

NCERT SOLUTIONS

CLASS - 11th



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Class : 11th
Subject : Psychology
Chapter : 9
Chapter Name : Motivation and Emotion

Q1 Explain the concept of motivation.

Answer. Motivation pushes an individual to achieve and accomplish certain tasks at hand. In this, the behaviour is goal directed, hence, motivation energises an individual and directs their behaviour to complete their goals.

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Q2 What are the biological basis of hunger and thirst needs?

Answer. The biological basis for hunger are:

Stomach contractions act as stimuli to let the person know that the stomach is empty. The liver plays a very significant role by sending signals to the brain that there is a lack of food to get the body going. The levels of glucose, protein and fats stored in the body decreases.

Thirst: It leads to one's mouth and throat being dried out and dehydration of body tissues. There is an immense decrease in the blood volume and water is lost from the cells. Water leaves from the interior of the cells, which then originate nerve impulses to let the body know that the cells are dehydrated. The desire to drink water is triggered by the bodily conditions. To quench it, water must reach the tissues, sufficiently.

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Q3 How do the needs for achievement, affiliation, and power influence the behaviour of adolescents? Explain with examples.

Answer. Needs for achievement influences one's perception of the situations that follow as it also motivates an individual to fulfil a particular task that needs to be done. This form of achievement oriented motivation is supposed to be attained during the formative years of development. Nobody likes to remain alone, all day, everyday as we are social animals. Human beings, hence, form groups in their life. For this, and to form other kinds of social contact, motivation is a must.

Seeking the warmth of human companionship, physically and psychological, is known as affiliation. It occurs in the form of a need when individuals are threatened. People are driven to maintain healthy and friendly relationships.

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Q4 What is the basic idea behind Maslow's hierarchy of needs? Explain with suitable examples.

Answer. Abraham Maslow was a humanist, he offered a hierarchy of needs. Human needs are sequenced here from primitive to human and are interrelated.

These are:

1. Physiological needs: the gratification of these is significant to survival.
2. Safety needs: Being free from threat, physical and psychological.
3. Belongingness: to form relationships and affiliate.
4. Esteem needs: developing a self esteem and self worth.
5. Self-actualisation: The need to live to the fullest potential of one's self worth.

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Q5 Does physiological arousal precede or follow an emotional experience? Explain.

Answer. William James and Carl Lange have pioneered the theory of emotions that holds that anybody's reaction to a stimuli leads to an emotional reaction. These responses and reactions are associated with muscle movement.

They put forward the point that any bodily changes and the perception that one has about them, leads to emotional arousal.

The hierarchy of the theory is:

Canon and Bard contradicting the aforementioned theory, said that feeling an emotion and the bodily reaction to the emotion are not interrelated. Thalamus overlooks the entire process of emotions by sending the information to the cerebral cortex and sympathetic nervous system. Then, by referring to one's experiences, the cerebral cortex sorts to determine the stimulus and its nature. Other body parts provide physiological arousal for the individual to take action.

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Q6 Is it important to consciously interpret and label emotions in order to explain them? Discuss giving Suitable examples.

Answer. Schacter-Singer theory pioneered the cognitive theory of emotion. It states that the emotions one feels is determined by one's perception and judgement of a particular situation. They are both interrelated and cannot work alone. The arousal and explanation for an emotional

state depends on how the situation is interpreted. This cognitive functioning has many factors which determine one's emotional state. At the point where an emotionally provoking stimulus is present, these determine the relationship between the physical and emotional.

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Q7 How does culture influence the expression of emotions?

Answer. Things present in our environment, culturally, influence our behaviour, emotions and the expressions that come with it, on a daily basis. However, there is a certain kind of similarity in the expressions. Facial expressions are mostly considered to be misleading and the emotional expressions are different from the actual emotional vocabulary. However, there has been a similarity in the basic expressions of happiness and smiling, crying when stressed etc. but it also must be noted that besides these, other facial expressions, which are not so basic, vary from culture to culture, in the matter of how and why they're present.

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Q8 Why is it important to manage negative emotion? Suggest ways to manage negative emotions.

Answer. In order to ensure a balanced social functioning, controlling negative emotions and keeping positive emotions intact become significant. However, negative emotions can be managed: Negative emotions can have diverse effects on an individual's well being. It affects the decision making abilities, rational thinking, and the will and ability to work.

Dealing with negative emotions effectively:

1. Enhancing self-awareness: trying to get to know oneself and understanding better, enhances our abilities to cope with negative emotions.
2. Appraising the situation objectively: evaluating a situation helps one gain insight and gives a direction to emotions.
3. Self monitoring: to achieve happiness, one's self evaluation is important.
4. Self-modeling: focusing on the positive parts of one's past provides insight and inspiration to do better.
5. Perceptual reorganization and cognitive restructuring: restructuring one's thought process to give rise to more positive thoughts.
6. Be creative: making oneself useful by taking up things they like to do.

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