Contents

Preface V

Part



Psychology as a Scientific and Human Endeavor

1 Nature of Psychology 2

Scope of Psychology 4
Perspectives in Psychology 6
Methods of Psychology 13
Critical Discussion: Ethical Issues in
Psychological Research 20
Fields of Psychology 22
Overview of the Book 27

Part | II

Biological and Developmental Processes

2 Biological Basis of Psychology 34

Components of the Nervous System 35

Structure of the Brain 42

Critical Discussion: Pictures of the Living Brain 4

Cerebral Hemisphere 48

Asymmetries in the Brain 52

Critical Discussion: Language and the Brain 56

Autonomic Nervous System 58

Endocrine System 60

Genetic Influences on Behavior 62

3 Psychological Development 70

Basic Questions About Development 71 Capacities of the Newborn 76 Critical Discussion: Can Newborns Imitate? 78
Cognitive Development in Childhood 83

Social Development in Childhood 97

Critical Discussion: Can Sex Education Prevent Childhood Sexism? 108

Adolescent Development 111

Critical Discussion: Teenage Pregnancy and Contraceptive Use 116

Development as a Lifelong Process 116

Part III Consciousness and Perception

4 Sensory Processes 126

Common Properties of Sensory Modalities 127

Critical Discussion: Decision Processes in Detection 132

Visual Sense 134

Auditory Sense 145

Critical Discussion: Artificial Ears and Eyes 152

Other Senses 151

5 Perception 164

Functions of Perception 165

Localization 166

Recognition 173

Critical Discussion: Breakdown of Recognition 186

Perceptual Constancies 187

Perceptual Development 111

6 Consciousness and its Altered States 202

Aspects of Consciousness 203

Divided Consciousness 207

Sleep and Dreams 210

Critical Discussion: Theories of Dream Sleep 218

Psychoactive Drugs 219

Critical Discussion: Drug Dependence 232

Part IV

Learning, Remembering, and Thinking

7 Learning and Conditioning 252

Perspectives on Learning 253

Classical Conditioning 254

Critical Discussion: Neural Basis of Elementary Learning 264

Operant Conditioning 264

Critical Discussion: Economics of Reward 276

Complex Learning 278

8 Memory 288

Distinctions About Memory 289

Short-Term Memory 291

Long-Term Memory 298

Critical Discussion: Connectionist Models of Memory 304

Implicit Memory 311

Gritical Discussion: Childhood Amnesia 312

Improving Memory 317

Constructive Memory 322

9 Thought and Language 334

Concepts and Categories 335

Critical Discussion: Linguistic Relativity Hypothesis 338

Reasoning 343

Language and Communication 348

Development of Language 354

Gritical Discussion: Brain Localization 356

Imaginal Thought 363

Thought in Action: Problem Solving 365



10 Basic Motives 372

Survival Motives and Homeostasis 373

Hunger 377

Obesity and Anorexia 382

Adult Sexuality 393

Early Sexual Development 404

Maternal Behavior 407

Critical Discussion: Instincts and Maternal-Infant Behavior 408

Curiosity Motives 410

Common Principles for Different Motives 413

11 Emotion 416

Components of an Emotion 417

Arousal and Emotion 418

Critical Discussion: Using Arousal to Detect Lies 420

Cognition and Emotion 424

Expression and Emotion 429

General Reactions to Being in an Emotional State 435

Aggression as an Emotional Reaction 437

Part VI Personality and Individuality

12 Assessment of Mental Abilities 450

Ability Tests 451
Characteristics of a Good Test 455
Test of Intellectual Ability 457
Critical Discussion: Coaching and Test Sophistication 466
Predictive Validity 466
Critical Discussion: Sext Differences in Specific Abilities 47
Nature of Intelligence 470
Critical Discussion: Multiple Intelligences 476

Genetic and Environmental Influences 478

Critical Discussion: Race and Intelligence 484

Ability Tests in Parstruction 482

Ability Tests in Perspective 482

13 Personality Through the Life Course 488

Childhood: Shaping of Personality 489

Critical Discussion: Minnesota Study of Twins Reared Apart 492

Critical Discussion: The Debate over Maternal Employment and Daycare 498

Adolescence: Constructing an Identity 508

Adulthood: Continuity of Personality 511

Critical Discussion: Studying Personality the Long Way 512

14 Personality Theory and Assessment 524

Trait Approach 525

Psychoanalytic Approach 533

Social-Learning Approach 540

Phenonomenological Approach 544

Personality Assessment 551

Critical Discussion: Testimonial Validity and Other Nonsense 554

Consistency Paradox 564

Critical Discussion: Are Our Intuitions about Consistency Wrong? 566

Part VII

Stress, Psychopathology, and Psychotherapy

15 Stress and Coping 576

Characteristics of Stressful Events 578

Critical Discussion: Sexual Abuse as a Major Stressor 582

Psychological Reactions to Stress 583

Physiological Reactions to Stress 587

How Stress Affects Health 591

Appraisals and Personality Styles as Mediators of Stress Responses 596 Coping Skills 602

Managing Stress 610

Critical Discussion: Can Psychological Interventions Affect the Course of Cancer? 612

16 Abnormal Psychology 616

Abnormal Behavior 617 Anxiety Disorders 624 Mood Disorders 635

Critical Discussion: Depression and Suicide 638
Critical Discussion: Illusion and Well-Being 644

Personality Disorders 658

Critical Discussion: Insanity as a Legal Defense 662

17 Methods of Therapy 666

Historical Backgrounds 667
Techniques of Psychotherapy 673
Effectiveness of Psychotherapy 693
Critical Discussion: The Placebo Response 698
Biological Therapies 698
Enhancing Mental Health 703

Part VIII Social Behavior

18 Social Beliefs and Attitudes 712

Intuitive Science of Social Beliefs 713

Critical Discussion: Information Processing Biases:
Cognitive or Motivational? 726

Attitudes 725

Interpersonal Attraction 737

Critical Discussion: Passion through Misattribution 742

19 Social Interaction and Influence 730

Presence of Others 731

Critical Discussion: Social Impact Theory 740

Interpersonal Influence 740

Critical Discussion: Ethical Issues in Milgram's

Obedience Experiments 746

Group Decision Making 757

APPENDIX I

How to Read a Textbook: The PQRST Method A-1

APPENDIX II

Brief History of Psychology A-5

Roots of Contemporary Psychology A-5 Schools of Psychology A-7 Recent Developments A-11

APPENDIX III

Statistical Methods and Measurements A-15

Descriptive Statistics A-15
Statistical Inference A-19
Coefficient of Correlation A-24
Glossary A-29

Copyrights and Acknowledgements and Illustration Credits A-61
References A-67
Index A-111