

Quiz 1 Introduction - What is Psychology?

Question 1

In the psychological thriller film, *The Joker* (2019), Arthur Fleck is discriminated against and disregarded by society. His history of abuse eventually causes him to become a nihilistic criminal with a clown motif and he turns into The Joker, despite being a good person for the most part of his life. Which aspect of psychology best explains the contention that Arthur Fleck was inherently a good person but became The Joker largely because of the failures of the society?

- ☒ Humanistic psychology
- ☐ Behaviorism
- ☐ Functionalism
- ☐ Structuralism
- ☐ Gestalt psychology

The aspect of psychology that best explains the contention that Arthur Fleck was inherently a good person but became The Joker largely because of the failures of society is Humanistic psychology.

Humanistic psychology is an approach that posits that people are inherently good and motivated to learn and improve. As given from the clues in the question, Arthur Fleck was actually a "good person for the most part of his life" (he was a standup comedian that took care of his mother and he didn't have any ill intentions towards anyone). Humanistic psychology in this case helps to provide a perspective that is different from the cliché perspective of "Oh he murdered someone so he MUST be a bad person". Context matters and it is always difficult to justify murder and humanistic psychology does not aim to do that but just serves as a way to provide an alternative perspective to understanding the minds of the kinds of Arthur Fleck.

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Question 2

Which of the following methods are still being used in psychological research to this day?

- A. Introspection
- B. Self-report
- C. Brain Imaging
- D. b) and c) only
- E. All of the above

- ☐ a) Introspection
- ☐ b) Self-report
- ☐ c) Brain Imaging
- ☐ d) Self-report and Brain Imaging only
- ☒ e) All of the above

- **Introspection** is still used in therapy and counselling. It is also a little bit of a trick question as most surveys that attempt to infer an individual's perceptions or judgments of various topics does involve a degree of introspection as well, when you break it down into its finer points.
- **Self-report** methods, such as surveys and questionnaires, are widely used to gather data about individuals' thoughts, feelings, and behaviours.
- **Brain imaging** techniques, such as fMRI and PET scans, are extensively used in contemporary psychological research to study brain activity and its relation to behaviour and mental processes.

Question 3

Which of the following best defines psychology?

- ☒ The scientific study of behaviour and mental processes
- ☐ The study of the brain's structure and function
- ☐ The examination of philosophical questions about the mind
- ☐ The study of the brain's structure and function
- ☐ None of the above

Psychology is the scientific study of behaviour and mental processes. While options (study of brain's structure and function) and (genes influencing behaviour) relate to aspects of psychology, they do not encompass the entire field. Option (philosophical inquiry) is too broad and does not specifically address the scientific nature of psychology.

Question 4

What role does data play in the verification and falsification of a theory?

- ☒ Data cannot verify theories but can falsify theories.
- ☐ ~~Data can verify theories but cannot falsify theories.~~
- ☐ ~~Data can verify and falsify theories.~~
- ☐ ~~Data cannot verify and falsify theories.~~

Contrary data can prove a theory is false but supporting data cannot prove a theory is true.

Question 5

Hot is to cold as _____ is to _____. Which of the following pairs best fits this analogy.

- ☒ Behaviorism; Humanistic
- ☐ ~~Structuralism; Functionalism~~
- ☐ ~~Gestalt; Structuralism~~
- ☐ ~~Functionalism; Humanistic~~

Behaviorism emphasises the role of environment and experiences in shaping behaviour, and suggests that an individual's behaviour and abilities can be predetermined and moulded by their environment and experiences. On the other hand, Humanistic psychology emphasises the unique qualities of the individual, such as self-awareness and personal growth. It argues that each person has unique needs and potentials, and that the role of the environment should be to support and facilitate these needs and potentials. Humanistic perspective also promotes the idea of free will, self-actualization and personal responsibility which goes against the idea that an individual's behaviour and abilities can be predetermined and moulded by their environment and experiences. As such, the two are opposing views in this regard.

Question 6

Please read the following options.

1. Having a nightmare
2. Why are people religious?
3. When does someone become angry?

Which of the options above cannot be explained by a functionalist?

- ☐ ~~1 only~~
- ☐ ~~2 only~~
- ☐ ~~1 and 2 only~~
- ☐ ~~2 and 3 only~~
- ☒ All of the options can be explained by a functionalist.

All of the options can be explained by a functionalist. A functionalist might study the adaptive value of having a nightmare (e.g., as a way of processing intense emotion or challenging events), becoming religious (e.g., religion can be a source of morality that in turn helps maintain order in society by influencing our idea of what is right and what is wrong), and becoming angry (e.g., as a way of motivating individuals to respond to perceived threats or to defend their interests).

Question 7

Jack noticed his baby cousin, Sammy, appeared to understand what the nodding and shaking of a person's head meant and was using it to indicate his preferences for food. He concluded that Sammy must've learnt the meaning of the head gesture by people's reaction to Sammy nodding and shaking his head. Which perspective is Jack employing?

- ☒ Behaviourism
- ☐ ~~Cognitive~~
- ☐ ~~Psychodynamic theory~~
- ☐ ~~Gestalt~~

Behaviorism focuses on observable behaviours and the idea that learning occurs through interactions with the environment. Jack's conclusion that Sammy learned the meaning of head gestures through people's reactions is aligned with the behaviourist view that behaviours are learned through reinforcement and observation of consequences.

Cousin develops and understanding of head gestures through an interaction with the external environment – does not consider internal factors (like the cog perspective would)

Question 8

Which of the following pairs of psychological perspectives and theories are most similar to each other?

- ☒ Functionalism and Evolutionary Psychology
- ☐ Humanistic Psychology and Cognitive Psychology
- ☐ Gestalt Psychology and Developmental Psychology
- ☐ Behaviourism and Biological Psychology
- ☐ Structuralism and Social Psychology

Both functionalism and evolutionary psychology view behaviour as purposeful and important for survival. Both functionalism and evolutionary psychology believe that our current behaviours must provide some advantage, since behaviours which enhance survival are repeated and those that do not are abandoned

Functionalism looks at how mental processes help individuals adapt to their environment, while Evolutionary Psychology examines how behaviours and mental processes have evolved to solve adaptive problems faced by our ancestors. Both perspectives emphasise the role of adaptation and the utility of psychological traits.