



Question 5. How does the autonomic nervous system help us in dealing with an emergency situation?

Answer: The autonomic nervous system helps in dealing with emergency situations with the help of its two divisions : Sympathetic division and Parasympathetic division.

- Sympathetic division deals with emergencies when the action must be quick and powerful, such as in situations of fight or flight. During this period, the digestion stops, blood flows from internal organs to the muscles and breathing rate, oxygen supply, etc. increases.
- Parasympathetic division is mainly concerned with the conservation of energy. It monitors the routine functions of the internal system of the body. When the emergency is over the sympathetic activation calms down the individual to a normal condition. As a result, all body functions like breathing rate, oxygen supply, etc. return to their normal level.

Question 6. Explain the meaning of culture and describe its important features.

Answer:

Culture: Culture refers to widely shared customs, beliefs, values, norms, institutions and other products of a community that are transmitted socially across generation.

- Culture refers to "the man-made part of the environment."
- It comprises diverse products of the behaviour of many people, including ourselves. These products can be material objects (e.g. tools, sculptures), ideas (e.g. categories, norms) or social institutions (e.g. family, school).
- Culture may be defined as a shared way of life of a group of socially interacting people and is transmitted from generation through socialization and related processes.

Important features of culture are following:

- Culture includes behavioural products of others who preceded us. It indicates both substantial and abstract particulars that have prior existence in one form or another.
- It contains values that will be expressed and a language in which to express them.
- Culture characterized by sharing reflects presence and experience of cultural attributes psychologically.
- Cultural involves transmission of learned behaviour from one generation to the other within a community.

Question 7. Do you agree with the statement that 'biology plays an enabling role, while specific aspects of behaviour are related to cultural factors'? Give reasons in support of your answer.

Answer: No doubt those biological factors do play enabling in determinants human behaviour. Biological factors basically set the limits but our behaviour is more complex than the behaviour of animal.

- Major reason for the complexity is the role of culture to regulate human behaviour.

- We can explain the concept with the help of two example hunger is a basic need of human beings as well as of animals but the way this need is gratified by human beings is extremely complex.

Different people in different cultures eat different things in a different manner e.g. directly with hand or with the help of spoons, forks and knives.

- Sexual behaviour can be taken as another example sex is a physiological need. The structure and functioning is determinant by biological mechanism but its expression is different in different culture.
- At the human level, we find evidence for a dual inheritance theory. Biological inheritance takes place through genes, while cultural inheritance takes place through memes.
- The former takes place in a "top-down" manner (i.e. from parents to children), while the latter many also take place in a "bottom-up" manner (i.e. from children to parents). Dual inheritance theory also shows that although biological and cultural forces may involve different processes, they work as parallel forces, and interact with each other in offering explanation of an individual's behaviour.

Question 8. Describe the main agents of socialisation.

Answer: Socialization is a process of social learning through which a child acquires the norms, attitudes, beliefs and behaviours that are acceptable in his/her culture.

Main agents of socialization are following:

1. Parents:
 - Parents have the most direct and significant impact on children's development.
 - Parents encourage certain behaviours by rewarding them verbally (e.g. praising).
 - They also discourage certain behaviours through non-approving behaviours.
 - The conditions of life in which parents live (poverty, illness, job stress, nature of family) also influence the styles they adopt in socializing children.
2. School:
 - In schools children learn not only cognitive skills (e.g. reading, writing, doing mathematics) but also many social skills (e.g. way of behaving with elders and age mates, accepting roles, fulfilling responsibilities).
 - Several other positive qualities such as self-initiative, self-control responsibility, and creativity are encouraged in schools.
3. Peer-Groups:
 - Friendship provides children not only with a good opportunity to be in company of others, but also for organizing various activities (e.g. play) collectively with the member of their own age.
 - Qualities like sharing, trust, mutual understanding, role acceptance and fulfillment develop on interaction with peers.
 - Development of self-identity is greatly facilitated by the peer groups.
4. Media-Influences:
 - The exposure to violence on television enhances aggressive behaviour among children.
 - In recent years media has also acquired the property of a socializing agent therefore children learn about many things from newspapers, television, books and cinema.

