

NCERT SOLUTIONS

CLASS - 12th



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Subject : Psychology

Chapter : 8

Chapter Name : Psychology and Life Psychology

Q1 What do you understand by the term 'environment'? Explain the different perspectives to understand the human-environment relationship.

Answer. The word 'environment' refers to all that is around us. It means that the environment consists of everything which surrounds us including the physical, social, work, and cultural environment. In general, it includes all the forces outside human beings to which they respond in some way.

Different perspectives to understand the human - environment relationship are as follows -

The minimalist perspective - This concept assumes that the physical environment doesn't have a large impact on human health, behaviour and well-being. It affects humans to a minimal or negligible extent.

The instrumental perspective - This concept assumes that the physical environment exists mainly for use by human beings for their comfort and well-being. Thus humans may exploit the environment to the fullest.

The spiritual perspective - Under this perspective, the environment must be respected and valued rather than exploited. It considers that humans are dependent upon the environment and they can be happy only if the environment is taken care of.

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Q2 "Human beings affect and are affected by the environment". Explain this statement with the help of examples.

Answer. It is true that human beings are by and large affected by the environment. Humans are dependent upon the environment for their well-being and survival. They influence each other to a large extent and the human-environment relationship can be appreciated only after understanding this.

- Environmental influences on perception - The environment has a large influence on human perception. For example, people of South Africa live in a house with non-angular walls. Thus they have less geometric illusion.
- Environmental influences on emotions - The environment influences our emotions as well. For example, if we look at a silently flowing river then we will feel calm and peaceful. However if we look at a flood scene, then we will feel terror.
- Ecological influences on occupation, living style and attitudes - The people living in different environmental conditions will be having different occupations. For example, people of hilly areas are engaged mainly in hunting, people living in plains are engaged mainly in agriculture etc.

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Q3 What is noise? Discuss the effects of noise on human behaviour.

Answer. Any unpleasant sound which is annoying or irritating is termed as noise. If a person is exposed to noise for a quite long period of time, then it will affect his behaviour to a large extent. He will be uncomfortable in that situation and his mood will be unpleasant.

Noise affects people differently in different situations -

1. In case the person is performing clerical or routine tasks or an easy task, then the noise doesn't affect him much. He is used to the noise.
2. If the task of a person is very interesting, then the noise doesn't affect him much because he will not pay much attention to the noisy surroundings. He would be working with due attention.
3. When the noise isn't regular and comes in an unpredictable way, then it is more disturbing as compared to the case when noise is regular.
4. When the task being performed is difficult or requires full concentration of the person then uncontrollable noise will reduce his performance.
5. When the noise is above a certain level, then it causes annoyance, and can also lead to sleep disturbance. Long term exposure to noise causes health problems.

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Q4 What are the salient features of crowding? Explain the major psychological consequences of crowding.

Answer. Crowding refers to a feeling of discomfort because there are too many people or things around us. It gives us a feeling of physical restriction and sometimes we may get a lack of privacy. When a large number of people surround us, then we feel stressed. The crowding has the following features -

- i. Discomfort
- ii. Loss of privacy.
- iii. Negative view of space.
- iv. Loss of control over social interaction.

It has the following consequences -

1. It may lead to abnormal behaviour and aggression. If there are a large number of crowded people, then the people may become violent.
2. Crowding leads to lowering of performance in those tasks which include cognitive activities. It also has adverse effects on the emotional and mental health of people.
3. Those children which are born in a crowded family show lower academic performance. They experience greater conflict with their families and less support from their family members.

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Q5 Why is the concept of 'personal space' important for human beings? Justify your answer with the help of an example.

Answer. The comfortable physical space which a person likes to maintain around oneself is known as personal space. The personal space is reduced in a crowded area and thus the person living in a crowded area feels stressed and discomfort. In social situations, human beings like to maintain a certain physical distance from the person with whom they are interacting. This is called interpersonal physical distance.

The concept of physical space is very important in one's life.

If a person gets adequate physical space, then his growth and health is well maintained. His emotional health is also good. One reason for the negative reactions to crowding, as described earlier, is the decrease in personal space. Nowadays due to an increase in population, the physical space is decreased and there is crowding. For example, if you are in a hall where 500 people are sitting, then you will feel suffocation and discomfort. This is so because your physical space is reduced.

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Q6 What do you understand by the term 'disaster'? List the symptoms of post-traumatic stress disorder. How can it be remedied?

Answer. Natural disaster is an environmental hazard. It is termed as a disaster as it is unpredictable and can cause enormous loss to property and life. The disaster having high intensity can cause severe loss to property and life. The impact of disaster also depends upon the individual's coping ability and his experience of disaster before the disaster he faced again. Post traumatic stress disorder refers to the situation when an individual is unable to recover from the event of disaster. He is traumatised from that event. Its symptoms are as follows -

- Sleep disturbance
- Change in eating pattern
- Increased heart beat
- Increased blood pressure
- Fear and grief
- Irritation and anger
- Helpless and hopeless
- Depression
- Difficulty in concentration
- Loss of memory
- Confusion and worry
- Getting into conflicts with others

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Q7 What is pro-environmental behaviour? How can the environment be protected from pollution? Suggest some strategies.

Answer. Pro-environmental behavior refers to the behavior of an individual which is friendly and caring. This type of behaviour helps in protecting the environment from getting degraded and also helps in conservation of natural resources. For example, people are now moving from the culture of using traditional sources of energy like coal, petroleum etc. To modern sources of energy like solar energy, wind energy, hydro energy etc. in order to conserve fossil fuels and protect the environment from getting polluted. Some strategies to protect environment are -

1. Reducing air pollution by emitting less vehicular pollution.
2. Cleaning the industrial waste before releasing them into the environment.
3. Stopping the habit of smoking.
4. Reducing noise by keeping noise levels down.
5. Planting more trees.
6. Reducing non-biodegradable waste.
7. Reducing plastic waste.

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Q8 How is 'poverty' related to 'discrimination'? Explain the major psychological effects of poverty and deprivation.

Answer. Poverty refers to the economic deprivation associated with the low income, hunger, low caste and status. When the resources available to an individual are short of what his basic necessities are, then he is below the poverty line. Some of its main features are as follows -

- Illiteracy
- Poor housing
- Over - crowding
- Lack of public amenities
- Malnutrition and under - nutrition
- Increased susceptibility to diseases

Deprivation is a state of mind when the person feels that he has got less than what he deserves. It is a subjective matter. A person may feel deprived even if he is not under the poverty line. However if a person is poor then he may feel deprived.

Major psychological effects of poverty and deprivation are as follows -

- A person may feel demotivated and he becomes dependent upon others. He starts believing that he cannot control anything and he has to go with the flow.
- The person has dissenting behaviour towards the society.
- Poor people have low self - esteem, high anxiety and they live in present without thinking about the future.
- They are hopeless and powerless and have a sense of injustice. They live without any identity in society.
- Prolonged exposure to deprivation may impair the cognitive functioning of an individual.
- The person suffering from poverty also suffers from mental disorder.

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Q9 Distinguish between 'instrumental aggression' and 'hostile aggression'. Suggest some strategies to reduce aggression and violence.

Answer. Aggression refers to the behaviour of a person which may cause harm to another person or persons to take revenge against him. It can be expressed through demonstration by taking action or by using abusive language or harsh words. It may also be expressed by having hostile feelings against others.

Difference between instrumental and hostile aggression is as follows -

Instrumental aggression - The type of aggression meant for the achievement of certain goal or getting possession of others property forcefully. The individual may or may not have the intention to harm others. It is destructive in nature.

Hostile aggression - It refers to the form of aggression in which the person depicts anger towards a targeted person with the intention of harming him. It may or may not include the intention to take possession of others property.

Methods to reduce aggression and strategies are as follows -

- Students must be taught to be non-violent at school and at home. They should be punished if they show aggressive behaviour.

- Students must be kept away from situations where aggressive behaviour is depicted by others.
- Social justice and equality should be implemented so as to reduce aggression in the society.
- Peace and harmony should be promoted in society.

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Q10 Discuss the psychological impact of television viewing on human behaviour. How can its adverse consequences be reduced? Explain.

Answer. Television is the outcome of modern technological advancements. It has both positive and negative impacts on the mindset of an individual.

- Television provides a large amount of information to the people in visual form and thus it is an attractive mode of entertainment and information. However people may get positive or negative information from television.
- Good teaching programmes on television like craft, music, dancing etc. may help in developing a child and has a positive impact on his mind.
- Television may have a negative impact on a child's mind since it reduces his concentration ability.
- Children also develop habits of watching television at the expense of his outdoor playing and reading and writing.

The adverse effects of watching television can be reduced by promoting the habit of outdoor play and healthy lifestyle. A child should be controlled and the content he watches should be taken care of by parents. He must not be allowed to watch television for long hours. The child must not watch aggressive content or sensitive information on television.

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