



6. What do you understand by the term 'disaster'? List the symptoms of post-traumatic stress disorder. How can it be remedied?

Ans: Natural disaster is an environmental hazard. It is known as disaster because—

- it is mostly unpredictable.
- it causes enormous loss of life and property.

In general, the intensity of reaction is affected by the following:

(i) The severity of the disaster, and the loss incurred both in terms of property and life.

(ii) The individual's general coping ability.

(iii) Other stressful experiences before the disaster. For e.g., people, who have experienced stress before, may find it more difficult to deal with another difficult and stressful situation. But, there are ways to be prepared to minimize their decussating consequence in the form of:

1. Warning: when cyclones or high tides are predicted, fishermen are asked not to venture into the sea.

2. Safety Measure: Unfortunately, in the case of some natural disasters such as earthquakes, even if prediction is possible, the events came too suddenly for people to be mentally prepared. Therefore tips are given beforehand about to do when there is an earthquake.

3. Treatment of Psychological Disorder: This includes self-help approach as well as professional treatment. According to some experts who deal with PTSD, one of the key attitude to be developed in the survivors is that of 'self-efficacy'. i.e. that the belief that "I can do it" or "I came out of this phase successfully".

(a) Immediate Reaction: The immediate reaction after a disaster is commonly manifest in the form of disorientation. People take some time to understand the full meaning of what the disaster has done to them. They may deny to themselves that something terrible has happened.

(b) Physical Reaction:

There is bodily exhaustion even without physical activity such as-

- Sleep disturbances.
- Change in eating pattern.
- Increased heart-beat and blood-pressure.

(c) Emotional Reaction:

- Fear
- Grief
- Irritability
- Anger (why should this happen to me)
- Helplessness
- Hopelessness
- Depression
- Numbness (absolute lack of emotion)
- Guilt feelings for having survived while someone else died
- Lack of interest in routine jobs

(d) Cognitive Reaction:

- Worry
- Difficulty in concentration
- Reduced span of attention
- Confusion
- Loss of memory
- Nightmare of the event

(e) Social Reactions:

- Withdrawal from others
- Getting into conflict with others
- Having frequent arguments with even
- Feeling rejected or left out Very often in the midst of severe emotional reaction to stress, some survivors may develop positive outlook on life with empathy.

7. What is pro-environmental behaviour? How can the environment be protected from pollution? Suggest some strategies.

Ans: Pro-environmental behaviour is the friendly and caring attitude of people who help to prevent environmental degradation and conserve natural resources.

For instance, change in life-style and attitude of the people like conserving energy resources, planting trees, reduction in noise (sound-pollution) and air-pollution.

Some Strategies to Protect Environment are:

- Reducing air-pollution by keeping vehicle in good condition or changing to non-fuel driven vehicle, stopping the practice of smoking.
- Reducing noise (sound pollution) by ensuring that noise levels are low. e.g., discouraging needless honking on the road, or making rule regarding noisy music at certain hours.
- Planting trees and ensuring their care.
- Reducing the non-biodegradable packing of consumer goods.
- Laws related to construction (especially in urban areas) that violate optimal environment design.
- Saying 'no' to plastic use in any form, thus reducing toxic wastes that pollute water, air and the soil.

8. How is 'poverty' related to 'discrimination'? Explain the major psychological effects of poverty and deprivation.

Ans: Poverty is the economic deprivation, associated with low income, hunger, low caste and status.

- Illiteracy, poor housing, over-crowding, lack of public amenities, mal-and under-nutrition, and increased susceptibility to diseases are main features.
- Poverty is an actual shortage of resources so it is objectively defined term.
- Deprivation is subjectively defined. It is more a question of perceiving or thinking that one has got less than what one should have got.
- Poverty is not a necessary condition for experiencing deprivation but a poor person may experience deprivation.
- Social disadvantage is a condition because of which some sections of society are not allowed the same privileges as the east society e.g. caste system.

Effects of Poverty and Deprivation:

- Low aspirations and low achievements, low motivation, and high need for dependence is the major effect of poverty and deprivation. They believe that events in their lives are controlled by factor outside them, rather within them.
- With respect to social behaviour, the poor and deprived sections exhibit on attitude of resentment towards the rest of society.
- With regard to personality:

- The poor and deprived low self-esteem, high anxiety, introversion, and live only in the immediate present rather than being future-oriented.
- The poor and deprived live with a sense of hopelessness, powerlessness, feelings of injustice and experience a loss of identity.

(iv) Researches have proved that prolonged deprivation significantly impair the cognitive functioning of the individual.

(v) With regard to mental health, there is an unquestionable relationship between mental disorder and poverty or deprivation.

(vi) The poor are more likely to suffer from specific mental illness compared to the rich, possibly due to constant worries about basic necessities, feeling of insecurity or inability to get medical facilities especially for mental illness.

9. Distinguish between 'instrumental aggression' and 'hostile aggression'. Suggest some strategies to reduce aggression and violence.

Ans:

Aggression: According to psychologists, aggression refers to any behaviour by a person that is intended to cause harm to another person or persons to take revenge. For example, aggression It can be demonstrated in actual action or through the use of harsh words or criticism or even hostile feelings against others.

Violence: Forceful destructive behaviour towards another person or persons to attain some material gain is violence.

Instrumental Aggression:

The act of aggression is meant to obtain a certain goal or get others, possessions forcefully. For example, A bully slaps a new student in school so that he can snatch the new comer's chocolate. In violence, individual may or may not have the intention to harm others in terms of revenge. It is forceful destructive behaviour, e.g., hitting a person just to loot his money.

Hostile Aggression:

An expression of anger towards the target, with the intention of harming him/her even if the aggressor does not wish to obtain anything from the victim. For example, A criminal may beat up a person in the community for mentioning his name to the police. Aggression can be reduced by creating the appropriate attitude towards the general problem of growing aggression.

(a) Parenting:

- Parents and teacher should be specially careful not to encourage aggression in any form. The use of punishment to bring about discipline also needs to be changed.

(b) Modelling:

- Opportunities to observe and imitate the behaviour of aggressive models should be reduced drastically.
- Portraying aggression as heroic behaviour should be particularly avoided because this may set the stage for learning through observation.

(c) Implementing social justice and equality in society:

- It will help in reducing frustration levels and thereby curb aggressive tendencies at least to some extent.

(d) Inculcating positive attitude towards peace at the level of community or society. The father of our nation, Mahatma Gandhi, gave the world a new view to peace that was not simply the absence of aggression. This was non-violence. It should be taught to the younger generation.

10. Discuss the psychological impact of television viewing on human

behaviour. How can its adverse consequences be reduced? Explain.

Ans: Television is one of the useful products of technological progress. It has both positive and negative effects. It has effects on cognitive processes and social behaviour.

1. T.V. provides large amount of information in an attractive form and in visual mode, for which it became a powerful medium of instructions.
2. Excellent programmes emphasise positive interpersonal attitudes and provide useful factual information, teaching children how to design and construct certain objects.
3. T.V. watching may have an adverse effect on children's ability to concentrate on one target. Their creativity and ability to understand each other through social interaction is also significantly impaired.
4. Reduction in habit of reading and writing skills and also their outdoor activities such as playing is also reduced.
5. Watching violence on T.V. has been linked to greater aggressiveness in the viewers. As children are not mature enough to think of consequences, they simply imitate.

- Some studies pointed out that merely watching violence on the television does not make children more aggressive. Other factors need to be present.
- Other research findings show that watching violence may actually reduce the natural aggressive tendency of the viewers: what is 'bottled up' gets an outlet, thus cleans the system. This process is called catharsis.

6. Due to T.V. watching, consumerist attitude has developed. Numerous products are advertised and it is very natural for the viewer to get carried away.

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