

ASSIGNMENT

CLASS-XI

SUBJECT-PSYCHOLOGY

LESSON- MOTIVATION AND EMOTION

1. Define the term 'motivation'.
2. Explain the motivational cycle.
3. Draw the motivational cycle.
4. Explain the two types of motives.
5. Give examples of:
  - (1) Biological motives
  - (2) Psychosocial motives
6. Discuss the physiological mechanism of hunger.
7. Explain the physiological basis of thirst.
8. Describe the physiological basis of sex.
9. Why and how sex motivation is different from other primary motives?
10. Write short notes on:
  - (a) Need for affiliation
  - (b) Need for power
  - (c) Need for achievement
  - (d) Curiosity and exploration
11. Explain Maslow's Hierarchy of Needs.
12. What is frustration?

13. What is frustration-aggression theory?
14. Define the term 'conflict'. Name and explain the three types of different conflicts.
15. Define the term 'emotion'. Name the basic emotions.
16. Explain the following theories along with examples:
  - (a) James-Lange theory
  - (b) Cannon-Bard theory
  - (c) Schachter-Singer theory
17. Define the term 'anxiety'.
18. What are some of the strategies to manage negative emotions?
19. Suggest ways to manage anger.
20. Give ways to enhance positive emotions.