



Question 5. Differentiate between (a) a psychologist and a psychiatrist (b) a counsellor and a clinical psychologist.

Answer:

(a) Psychologist—A psychologist is someone who possesses the knowledge of psychology and holds recognized degree in the field; they work in diverse areas, like teaching, counselling, community etc. Psychiatrist—They are qualified medical-practitioners who are concerned with psychological well-being of individuals. Clinical Psychologist and psychiatrist are different in the qualification and in roles. Clinical Psychologist cannot administer or prescribe drugs whereas psychiatrists are medical professionals and trained in administering medicine/drugs to treat mental disorders.
(b) Counsellor—A counsellor provides advice to the persons who suffer from motivational and emotional problems, they provide vocational guidance also. Clinical psychologist—A clinical psychologist also helps people with behavioural, mental and emotional problems.

- They are post- graduate in Psychology and are specialised professionals.
- They provide therapy for various mental disorders, anxiety, fear or stress of any type.
- They use interview and administer psychological tests to diagnose the client's problem.

Question 6. Describe some of the areas of everyday life where understanding of psychology can be put to practice.

Answer:

- Psychology is not only a subject that satisfies curiosities of our mind about human nature, but it is also a subject that offers solutions to a variety of problems. It ranges from personal to family, a community or even national and international dimensions.
- The solution of these problems may involve political, economic and social reforms; however, these problems are a result of unhealthy thinking, negative attitude towards people and self and undesirable patterns of behaviour.
- A psychological analysis of these problems helps both in having a deeper understanding of these problems and also finding effective solutions.
- Psychology enables an individual to understand oneself in a balanced and positive way without being reactionary, in order to deal with everyday challenges and meet with personal expectations.
- Therefore, understanding of psychology enables a person to build stronger relationships at community level and improve individual strength.

Question 7. How can knowledge of the field of environmental psychology be used to promote environment friendly behaviour?

Answer: Environmental psychology studies the interaction between natural and man-made environment and human behaviour.

- The knowledge of environmental psychology can help us prevent big disasters.

- We can learn to modify our behaviour to prevent any unwanted and painful outcome.
- For example, if we know the hazards of growing population, we can certainly apply some measure to stop population growth.

Question 8. In terms of helping solve an important social problem such as crime, which branch of psychology do you think is most suitable. Identify the field and discuss the concerns of the psychologists working in this field.

Answer: The branch of social psychology is the most suitable for solving problems like crime.

It explores through thought process of people and their influence on other. Social psychologists are concerned with topics like attitude, conformity, obedience to authority, social motivation, inter-group relations, etc.

In answering such questions the knowledge of psychology for Lawer and a criminologist is also very essential. If they have the knowledge of psychology they can understand how well a witness remembers the incident? How well can he/she report such facts when taking the witness stand in the court.

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