

# CLASS – 11

## PSYCHOLOGY

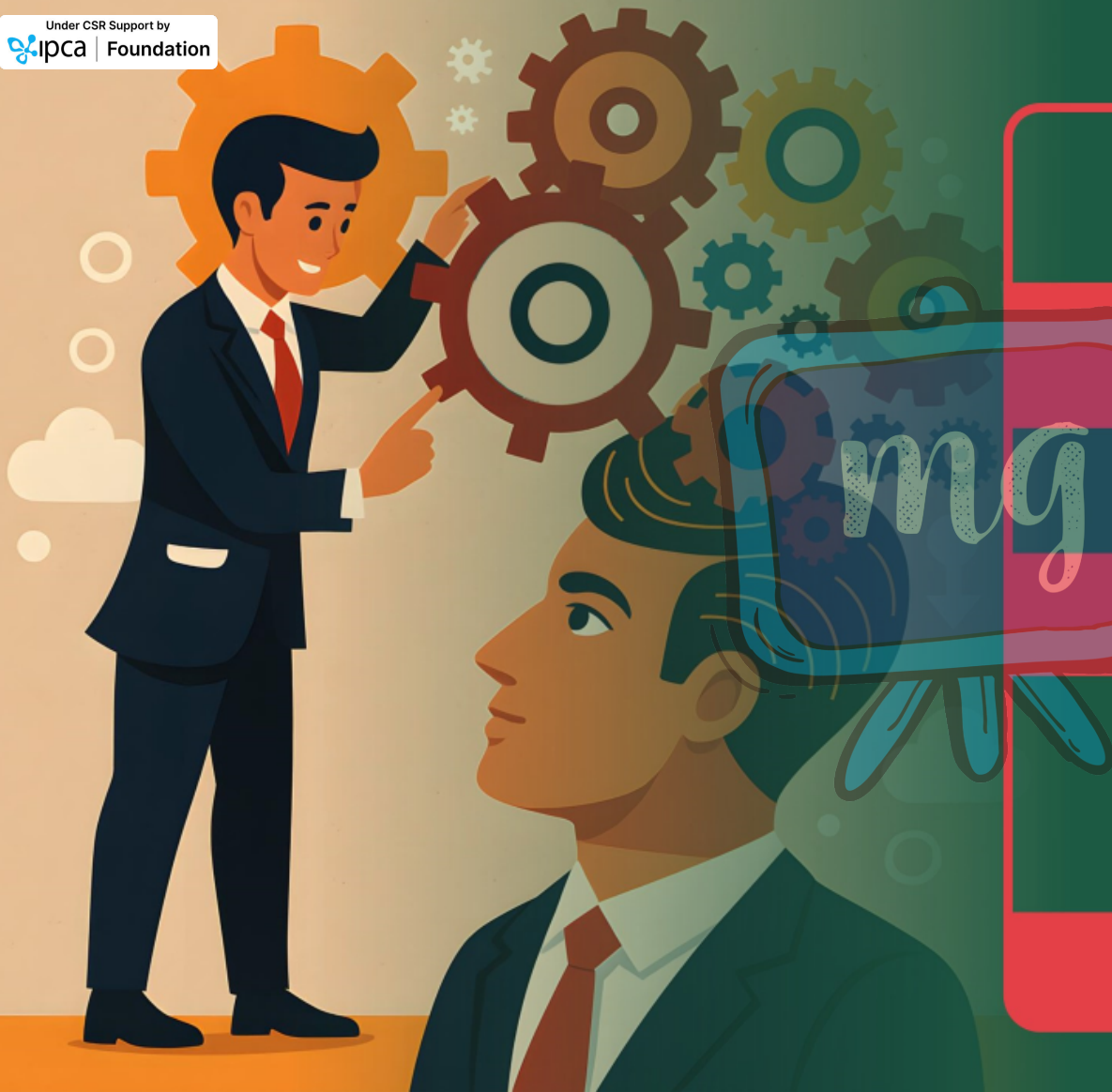
### Chapter – 1

### What is Psychology?

#### Part – 5

#### Exercise

Sonal Koul



1

What is behaviour? Give examples of overt and covert behaviour.

mg

1) INTRO

2) MAIN BODY

3) CONCLUDE

**1** | What is behaviour? Give examples of overt and covert behaviour.

**Answer :**

Behaviour refers to the responses or reactions we make or activities we engage in. Behaviours may be simple or complex, short or enduring.

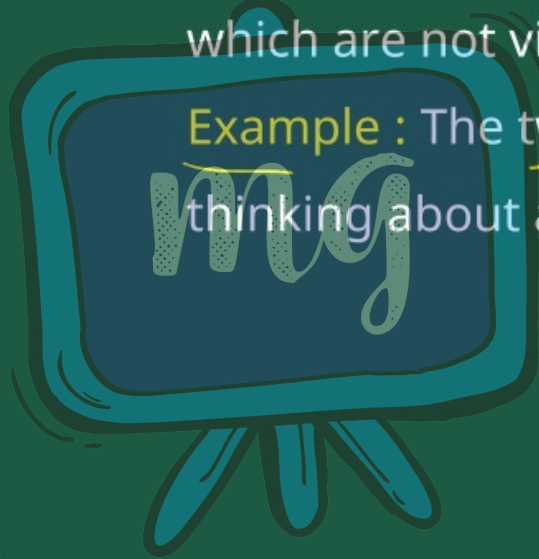
- **Overt behaviour** refers to those actions that can be outwardly seen or sensed by an observer.

**Example :** Blinking of eyes when something is hurled at you.

# EXERCISE

- Covert behaviour refers to internal actions which are not visible to others.

Example : The twitching of hand muscles while thinking about a chess move.

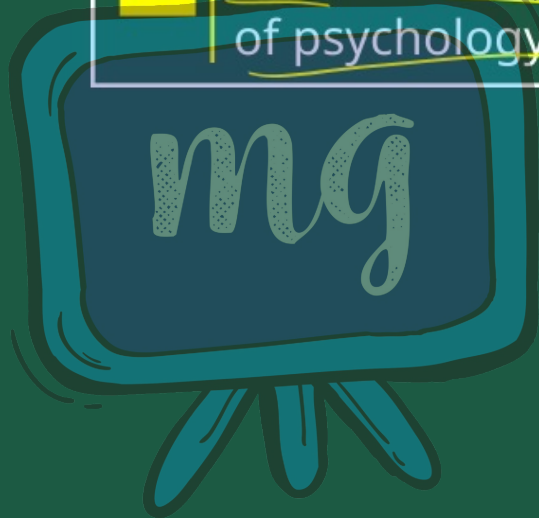


# EXERCISE



2

How can you distinguish scientific psychology from the popular notions about the discipline of psychology?





# EXERCISE

2

How can you distinguish scientific psychology from the popular notions about the discipline of psychology?

**Answer :**

Scientific psychology is based on systematic and verifiable data, and it aims to develop principles and theories through empirical studies. It avoids subjective explanations and focuses on objective and replicable findings.

# EXERCISE



In contrast, popular notions about psychology are based on common sense, hindsight, personal beliefs, or cultural sayings. These explanations are often inconsistent and may contradict each other. For example, sayings like “Out of sight, out of mind” and “Distance makes the heart grow fonder” both claim opposite outcomes.

# EXERCISE

3

Give a brief account of the evolution of psychology.





# EXERCISE

**3** Give a brief account of the evolution of psychology.

**Answer :**

Psychology evolved from ancient philosophy concerned with mind and behaviour. The modern discipline of psychology began with the establishment of the first psychology laboratory in 1879 by Wilhelm Wundt in Germany, who promoted structuralism using introspection.

# EXERCISE



- William James in the USA developed functionalism, focusing on the purpose of behaviour.
- The Gestalt school in Germany emphasized holistic perception.
- John Watson rejected introspection and developed behaviourism, focusing only on observable behaviour.
- Sigmund Freud introduced psychoanalysis, highlighting unconscious desires.

# EXERCISE



- Later, humanistic psychology (Carl Rogers and Abraham Maslow) emphasized free will and personal growth.
- The cognitive approach focused on mental processes like memory and problem-solving.
- Constructivism (Piaget and Vygotsky) emphasized the development of the mind through active and social engagement.

# EXERCISE



4

What are the problems for which collaboration of psychologists with other disciplines can be fruitful? Take any two problems to explain.





# EXERCISE

4

What are the problems for which collaboration of psychologists with other disciplines can be fruitful? Take any two problems to explain.

**Answer :**

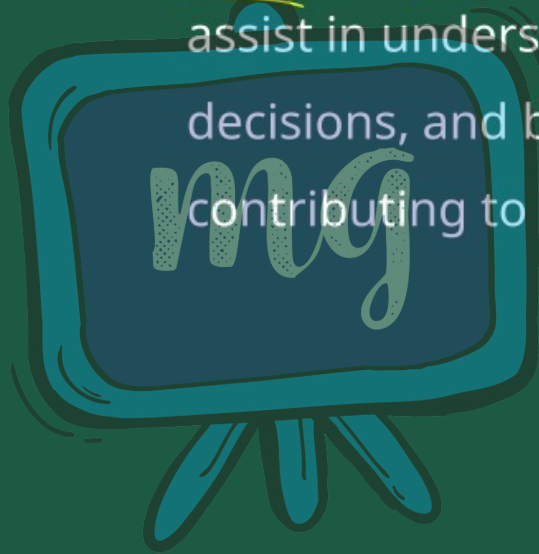
Collaboration of psychologists with other disciplines can be fruitful in solving problems like :

1. **Health-related issues** : Psychologists work with doctors to help patients manage stress, adhere to treatments, and recover from illnesses like cancer or AIDS.





2. Legal and criminology issues : Psychologists assist in understanding witness memory, jury decisions, and behaviour of criminals, thereby contributing to a fair justice system.



5

Differentiate between

(a) a psychologist and a psychiatrist



**5** Differentiate between  
(a) a psychologist and a psychiatrist

**Answer :**

- A **psychologist** has a degree in psychology and training in treating psychological disorders.
- A **psychiatrist** has a medical degree with specialized training in psychiatry and can prescribe medication and give electroshock treatments.

**5** | Differentiate between  
(b) a counsellor and a clinical psychologist.



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**Answer :**

- A counsellor deals with less serious problems and helps people cope with everyday challenges.
- A clinical psychologist treats serious psychological disorders such as anxiety or depression through therapy but does not prescribe medicines.



# EXERCISE



6

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



# EXERCISE

6

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

**Answer :**

Psychology can be applied in:

- **Personal life :** Understanding oneself, reducing exam stress, developing good study habits.
- **Family life :** Improving communication and relationships.

# EXERCISE



- ▮ **Social life** : Helping in conflict resolution, promoting positive attitudes.
- ▮ **Professional settings** : In schools, hospitals, industries, and the military for solving human behaviour-related issues.





7

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



7

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

**Answer :**

Environmental psychology studies how physical surroundings affect human behaviour. It can promote environment-friendly behaviour by:

- Studying the impact of pollution, temperature, and space on health.



# EXERCISE



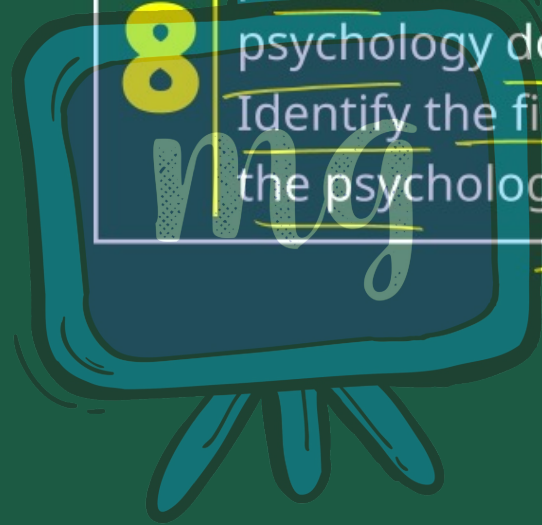
- Encouraging responsible actions like waste disposal, energy conservation, and efficient use of community resources through behavioural interventions.



# EXERCISE



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.



FORENSIC



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 most suitable branch is **Forensic Psychology**.

Forensic psychologists focus on:

- Understanding criminal behaviour.
- Evaluating witness memory and decision-making in courts.

# EXERCISE



- Identifying psychological signs of guilt or falsehood.
- Recommending suitable degrees of punishment.
- Contributing to legal reforms and criminal rehabilitation.