

Who was Abraham Maslow?

Abraham Maslow is credited with developing the hierarchy of human needs.

What is achievement motivation?

Achievement motivation is defined as a need for success or the attainment of excellence.

What are the levels of activation?

The level of activation, as reflected in facial expressions, is the degree of arousal experienced by the person making the expression.

What is affect?

Affect is that which pertains to emotion or feelings.

What is androgen?

Androgen is any of a number of male sex hormones, especially testosterone.

What is anorexia nervosa?

Anorexia nervosa is active self-starvation or a sustained loss of appetite that has psychological origins.

What is arousal?

Arousal is the overall level of excitation or activation in a person or animal.

What is arousal theory?

Arousal theory suggests that people prefer to maintain ideal, or comfortable, levels of arousal.

What is attribution theory?

Attribution theory is the process of making inferences about the causes of one's own behavior and that of others.

What are basic needs?

Basic needs are the first four levels of needs in Maslow's hierarchy; lower needs tend to be more potent than higher needs.

What is bulimia nervosa?

Bulimia nervosa is excessive eating (gorging) usually followed by self-induced vomiting and/or taking laxatives.

What is the Cannon-Bard theory?

The Cannon-Bard theory suggests that emotional feelings and bodily arousal occur simultaneously and both begin with activity in the thalamus.

What is Cognitive Theory?

The basic cognitive theory of emotion and motivation suggests that we label our emotions by considering situational cues.

What is contact comfort?

Contact comfort refers to the feeling of safety, security, warmth, softness and physical pleasure.

What is a drive?

A drive is a psychological expression of a motive; for example, hunger, thirst, or a drive for success.

What is Drive Reduction Theory?

Drive Reduction Theory suggests that when we experience a drive, we are motivated to reduce this state of tension associated with the drive.

What is an emotion?

An emotion is a state characterized by physiological arousal, subjective feelings, changes in facial expression, and adaptive behaviors.

What is emotional appraisal?

Emotional appraisal is the establishing of personal meaning to a situation. Specific emotions are assumed to result from various appraisals.

What are emotional feelings?

Emotional feelings are the private, subjective experience of having an emotion.

What is excitement?

Excitement is the general emotional arousal associated with activation of the autonomic nervous system.

What is exploration drive?

The exploration drive leads us to investigate unfamiliar areas of the environment.

What is an external eating cue?

An external eating cue is any external stimulus that tends to encourage hunger or to elicit eating.

What is extrinsic motivation?

Extrinsic motivation involves obvious external rewards, obligations, or similar factors.

What is the Facial Action Coding System?

The Facial Action Coding System was developed by Paul Ekman. It taxonomizes all facial emotions.

What is facial blend?

Facial blends are the mixing of facial gestures and expressions.

What is the facial feedback hypothesis?

The facial feedback hypothesis suggests that facial expressions generate feelings that help define what emotion a person is feeling.

What is the feeding system?

The feeding system is the areas on each side of the hypothalamus that initiate eating when stimulated.

What are fundamental Needs?

Fundamental needs are the most essential human needs, like water and food.

What is the galvanic skin response (GSR)?

Galvanic skin response is the change in the electrical resistance (or inversely, the conductance) of the skin due to activity in the sweat glands.

What is a goal?

A goal is a target or objective of a motivated and directed chain of behaviors.

What is a growth needs?

In Maslow's hierarchy, the higher-level needs associated with self-actualization are often called growth needs.

Who was Harry Harlow?

Harry Harlow is credited with developing the idea of contact comfort through his experiments with rhesus monkeys.

What is the hierarchy of needs?

The hierarchy of needs is a rank ordering of needs based on their presumed strength or potency.

What is homeostasis?

Homeostasis is the steady state of bodily equilibrium normally maintained automatically by various physiological mechanisms.

What is incentive Theory?

Incentive theory suggests that external stimuli pull us in certain directions.

What is incentive value?

An incentive value is the value a goal holds for a person or animal above and beyond the goal's ability to fill a need.

What is instinct theory?

Instinct theory states that motivation is the result of biological, genetic programming. Thus, all beings within a species are programmed for the same motivations.

What is intracellular thirst?

Intracellular thirst is that which is triggered when fluid is drawn out of cells due to an increased concentration of salts and minerals outside the cell.

What is intrinsic motivation?

Intrinsic motivation comes from personal enjoyment of an activity rather than from external rewards.

What are irrelevant questions?

In a polygraph exam, neutral, non-threatening, or non-emotional questions are called irrelevant questions.

What is the James-Lange theory?

The James-Lange theory suggests that emotional feelings follow bodily arousal and come from awareness of such arousal.

What does justification mean?

In cognitive dissonance theory, the degree to which one's actions are justified by rewards or other circumstances is called justification.

What is kinesics?

Kinesics is the study of the meaning of body movements, posture, hand gestures, and facial expressions, commonly called body language.

What is the significance of the lateral hypothalamus?

The lateral hypothalamus is the hunger starting area of the brain.

What is a manipulation drive?

The manipulation drive is the drive to investigate objects by touching and handling them.

What is a meta-needs?

In Maslow's hierarchy, those needs above and beyond the ordinary; needs associated with impulses for self-actualization are called meta needs.

What is mood?

A mood is a low-intensity, long-lasting emotional state.

What is motivation?

Motivation is the mechanisms within an organism that initiate, sustain, and direct activities.

What is a need?

A need is an internal deficiency that may energize behavior.

What is the need for achievement (nAch)?

The need for achievement is the desire to excel or meet some internalized standard of excellence.

What is the need for power?

The need for power is the desire to have social impact and control over others.

What is neuropeptide Y?

Neuropeptide Y is a substance in the brain that initiates eating.

What is a non-homeostatic drive?

A non-homeostatic drive is one that is relatively independent of physical deprivation cycles or bodily need states.

What is noradrenaline?

Noradrenaline is a hormone produced by the adrenal glands that tends to arouse the body; noradrenaline is associated with anger.

What is the Opponent Process Theory?

The opponent process theory asserts that emotions are paired, and that when one emotion in a pair is experienced, the other is suppressed.

What is the significance of overeating?

Overeating is defined as eating in excess of one's daily caloric needs.

What is parasympathetic rebound?

Parasympathetic rebound is the excess activity in the parasympathetic nervous system following a period of intense emotion.

What is the parasympathetic system?

The parasympathetic system is the branch of the autonomic system responsible for quieting the body and conserving energy.

What is passion?

Passion is the presence of heightened arousal in one's emotional response to another person.

Who is Paul Ekman?

Paul Ekman is a psychologist who has been a pioneer in the study of emotions and their relation to facial expressions.

What is personal frustration?

Personal frustration is the negative emotional state caused by personal characteristics that hinder satisfaction of a motive or that block progress toward a goal.

What is the significance of physiological changes in emotion?

Physiological changes are those bodily activities that accompany emotional states.

What are the primary emotions?

According to Plutchik, the most basic emotions are fear, surprise, sadness, disgust, anger, anticipation, joy, and acceptance.

What are primary motives?

Primary motives are innate motives based on biological needs.

What are psychological needs?

Psychological needs are higher on the hierarchy. They include things like understanding, compassion, attention, strength, trust, self-esteem, and companionship.

What are relevant questions?

In a polygraph exam, questions to which only a guilty person should react are called relevant questions.

What is a response?

A response is any muscular action, glandular activity, or other identifiable behavior.

What is the satiety system?

The satiety system is the area in the bottom middle of the hypothalamus that terminate eating.

What is the Schachter - Singer Theory?

According to the Schachter-Singer theory, an event causes physiological arousal. Then we identify a reason for this arousal and are able to experience and label the emotion.

What are secondary motives?

Secondary motives are those based on learned psychological needs.

What are self actualization needs?

Self actualization needs are needs to reach our human potential.

What is set point?

Set point is the theoretical proportion of body fat that tends to be maintained by changes in hunger and eating.

What is sex drive?

Sex drive is the strength of one's motivation to engage in sexual behavior.

What are social motives?

Social motives are learned motives acquired as part of growing up in a particular society or culture.

What are stimulus motives?

Stimulus motives are innate needs for stimulation and information.

What is subjective discomfort?

Subjective discomfort is the personal, private feelings of discomfort or unhappiness.

What is the sympathetic system?

The sympathetic system is the branch of the autonomic system responsible for arousing and activating the body at times of stress.

What is taste aversion?

Taste aversion is the active dislike for a particular food; frequently created when the food is associated with illness or discomfort.

What is the ventromedial hypothalamus?

The ventromedial hypothalamus is the hunger "turn off" switch in the brain. The Yerkes-Dodson law is shown with the inverted U function and states the relationships among arousal, task complexity, and performance.

What is the Yerkes-Dodson law?