differences between the experimental and the correlational approaches to research and to be able to identify situations in which each method is most appropriate.
3. To describe the function of statistics in psychological research.
4. To describe the major correlational techniques.
5. To define and identify examples of pure research, applied research, and practical applications of psychology.
6. To describe the development of psychology as a science and the interaction of the different views.

KEY TERMS AND CONCEPTS

theory
scientific method
experimental approach
independent variable
dependent variable
experimental group
control group
measures of central tendency
correlation coefficient

scatter diagram
correlational approach
naturalistic observation
psychometric technique
clinical method
pure research
applied research
structuralism
introspection

functionalism
psychoanalytic movement
behaviorism
Gestalt psychology

cognitive psychology
S-R psychology
existential psychology
self-actualization theories

PROGRAMMED REVIEW

- (2) 1. Psychology is the study of human and animal
_____. The systematic observation of behavior [behavior
(is/is not) a recent development. [is
- (2) 2. Psychologists are careful not to draw conclusions solely from
_____ behavior. Rather, they also take [overt or observable
into account _____ behavior, which cannot be [covert
known as readily.

The Language of Psychology

- (3) 3. Each discipline has its own specific terminology. Some of the
language of psychology is borrowed from other disciplines.
When psychologists use statistical terms such as median and
_____, they are borrowing terminology from [mean
mathematics.
- (2) • 4. The purpose of special terminology in each scientific
discipline is to allow its members to accurately and precisely
_____ the phenomena they study and to [describe
_____ efficiently with each other. [communicate

Problem Finding in Psychology

- (3) 5. Sciences tend to progress from _____ to [simple
_____ solutions. Before scientific answers to [complex
questions can be obtained, the questions must be clarified
and made _____. The first step in the chain of [precise
scientific inquiry is the selection of a _____ [problem

- (6) 6. When a scientist has selected a problem and decided on the _____ the problem raises, he then makes systematic _____. These observations are the _____ he uses to answer the questions, and often they raise additional _____.
[questions
[observations
[facts or data
[questions
- (4) 7. There are many ways in which research problems are generated. Some research is suggested by the psychologist's _____ of a problem in his immediate surroundings.
[observations
- (5) 8. Problems also arise from _____ (general principles created to explain observations). On the basis of a theory, the scientist formulates _____ and then makes _____ to test these predictions. Theories (should/should not) be viewed as true or false. A good theory is simply one that is _____ in predicting events.
[theories
[predictions
[observations
[should not
[useful
- (5) 9. One prominent psychologist who argues that it is too early for psychologists to construct theories is _____. According to Skinner, the only motive necessary for following the scientific method is _____. On the other hand, _____ believed that the only useful questions are those that arise from theories.
[Skinner
[curiosity
[Hull

Landmark: Observing External Events

- (4) 10. Pavlov (did/did not) agree with the subjective approaches of the psychology of his time. He urged that the techniques of _____ science be applied to the study of human behavior and that we look to the _____ rather than to some force within the organism as the primary influence on behavior.
[did not
[physical
[environment

The Scientific Method

- (6) 11. Scientists use the _____ to answer questions. New problems and/or questions about old problems often arise from the _____ the scientist makes. [scientific method]
[observations]
- (6) 12. Two basic steps are involved. First, all the variables must be systematically _____. Second, the facts that emerge must be organized and _____. [observed]
[interpreted]
- (6) 13. Systematic observations must be carefully planned and described to prevent _____ on the part of the observer and to ensure _____ of the observing process. [bias]
[repeatability]
- (6) 14. When psychologists observe events without controlling them, they are said to be using a _____ method. If psychologists wish to study the direct relationship between two variables, then the _____ method is preferred. The correlational method (can/cannot) be as systematic a method of observation as the experimental method. [correlational]
[experimental]
[can]
- (6) 15. In an experimental situation, conditions are _____ and the performances of the experimental subjects are compared with those of the _____ subjects. [manipulated]
[control]
- (7) 16. The variables that are manipulated are _____ variables. Observation of the _____ variables reveals the effects of the manipulations. [independent]
[dependent]

- (8) 17. In an experimental situation, the experimenter must always _____ the conditions under which his observations were made. Conditions must be stated explicitly in order for other scientists to be able to _____ the experiment.
- [specify
[repeat
- (9) 18. An effective visual aid for quickly showing the differences between two or more experimental groups or between an experimental group and a control group is the use of _____.
- [graphs
- (10) 19. Statistical procedures are an integral part of the scientific method. In statistical analysis, the average of a group of scores is called the _____. The score midway between the highest and the lowest score is called the _____.
- [mean
[median
- (10) 20. Consider the following distribution of scores; 65, 70, 80, 85, 90. The mean of this group of scores is _____; the median is _____.
- [78
[80
- (11) 21. A psychologist conducting an experiment may wish to compare the difference in scores of an experimental group and a control group on a given test variable. In evaluating the scores of the two groups, he must determine whether any discrepancy he observes is significant. The difference between the mean of the experimental group and that of the control group is considered significant if _____. If it is determined that the difference between the two means could have occurred by chance, then the difference between the groups (is/is not) significant.
- [$p < .05$
[is not

- (11) 22. The concept of statistical significance is used to indicate the _____ that our results are due to chance and not to the experimental conditions. [probability]
- (12) 23. The coefficient of _____ measures the relationship between two variables. Correlation can be plotted visually using a _____ diagram. [correlation]
[scatter]
- (12) 24. Correlations can be positive or negative. They range between _____ and _____. [±1.00; .00]
- (12) 25. A perfect negative correlation is _____. A correlation of +.80 between two variables indicates a (strong/weak) positive relationship. [−1.00]
[strong]
- (11) 26. If most of a group of subjects who scored high on a vocabulary test also scored high on an IQ test, then the relationship between the two tests is _____. [positive]
- (11) 27. In cases in which it is not possible to manipulate a variable, the psychologist uses a _____ method. [correlational]
- (12) 28. Psychometric techniques, naturalistic observation, and clinical methods of observation are all _____ methods of research. [correlational]
- (12) 29. Psychological testing is a _____ technique. Psychological tests are essentially samples of _____. They are used to predict future behavior or to measure _____ in current behavior. [psychometric]
[behavior]
[changes]
- (12) 30. In order to obtain reliable results, the conditions under which a test is administered must be _____; that is, conditions must be met that ensure that the test is always given in the same way and that every score can be fairly _____ with every other score. [standardized]
[compared]

- (13) 31. When a scientist observes animals or people behaving in their usual habitat, he is using a second correlation method, _____ observation. As a rule, the subject (does/does not) perceive the presence of the observer. [naturalistic
[does not
- (13) 32. When ethologists observe instinctive behavior, they are making use of _____ observation. This technique was also used by _____ in his observations of cognitive development in children. [naturalistic
[Piaget
- (15) 33. Freud is often associated with the _____ method of correlational research. Typically, the clinical psychologist _____ the behavior of maladjusted persons in order to identify the causes of their maladjustment. [clinical
[observes
- (15) 34. The type of clinical method practiced by Freud, which usually involves the gathering of information about the significant events in a person's life and background, is called the _____ approach. [case history

Landmark: Piaget, A Natural Observer

- (15) 35. Piaget's theory of _____ development is often criticized because of his extensive use of _____ observation; in fact, much of his work is based on observations of his own children. [cognitive or mental
[naturalistic
- (14) 36. According to Piaget, once the child has developed the concept of _____, he believes an object he has seen or touched previously exists, even if he cannot see or touch it for a brief interval. [object permanence

Landmark: Sigmund Freud and Clinical Observation

- (16) 37. Unlike the majority of researchers of his time, Freud felt the study of the _____ was a valid route to general knowledge of human behavior. [individual

- (15) 38. In the case of Anna O., Freud and Breuer used _____ to rid her of her neurotic symptoms. In doing so, Freud accidentally discovered the cathartic effect of _____ and _____ a painful experience. From this initial discovery, he formulated a theory of _____ that was to have a profound influence on all future students of psychopathology.
- [hypnotic suggestion]
[talking out
[reliving
[catharsis

Dimensions of Psychology

- (17) 39. The science of psychology can be described structurally in terms of three dimensions: the aims and _____ of psychologists, the settings in which they work, and the kinds of _____ they study.
- [methods
[subject matter
- (17) 40. The dimension of subject matter may be described in terms of 14 different areas: (1) The study of _____ includes maturation and heredity. (2) The study of the role of the _____ includes research into vision and hearing. (3) The study of the _____ system and the body's motor functions includes the study of the brain and the smooth muscles. Other subject areas of interest to psychologists are (4) _____, the process by which we interpret the world around us; (5) _____, the process by which we adapt to our environment; (6) _____, the process of awareness; (7) _____, the drives that impel us to act, and (8) _____, the visceral responses that influence our behavior. Psychology also embraces the study of (9) the higher processes of language, thinking, and _____; (10) _____, or general verbal and motor ability; (11) _____, the specific qualities or traits that make each individual different; (12) the ways in which the individual adjusts to the demands of the _____; (13) _____ or maladaptive patterns of behavior; and (14) the ways we act in groups, or our _____.
- [development
[sense organs
[nervous
[perception
[learning
[consciousness
[motivation
[emotion
[problem solving
[intelligence
[personality
[environment; behavior
pathology
[social behavior

- (17) 41. The aims and methods of psychologists lie in three areas:
 basic or _____ research, _____ [pure; applied]
 research, and practical _____. [application]
- (19) 42. The third dimension of psychology – the settings in which
 psychologists work – can be described in terms of six general
 types of work situations: (1) laboratories, usually in univer-
 sities and colleges; (2) _____ settings, such as [clinical]
 hospitals; (3) _____, where problems of learning [schools]
 and testing are studied; (4) _____ practice, [private]
 where patients are seen on a fee basis; (5) industrial settings,
 where _____ engineering is practiced; and [human]
 (6) _____ settings that involve local problems of [community]
 mental health and urban planning.

The Relation of Psychology to Other Sciences

- (19) 43. There are many areas within psychology that are closely
 related to other scientific disciplines. The area of psychology
 that is most closely related to the biological sciences is
 _____ psychology. [physiological]
- (19) 44. Since behavior is often related to biological makeup,
 _____ predispositions, and conditions [hereditary]
 of the body at the time, no student of behavior can ignore
 the _____ of the organism. [biology]
- (19) 45. For information about cultural variables, social psychology
 draws heavily on the science of _____; [anthropology]
 for information about the structure and interaction of groups,
 on _____. [sociology]

Historical Origins of Psychology

- (20) 46. The school of psychology that took self-observation, or
 _____, as its basic method was called [introspection]
 _____. The founder of this school, [structuralism]
 _____, set up the first psychological laboratory. [Wundt]
 The structuralist school was established in America by
 _____. [Titchener]