

STUDY GUIDE
For
PSYCHOLOGY

HARLOW

McGAUGH

THOMPSON

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**STUDY GUIDE
FOR
PSYCHOLOGY**

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TO THE STUDENT

This Study Guide is designed to be used with *Psychology*, by Harlow, McGaugh and Thompson. The primary purpose of the Study Guide is to aid the student in grasping and retaining the basic subject matter contained in the textbook. Second, the Study Guide will prove useful in preparing the student for examinations and in providing the student with a comprehensive method of reviewing past material. The Study Guide contains 16 chapters, each chapter corresponding in number and content to the same numbered chapter in the textbook. Thus, the student should first read the assigned chapter in the textbook and then use the Study Guide as a tool for understanding and retaining the textbook material. Each Study Guide chapter contains six basic sections, which appear below in the order that they appear in the Study Guide. Brief explanations of their purpose and ways in which they should be used are given.

INTRODUCTION

This section provides a brief orientation to the subject matter discussed in the corresponding chapter of the textbook. The purpose of this brief section is simply to provide the student with a broad frame of reference in viewing the material presented in the text. The significance of the area of investigation treated in the corresponding textbook chapter is often cited.

COMPREHENSIVE REVIEW

This material represents a comprehensive review of the material contained in the textbook chapter and provides the student with the opportunity to assimilate information while testing his ability to recall important material contained in the textbook chapter. The questions are written so that the answers, which are to be filled in as each question is read, can be recalled easily having once read the textbook chapter. This is not a programmed review which can be used independently of the textbook, but is a review which is designed to provide information for the student rather than extracting it. The answer to each question is provided in the outside column of the page opposite the appropriate blank. The student should cover these answers with a sheet of paper until he has attempted to recall the correct answer. The paper should then be moved enough to read the correct answer so that an incorrect response is corrected immediately. Since the questions are in the same order of presentation as the corresponding material in the textbook, the student will be able to determine if his grasp of the textbook material was sufficient and to easily review the appropriate material if he feels it necessary. If he only misses a few specific questions, the correct answers provided in the outside column of the page will provide him with a rapid and effective method of correcting inappropriate answers and learning the correct ones. Thus, the comprehensive review provides the student with a useful detailed review of the textbook material, a means of rapidly correcting misinterpretations of the text, and a test of the student's comprehension of the textbook material with immediate knowledge of results.

MULTIPLE CHOICE COMPREHENSION

This section of the Study Guide provides the student with the opportunity to test his comprehension of the textbook material in a way which is commonly used as a method of testing in the classroom. Again, in this section, immediate knowledge of results is provided by placing the correct answer in the outside column of the page next to each question. The student should cover these answers until he has attempted to answer the question and then reveal the correct answer, noting any discrepancies and rereading the textbook or the comprehensive review section if a broad area of subject matter is not well understood. Easy access to the appropriate textbook material is again provided since the questions follow the order of subject matter contained in the corresponding chapter of the textbook and the comprehensive review section.

TRUE OR FALSE

This section represents another commonly used form of testing the student's comprehension of the textbook material and is provided to aid the student in preparing for this type of examination and is another means of testing his comprehension of various points contained in the text. It also provides a review of many specific points treated earlier in the workbook in a different form which should aid the student's retention of the material. The correct answers are again provided in the outside column of the page so that immediate knowledge of results is given as well as immediate correction of inappropriate answers.

IDENTIFY OR DEFINE

Contained in this section are key terms, concepts or ideas which the student should identify or define in several sentences or less. It is important that the student identify or define these terms as they relate to the material treated in the textbook. Thus, a dictionary definition is not necessarily appropriate. The student should try to relate each term to its context in the textbook and its meaning in relation to the subject matter of the corresponding textbook chapter. Next to each term is the page number from the text on which the appropriate discussion of that term begins. If the student is unsure of a particular term, he should turn immediately to the page of the textbook given in parentheses and review the material.

ESSAY QUESTIONS

This final section of each chapter in the Study Guide provides a means for the student to organize the material presented in the textbook into well-integrated and somewhat broad areas of subject matter. The importance of this means of studying cannot be overemphasized. The student must deal not with isolated facts but rather with the relations of specific facts to a more general area of investigation. The material learned from the textbook and from previous sections of the Study Guide will be best remembered and understood if the student can integrate and organize it into a broader and more significant form. The appropriate answers to the questions contained in this section are intended to perform this important function.

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STUDY GUIDE
FOR

PSYCHOLOGY

CHAPTER ONE

INTRODUCTION

INTRODUCTION

Psychology is commonly defined as the study of the behavior of organisms. The areas of investigation and the methods of research available to psychologists are manifold. The ultimate problem of understanding normal human behavior is being approached from all sides and the opportunities available to the professional psychologist are as varied as the subject matter that comprises the study of behavior.

COMPREHENSIVE REVIEW

1. Psychology, by way of a long and changing history, has come to be commonly defined as the study of _____. *behavior*
2. In order to obtain data under controlled situations, Psychology has traditionally involved the use of _____ as research subjects, but not in all cases. *nonhuman animals*
3. The conquest of many human _____ attests to the fact that there are advantages in studying simpler nonhuman forms. *diseases*
4. In behavioral research, a primary advantage to the use of non-human animals is behavioral _____. *simplicity*
5. In some animals, a single _____ may be sufficiently dominant to override the influences of others. *variable*
6. One simple form of behavior is called a _____. *tropism*
7. An animal that orients and moves toward light is characterized by a _____. *heliotropism*
8. A similar type of response to gravity is referred to as a _____. *geotropism*
9. Fetal rats, prematurely delivered at 14 days, for example, are _____ geotropic. *negatively*
10. A second reason for using nonhuman animals lies in the degree of _____ that can be exerted over their daily or life-long schedules of living. *control*

<i>detrimental</i>	11. Another reason for using nonhuman animals is that in some instances the research may be _____ .
<i>brain</i>	12. Important psychophysiological studies often involve removal of various portions of the _____ , procedures not undertaken on humans solely for research purposes.
<i>maturity</i>	13. A final reason for using animals but not humans is that most species attain early _____ , enabling fairly rapid accumulation of data.
<i>planning</i>	14. An important aspect of psychological research involves careful and methodical _____ of research operations.
<i>desensitization</i>	15. Through careful and methodical planning, the method of systematic _____ .
<i>progressive relaxation</i>	16. Based upon a technique called _____ , desensitization was developed according to the theoretical assumption that emotional behavior is identical with the _____ .
<i>neurosis</i>	
<i>anxiety</i>	17. Thus, desensitization seeks to overcome _____ , thus eliminating the emotional behavior entirely and therefore the neurosis.
<i>visceral</i>	18. Another series of studies demonstrated that the behavior of _____ organs could be modified by instrumental learning.
<i>autonomic</i>	19. Such responses are controlled by the _____ nervous system.
<i>skeletal</i>	20. Prior to the work of Miller and others, it was assumed that instrumental learning could only affect responses of _____ muscles.
<i>curare</i>	21. The original experiments demonstrating that visceral responses could be modified by instrumental conditioning procedures involved paralysis of all skeletal muscles by _____ .
<i>control</i>	22. It may be that in the future, dangerous physiological defects might be corrected through the use of visceral _____ .
<i>observe</i>	23. All of science relies upon and is developed by the ability of men to carefully _____ .
<i>naturalistic</i>	24. A preliminary technique used in all science is called the _____ or observational method.
<i>environmental</i>	25. This method is defined not by the observing per se, but by the fact that the experimenter makes no _____ manipulations while observing and recording data.

26. One branch of science that uses the observational method almost exclusively is _____ . *Astronomy*
27. A common use of the naturalistic method in behavioral research is in _____ studies where animals are observed in their natural settings. *field*
28. A method distinct from the observational method in which observations are not specifically related to environmental factors, is the method of _____ keeping. *record*
29. For example, a _____ is illustrative of the record construction method. *biography*
30. The _____ method involves keeping records on the individual as he changes across time on some dimension or group of dimensions. *clinical*
31. In the _____ method, the experimenter exerts considerable control since he actually designs a situation in order to assess particular characteristics of an individual or group. *assessment*
32. An example of the assessment method is the political opinion _____ . *poll*
33. Another example of this technique is represented by _____ . *psychological testing*
34. Ultimately, all sciences are designed to establish _____ relationships, since such relationships provide the basis for laws and theories. *causal*
35. The method used generally is called the _____ method, in which a particular _____ is usually systematically varied. *experimental variable*
36. The experiment of Galileo, who dropped a 5 pound and a 10 pound ball from the leaning tower of Pisa, could be considered as an illustration of the experimental method since _____ of the balls was systematically varied. *weight*
37. In all methods, however, data are obtained from _____ . *observation*
38. It is systematic _____ under controlled conditions that distinguishes the experimental method from other methods. *variation*
39. In almost all cases the _____ variable is a response variable such as a motor, verbal, or physiological response. *dependent*
40. It is usually the case, however, that psychologists do not measure the actual response in question, but rather what the response _____ . *achieves*

independent

41. The _____ variables are usually stimulus variables or time variables which are systematically varied.

age, type

42. Thus, in the famous monkey and mother surrogate experiments, the dependent variable was the hugging and clinging responses, and the two independent variables were _____ and _____ of mother, wire or cloth.

wire

43. As was dramatically shown by these experiments, _____ was an unsuitable mother.

abnormal

44. In psychology, there is both an interest and necessity for the analysis of _____ as well as normal behavior.

abnormal

45. The term _____ is relative and has meaning only in relation to what we generally accept as normal.

statistical

46. Abnormality must be viewed in terms of a _____ definition.

continuous

47. Although there is a seemingly qualitative difference between normal and abnormal behavior, we generally conceptualize the normality-abnormality dimension as being _____.

MULTIPLE CHOICE COMPREHENSION

1. Psychology is most commonly defined as the scientific study of:

- a. science
- b. mind
- c. neurosis
- d. abnormal behavior
- e. behavior

(e)

of life and typically displays the condition known as:

- a. manic-depressive psychosis
- b. insanity
- c. anxiety
- d. psychosis
- e. normality

(c)

2. Prior to Freud, even thousands of years of human thought had failed to consider any role played by the following in behavior:

- a. the conscious mind
- b. language
- c. sexual desires
- d. defense mechanisms
- e. fear

(d)

5. Behavior which is regarded as abnormal is generally continued because it is usually successful in momentarily:

- a. reducing anxiety
- b. creating havoc
- c. reducing neurosis
- d. increasing anxiety
- e. creating punishment

(a)

3. The term abnormality is relative and must be viewed in terms of a(n):

- a. unreliable definition
- b. statistical definition
- c. abstract definition
- d. catastrophic break with reality
- e. absolute definition

(b)

6. In order to obtain data under controlled conditions, Psychologists often use the following in their research:

- a. anatomical models
- b. animal subjects
- c. human brains
- d. simple humans
- e. none of the above

(b)

4. Generally, an individual displaying abnormal behavior cannot cope with the stresses

7. The reason for using nonhuman animals in psychological research is the following:

- a. behavioral simplicity
 - b. degree of control over subject
 - c. experimentation may be detrimental
 - d. they have a short life span
 - e. all of the above (e)
8. The following type of behavior represents a simple movement toward a source of light:
 - a. negative geotropism
 - b. positive heliotropism
 - c. negative heliotropism
 - d. positive geotropism
 - e. tropism (b)
9. Theoretically, if there were techniques to unravel the complexity of factors influencing behavior, all our behavior could be expressed in terms of:
 - a. a single variable
 - b. stimuli
 - c. mathematical equations
 - d. climbing angles
 - e. tropisms (c)
10. In the famous study of weight loss in conscientious objectors during World War II, the prominent finding was a disruption of the subjects':
 - a. learning ability
 - b. speech
 - c. sleep
 - d. personality
 - e. sex interests (e)
11. A particularly difficult and unpopular technique for human research that is used routinely on animals is:
 - a. selective breeding
 - b. questionnaires
 - c. observational method
 - d. experimental method
 - e. report keeping (a)
12. The technique for muscle relaxation developed by Jacobson led to the behavior therapy technique of Wolpe called:
 - a. progressive diminution
 - b. systematic imagination
 - c. group therapy
 - d. systematic desensitization
 - e. systematic denervation (d)
13. Systematic desensitization proved to be particularly successful as a technique for reducing:
 - a. anxiety
 - b. hysteria
 - c. insanity
 - d. sexual desires
 - e. manic-depressive psychosis (a)
14. The work of Neal Miller and associates demonstrated that such physiological responses as heart rate, blood pressure, sweating etc., could be modified by:
 - a. classical conditioning
 - b. involuntary control
 - c. learning
 - d. instrumental conditioning
 - e. stimulus presentation (d)
15. It had been formerly believed that only the following types of responses could be modified by instrumental conditioning:
 - a. autonomic nervous system
 - b. physiological responses
 - c. skeletal muscle
 - d. smooth muscle
 - e. brain waves (c)
16. Since skeletal responses can modify responses of the autonomic nervous system, Miller used the following procedure to control for the effects of skeletal muscle responses:
 - a. paralyzed the subjects
 - b. removed all skeletal muscles from the subject
 - c. injected the subject with adrenalin
 - d. restrained the subject
 - e. used humans instead of rats (a)
17. The following scientific method is typified by observations of organisms in their natural settings, called the field study:
 - a. naturalistic method
 - b. record keeping
 - c. experimental method
 - d. clinical method
 - e. assessment method (a)
18. Systematic variation under controlled conditions characterizes the following scientific method:
 - a. observation

- b. assessment procedure
- c. clinical method
- d. experimental method
- e. naturalistic method (d)
- d. independent variables
- e. noncontingent variables (d)

19. In psychological experimentation, the stimulus and time variables are usually:
- a. related variables
 - b. causal variables
 - c. dependent variables

20. The following would generally be a dependent variable in psychological research:
- a. time of day
 - b. number of trials
 - c. responses
 - d. color of light
 - e. type of environmental stimulation (c)

TRUE OR FALSE

- false* 1. Psychology has been defined historically as the study of behavior in humans.
- true* 2. Much of our present knowledge of human behavior has come from the investigation of abnormal behavior.
- true* 3. Abnormality must be viewed as relative in relation to cultural norms.
- true* 4. The normality-abnormality dimension may be viewed as being continuous.
- true* 5. There is never a single cause of any important human act.
- false* 6. Behavioral simplicity is one reason for using human subjects in psychological research.
- false* 7. Fetal rats, delivered prematurely at 14 days, are negatively helio-tropic.
- true* 8. Much of the important information gained on brain function in humans results from studying individuals with accidental brain damage.
- false* 9. Nonhuman animal subjects are useful in psychological research because they have such extended generation spans.
- false* 10. Research is usually incomprehensible to all but those specifically trained in the sciences.
- false* 11. Systematic desensitization is useful in the cure of schizophrenia.
- true* 12. Visceral responses can be conditioned through the use of instrumental conditioning procedures.
- false* 13. Skeletal muscles do not affect heart rate.
- false* 14. Psychological testing is an example of the report keeping method of research.

15. Galileo's test of the rate of fall of two different weights is an example of the experimental method. *true*
16. Lorenz coined the term "imprinting." *true*
17. Systematic variation under controlled conditions distinguishes the experimental method from other methods in scientific research. *true*
18. If monkeys are fed by a wire surrogate mother, they will spend more time clinging to it than to a cloth surrogate mother. *false*
19. Time generally represents a dependent variable in psychological experiments. *false*
20. An individual with an interest in psychology must be primarily interested in clinical practice. *false*

IDENTIFY OR DEFINE

Psychology (2)

Abnormality (14)

Anxiety (15)

Lopped-legged grasshopper (6)

Progressive relaxation (7)

Systematic desensitization (7)

Instrumental conditioning of visceral responses (8)

Imprinting (13)

Independent variable (13)

Dependent variable (13)