Psychology in communication week 3

Do you remember your first time presenting in front of the class or talking to some stranger? Did you feel nervous and stutter what you try to talk? I certainly did and it was a phenomenon that happens every time I feel anxious and having a lot on my mind, so, why does that happen?

In the class today, we learn about the part of the brain that is responsible for sending out signal to multiple organ and muscle in our body to produce a sound of the word, it is call, Broca’s area in the brain. Some studies says that stuttering occur from the lower regional cerebral blood flow (rCBF) resting in the Broca’s area. Other say that stuttering is caused by the motor-circuit getting disrupted or is overloaded, however, it doesn’t seem to be an absolute reason on what cause stuttering.

If there’s no proper explanation on what cause stuttering, does that means it’s incurable? The answer is no, stuttering is usually found in children between 2 and 5, if it continue passed the age, there’s no complete cure for stuttering but that doesn’t mean it’s never going to get better. There are study claiming that slowing breathing and organizing your thought, thus slowing yourself down does reduce stuttering, it prevent the motor circuit from being overloaded with words and it Improved respiratory–phonatory coordination while reducing muscle tension.

Reference

 Ingham, R. J., Fox, P. T., Ingham, J. C., Zamarripa, F., Martin, C., Jerabek, P., & Cotton, J. (1996). *Functional‑lesion investigation of developmental stuttering with positron emission tomography*  
 [https://doi.org/10.1044/jshr.3906.1208](https://pubmed.ncbi.nlm.nih.gov/8959606/)[PubMed](https://pubmed.ncbi.nlm.nih.gov/8959606/)

 Sherred, L. (2023, September 18). *Can stress and anxiety cause stuttering—or make it worse?* <https://www.expressable.com/learning-center/stuttering/can-stress-and-anxiety-cause-stuttering-or-make-it-worse>[Expressable](https://www.expressable.com/learning-center/stuttering/can-stress-and-anxiety-cause-stuttering-or-make-it-worse)

 Desai, J., Huo, Y., Wang, Z., Bansal, R., Williams, S. C., Lythgoe, D., … & Peterson, B. S. (2017). Reduced perfusion in Broca’s area in developmental stuttering. Human Brain Mapping, 38(4), 1865–1874. https://doi.org/10.1002/hbm.23487 [PubMed](https://pubmed.ncbi.nlm.nih.gov/28035724/?utm_source=chatgpt.com)

 Geller, A. (2024, January 26). Can anxiety cause stuttering? The link between stress & speech. [Connected Speech Pathology](https://connectedspeechpathology.com/blog/can-anxiety-cause-stuttering-the-link-between-stress-and-speech)[Connected Speech Pathology](https://connectedspeechpathology.com/blog/can-anxiety-cause-stuttering-the-link-between-stress-and-speech?utm_source=chatgpt.com)

 Büchel, C., & Sommer, M. (2004). What causes stuttering? PLoS Biology, 2(2), E46. <https://doi.org/10.1371/journal.pbio.0020046> [PubMed](https://pubmed.ncbi.nlm.nih.gov/14966540/)

 Büchel, C., & Sommer, M. (2004). What causes stuttering?  
 <https://journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.0020046> [PLOS](https://journals.plos.org/plosbiology/article?id=10.1371%2Fjournal.pbio.0020046)

 Peekaboo Kidz. (2021, May 5). What causes stuttering? <https://www.youtube.com/watch?v=juMxqemIlpU>

Psychology week 4

Altough I am faimiliar with the term NLP ( Natural Language Processing ), I have never understand what the term truly meant or why is it called that way but from the class and the book, I finally realise the meaning behind it.

Language is an interesting topic that is always on my mind since it always intrigued me how we can complehend the language that we know while other language just sound like bird chipping, cat meowing or dog barking. When thinking about other languages, I always think about how the langugage could originated from, how do people in the past communicate before the language was adopted, how does someone just randomly make a word and give it a meaning til the point of today where we are communicating. In the chapter of “Ape that Speak”, there was a part where the languague have a rule that no one follow it anyway and it probably is the same where new slang are being create every year, a person from decades ago wouldn’t be able to complehend the language of today with those terms.

Going back to the same topics of NLP, I finally understand that although people can express their intent throught various way but the only common language that can describe every action is the Natural Langugage that we are using so the field of NLP would be trying to make computer communicated to us the same way that we are communicating and it makes so much sense when I put it that way.