

Psychology

Sixth Edition Global Edition

Saundra K. Ciccarelli *Gulf Coast State College*

J. Noland White
Georgia College & State University



Psychology, Global Edition

Table of Contents

Front Cover
Title Page
Copyright Page
Brief Contents
Contents
About Revel and This Course
About the Authors
Psychology in Action Secrets for Surviving College and Improving Your Grades
PIA.1 Study Skills
PIA.2 Managing Time and Tasks
PIA.3 Reading the Text: Textbooks Are Not Meatloaf
Survey
Question
Read
Recite
Recall/Review
PIA.4 Getting the Most Out of Lectures
PIA.5 Studying for Exams: Cramming Is Not an Option
PIA.6 Improving Your Memory
PIA.7 Writing Papers
Pia.8 Your Ethical Responsibility as a Student
1 The Science of Psychology
1.11.2 the History of Psychology
1.1 In the Beginning: Wundt, Titchener, and James
1.2 Three Influential Approaches: Gestalt, Psychoanalysis, and Behaviorism
1.31.4 the Field of Psychology Today



1.3 Modern Perspectives

1.51.10 Scientific Research

1.4 Psychological Professionals and Areas of Specialization

- 1.5 Thinking Critically About Critical Thinking
- 1.6 the Scientific Approach
- 1.7 Descriptive Methods
- 1.8 Correlations: Finding Relationships
- 1.9 The Experiment
- 1.10 Experimental Hazards and Controlling for Effects

APA Goal 2: Scientific Inquiry and Critical Thinking

- 1.111.12 Ethics of Psychological Research
 - 1.11 the Guidelines for Doing Research with People
 - 1.12 Animal Research

Applying Psychology to Everyday Life: Critical Thinking and Social Media

Chapter Summary

Test Yourself

2 The Biological Perspective

- 2.12.3 Neurons and Neurotransmitters
 - 2.1 Structure of the Neuron: the Nervous Systems Building Block
 - 2.2 Generating the Message Within the Neuron: the Neural Impulse
 - 2.3 Neurotransmission

2.42.5 Looking Inside the Living Brain

- 2.4 Methods for Studying Specific Regions of the Brain
- 2.5 Neuroimaging Techniques

2.62.10 From the Bottom Up: The Structures of the Brain

- 2.6 The Hindbrain
- 2.7 Structures Under the Cortex: The Limbic System
- 2.8 The Cortex
- 2.9 The Association Areas of the Cortex

Classic Studies in Psychology: Through the Looking GlassSpatial Neglect

- 2.10 The Cerebral Hemispheres
- 2.112.12 The Nervous System: the Rest of the Story
 - 2.11 The Central Nervous System: The Central Processing Unit
 - 2.12 The Peripheral Nervous System: Nerves on the Edge
- 2.132.14 the Endocrine Glands
 - 2.13 the Pituitary: Master of the Hormonal Universe
 - 2.14 Other Endocrine Glands

APA Goal 2: Scientific Inquiry and Critical Thinking: Phineas Gage and Neuroplasticity

Applying Psychology to Everyday Life: Minimizing the Impact of Adult



Attention-Deficit/Hyperactivity Disorder

Chapter Summary

Test Yourself

3 Sensation and Perception

- 3.13.3 The Abcs of Sensation
 - 3.1 Transduction
 - 3.2 Sensory Thresholds
 - 3.3 Habituation and Sensory Adaptation
- 3.43.6 The Science of Seeing
 - 3.4 Light and the Eye
 - 3.5 The Visual Pathway
 - 3.6 Perception of Color
- 3.73.9 The Hearing Sense: Can You Hear Me Now?
 - 3.7 Sound Waves and the Ear
 - 3.8 Perceiving Pitch
 - 3.9 Types of Hearing Impairments
- 3.103.11 Chemical Senses: It Tastes Good and Smells Even Better
 - 3.10 Gustation: How We Taste the World
 - 3.11 The Sense of Scents: Olfaction
- 3.123.13 The Other Senses: What the Body Knows
 - 3.12 Somesthetic Senses
 - 3.13 Body Movement and Position
- 3.143.16 The Abcs of Perception
 - 3.14 How We Organize Our Perceptions
 - 3.15 Depth Perception
 - 3.16 Perceptual Illusions

APA Goal 2: Scientific Inquiry and Critical Thinking: Perceptual Influences on Metacognition

Applying Psychology to Everyday Life: Using Your Senses to Be More Mindful

Chapter Summary

Test Yourself

4 Consciousness

- 4.14.2 What Is Consciousness?
 - 4.1 Definition of Consciousness
 - 4.2 Altered States of Consciousness
- 4.34.6 Sleep



- 4.3 The Biology of Sleep
- 4.4 Why We Sleep
- 4.5 The Stages of Sleep
- 4.6 Sleep Disorders

APA Goal 2: Scientific Inquiry and Critical Thinking: Weight Gain and Sleep

- 4.74.8 Dreams
 - 4.7 Why Do We Dream?
 - 4.8 What Do People Dream About?
- 4.94.10 Hypnosis
 - 4.9 How Hypnosis Works
 - 4.10 Theories of Hypnosis
- 4.114.14 The Influence of Psychoactive Drugs
 - 4.11 Dependence
 - 4.12 Stimulants: Up, Up, and Away
 - 4.13 Down in the Valley: Depressants
 - 4.14 Hallucinogens: Higher and Higher

Applying Psychology to Everyday Life: Can You Really Multitask?

Chapter Summary

Test Yourself

5 Learning

- 5.1 Definition of Learning
- 5.25.3 It Makes Your Mouth Water: Classical Conditioning
 - 5.2 Pavlov and the Salivating Dogs
 - 5.3 Classical Conditioning Applied to Human Behavior
- 5.45.9 Whats in It for Me? Operant Conditioning
 - 5.4 The Contributions of Thorndike and Skinner
 - 5.5 The Concept of Reinforcement
 - 5.6 Schedules of Reinforcement: Why the One-armed Bandit Is So Seductive
 - 5.7 The Role of Punishment in Operant Conditioning
 - 5.8 Other Aspects of Operant Conditioning
 - 5.9 Applications of Operant Conditioning: Shaping and Behavior Modification

Classic Studies in Psychology: Biological Constraints on Operant Conditioning

APA Goal 2: Scientific Inquiry and Critical Thinking: Spare the Rod, Spoil the Child?

- 5.105.12 Cognitive Learning Theory
 - 5.10 Tolmans Maze-running Rats: Latent Learning
 - 5.11 Köhlers Smart Chimp: Insight Learning



5.12 Seligmans Depressed Dogs: Learned Helplessness

5.135.14 Observational Learning

- 5.13 Bandura and the Bobo Doll
- 5.14 The Four Elements of Observational Learning

Applying Psychology to Everyday Life: Conditioning in the Real World

Chapter Summary

Test Yourself

6 Memory

- 6.16.2 What Is Memory?
 - 6.1 Three Processes of Memory
 - 6.2 Models of Memory
- 6.36.5 The Information-processing Model: Three Memory Systems
 - 6.3 Sensory Memory: Why Do People Do Double Takes?

Classic Studies in Psychology: Sperlings Iconic Memory Test

- 6.4 Short-Term Memory
- 6.5 Long-Term Memory

6.66.9 Getting It Out: Retrieval of Long-term Memories

- 6.6 Retrieval Cues
- 6.7 Recall and Recognition

Classic Studies in Psychology: Elizabeth Loftus and Eyewitnesses

- 6.8 Automatic Encoding: Flashbulb Memories
- 6.9 The Reconstructive Nature of Long-Term Memory Retrieval: How Reliable Are Memories?

APA Goal 2: Scientific Inquiry and Critical Thinking: Effects of Supplements on Memory

6.106.11 What Were We Talking About? Forgetting

- 6.10 Ebbinghaus and the Forgetting Curve
- 6.11 Reasons We Forget

6.126.13 Neuroscience of Memory

- 6.12 The Biological Bases of Memory
- 6.13 When Memory Fails: Organic Amnesia

Applying Psychology to Everyday Life: Using Elaborative Rehearsal to Make Memories More Memorable

Chapter Summary

Test Yourself

7 Cognition: Thinking, Intelligence, and Language

7.17.5 How People Think



- 7.1 Mental Imagery
- 7.2 Concepts and Prototypes
- 7.3 Problem-Solving and Decision-Making Strategies
- 7.4 Problems with Problem Solving and Decision Making
- 7.5 Creativity

7.67.10 Intelligence

- 7.6 Theories of Intelligence
- 7.7 Measuring Intelligence
- 7.8 Test Construction: Good Test, Bad Test?
- 7.9 Individual Differences in Intelligence
- 7.10 The Nature/nurture Issue Regarding Intelligence

7.117.14 Language

- 7.11 The Levels of Language Analysis
- 7.12 Development of Language
- 7.13 The Relationship Between Language and Thought
- 7.14 Animal Studies in Language

APA Goal 2: Scientific Inquiry and Critical Thinking: A Cognitive Advantage for Bilingual Individuals?

Applying Psychology to Everyday Life: Recognizing Cognitive Biases

Chapter Summary

Test Yourself

8 Development Across the Life Span

- 8.18.3 Studying Human Development
 - 8.1 Research Designs
 - 8.2 Nature and Nurture
 - 8.3 The Basic Building Blocks of Development

8.48.5 Prenatal Development

- 8.4 Fertilization
- 8.5 Three Stages of Development
- 8.68.8 Infancy and Childhood Development
 - 8.6 Physical Development

Classic Studies in Psychology: The Visual Cliff

- 8.7 Cognitive Development
- 8.8 Psychosocial Development

Classic Studies in Psychology: Harlow and Contact Comfort

APA Goal 2: Scientific Inquiry and Critical Thinking: The Facts About Immunizations



8.98.11 Adolescence

- 8.9 Physical Development
- 8.10 Cognitive Development
- 8.11 Psychosocial Development

8.128.17 Adulthood and Aging

- 8.12 Physical Development: Use It or Lose It
- 8.13 Cognitive Development
- 8.14 Psychosocial Development
- 8.15 Theories of Physical and Psychological Aging
- 8.16 Stages of Death and Dying
- 8.17 Death and Dying in Other Cultures

9 Motivation and Emotion

9.19.5 Understanding Motivation

- 9.1 Defining Motivation
- 9.2 Early Approaches to Understanding Motivation
- 9.3 Different Strokes for Different Folks: Psychological Needs
- 9.4 Arousal and Incentive Approaches
- 9.5 Humanistic Approaches

APA Goal 2: Scientific Inquiry and Critical Thinking: Cultural Differences in the Use of Praise as a Motivator

9.69.7 What, Hungry Again? Why People Eat

- 9.6 Physiological and Social Components of Hunger
- 9.7 Obesity
- 9.89.10 Emotion
 - 9.8 The Three Elements of Emotion
 - 9.9 Early Theories of Emotion
 - 9.10 Cognitive Theories of Emotion

Classic Studies in Psychology: The Angry/Happy Man

Applying Psychology to Everyday Life: What Is Holding You Back from Keeping Track?

10 Sexuality and Gender

- 10.110.2 The Physical Side of Human Sexuality
 - 10.1 The Primary and Secondary Sex Characteristics
 - 10.2 The Development of Sex Characteristics
- 10.310.5 The Psychological Side of Human Sexuality: Gender



- 10.3 Gender Identity
- 10.4 Gender-Role Development
- 10.5 Sex Differences

10.610.8 Human Sexual Behavior

10.6 Sexual Response

Classic Studies in Psychology: Masters and Johnsons Observational Study of the Human Sexual Response

- 10.7 Different Types of Sexual Behavior
- 10.8 Sexual Orientation

APA Goal 2: Scientific Inquiry and Critical Thinking: Sexting and Sex in Adolescents 10.9 Sexual Health

Applying Psychology to Everyday Life: Avoiding Myths About Sexuality and Sexual Behavior

Chapter Summary

Test Yourself

11 Stress and Health

- 11.111.3 Stress and Stressors
 - 11.1 The Relationship Between Stress and Stressors
 - 11.2 Environmental Stressors: Lifes Ups and Downs
 - 11.3 Psychological Stressors: What, Me Worry?
- 11.411.9 Physiological Factors: Stress and Health
 - 11.4 The General Adaptation Syndrome
 - 11.5 The Immune System and Stress
 - 11.6 Health Psychology
 - 11.7 Cognitive Factors in Stress
 - 11.8 Personality Factors in Stress
 - 11.9 Social and Cultural Factors in Stress: People Who Need People

APA Goal 2: Scientific Inquiry and Critical Thinking: Homeopathy: An Illusion of Healing

11.1011.13 Coping with Stress

- 11.10 Coping Strategies
- 11.11 How Social Support Affects Coping
- 11.12 How Culture Affects Coping
- 11.13 How Religion Affects Coping

Applying Psychology to Everyday Life: Coping with Stress in College

Chapter Summary

Test Yourself



12 Social Psychology

12.112.4 Social Influence

- 12.1 Conformity
- 12.2 Group Behavior
- 12.3 Compliance
- 12.4 Obedience

APA Goal 2: Scientific Inquiry and Critical Thinking: Cults and the Failure of Critical Thinking

12.512.9 Social Cognition

- 12.5 Attitudes
- 12.6 Attitude Change: The Art of Persuasion
- 12.7 Cognitive Dissonance: When Attitudes and Behavior Clash
- 12.8 Impression Formation
- 12.9 Attribution

12.1012.15 Social Interaction

- 12.10 Prejudice and Discrimination
- 12.11 How People Learn and Overcome Prejudice

Classic Studies in Psychology: Brown Eyes, Blue Eyes

- 12.12 Interpersonal Attraction
- 12.13 Love Is a TriangleRobert Sternbergs Triangular Theory of Love
- 12.14 Aggression
- 12.15 Prosocial Behavior

Applying Psychology to Everyday Life: Looking at Groups

Chapter Summary

Test Yourself

13 Theories of Personality

13.1 Theories of Personality

13.213.5 Psychodynamic Perspectives

- 13.2 Freuds Conception of Personality
- 13.3 Stages of Personality Development
- 13.4 The Neo-Freudians
- 13.5 Current Thoughts on Freud and the Psychodynamic Perspective

13.613.7 The Behavioral and Social Cognitive View of Personality

- 13.6 Learning Theories
- 13.7 Current Thoughts on the Behavioral and Social Cognitive Learning Views
- 13.813.9 The Third Force: Humanism and Personality



- 13.8 Carl Rogers and the Humanistic Perspective
- 13.9 Current Thoughts on the Humanistic View of Personality
- 13.1013.12 Trait Theories: Who Are You?
 - 13.10 Allport and Cattell: Early Attempts to List and Describe Traits
 - 13.11 Modern Trait Theories: the Big Five
 - 13.12 Current Thoughts on the Trait Perspective
- 13.1313.15 Personality: Genetics, Neuroscience, and Culture
 - 13.13 The Biology of Personality: Behavioral Genetics
 - 13.14 The Biology of Personality: Neuroscience
 - 13.15 Current Thoughts on the Heritability and Neuroscience of Personality

Classic Studies in Psychology: Geert Hofstedes Four Dimensions of Cultural Personality

APA Goal 2: Scientific Inquiry and Critical Thinking: Personality, Family, and Culture

- 13.1613.17 Assessment of Personality
 - 13.16 Interviews, Behavioral Assessments, and Personality Inventories
 - 13.17 Projective Tests

Applying Psychology to Everyday Life: Informally Assessing Personality

Chapter Summary

Test Yourself

14 Psychological Disorders

- 14.114.3 What Is Abnormality?
 - 14.1 Changing Conceptions of Abnormality
 - 14.2 Models of Abnormality
 - 14.3 Diagnosing and Classifying Disorders
- 14.414.5 Disorders of Mood: the Effect of Affect
 - 14.4 Major Depressive Disorder and Bipolar Disorders
 - 14.5 Causes of Disordered Mood
- 14.614.8 Disorders of Anxiety, Trauma, and Stress: What, Me Worry?
 - 14.6 Anxiety Disorders
 - 14.7 Other Disorders Related to Anxiety
 - 14.8 Causes of Anxiety, Trauma, and Stress Disorders
- 14.914.10 Dissociative Disorders: Altered Identities
 - 14.9 Types of Dissociative Disorders
 - 14.10 Causes of Dissociative Disorders
- 14.1114.12 Eating Disorders and Sexual Dysfunction
 - 14.11 Eating Disorders
 - 14.12 Sexual Dysfunctions and Problems



14.1314.14 Personality Disorders: Im Okay, Its Everyone Else Whos Weird

14.13 Categories of Personality Disorders

14.14 Causes of Personality Disorders

14.1514.16 Schizophrenia: Altered Reality

14.15 Symptoms of Schizophrenia

14.16 Causes of Schizophrenia

APA Goal 2: Scientific Inquiry and Critical Thinking: Learning More: Psychological Disorders

Applying Psychology to Everyday Life: Taking the Worry Out of Exams

Chapter Summary

Test Yourself

15 Psychological Therapies

15.1 Treatment of Psychological Disorders: Past to Present

15.215.3 Insight Therapies: Psychodynamic and Humanistic Approaches

15.2 Psychotherapy Begins: Freuds Psychoanalysis

15.3 Humanistic Therapy: To Err is Human

15.415.5 Action Therapies: Behavior Therapies and Cognitive Therapies

15.4 Behavior Therapies: Learning Ones Way to Better Behavior

15.5 Cognitive Therapies: Thinking Is Believing

15.615.7 Group Therapies: Not Just for the Shy

15.6 Types of Group Therapies

15.7 Evaluation of Group Therapy

15.815.9 Does Psychotherapy Really Work?

15.8 Studies of Effectiveness

15.9 Characteristics of Effective Therapy

APA Goal 2: Scientific Inquiry and Critical Thinking: Does It Work? Psychological Treatment

15.1015.12 Biomedical Therapies

15.10 Psychopharmacology

15.11 ECT and Psychosurgery

15.12 Emerging Techniques

15.13 Lifestyle Factors: Fostering Resilience

Applying Psychology to Everyday Life: How to Help Others: Reducing the Stigma of

Seeking Help

Chapter Summary

Test Yourself

Appendix A Statistics in Psychology



Appendix B Applied Psychology and Psychology Careers

Appendix C Industrialorganizational Psychology

Glossary

References

Name Index

Subject Index