

an individualistic society tend to experience more physiological problems brought on by stress.

An individual who moves into a different culture can experience stress. **Acculturative stress** occurs through the pressure of trying to adapt to a new culture. People experience stress as they try to hold onto their cultural practices and viewpoints in a new surrounding that might not embrace certain practices and viewpoints.

### AP Tip

Be prepared to explain the difference between problem- and emotion-focused coping. Which cultures use problem- and emotion-focused coping strategies?

## Multiple-Choice Questions

- Internal and external factors that direct an organism's behavior towards a desired outcome is referred to as
  - emotion
  - homeostasis
  - motivation
  - arousal
  - behavior
- Jimmy got up in the middle of night for a drink of water because he was thirsty. Which theory of motivation best explains why Jimmy got out of bed?
  - Instinct theory
  - Optimum arousal theory
  - James-Lange theory
  - Drive-reduction theory
  - Self-actualization
- Jenny wants to leave a party because it is boring and go somewhere that is more exciting. Which theory of motivation would explain Jenny's reason for leaving the party?
  - Instinct theory
  - Optimum arousal theory
  - Drive-reduction theory
  - Cannon-Bard theory
  - James-Lange theory
- Joe was motivated to work flex-time at his job because if he worked an extra hour Monday through Thursday he could leave at noon on Friday. Which motivational theory would best explain the rationale for Joe's wanting to work a flex-time schedule?
  - Drive-reduction theory
  - James-Lange theory
  - Instinct theory
  - Incentive theory
  - Yerkes-Dodson law

5. CCK is a signal for satiety of \_\_\_\_\_ hunger, and leptin is a signal for satiety of \_\_\_\_\_ hunger.  
 (A) long-term; short-term  
 (B) short-term; long-term  
 (C) long-term; long-term  
 (D) short-term; short-term  
 (E) none of the above
6. As Tommy was mowing his lawn on a hot summer day, he started to sweat profusely. Tommy began to sweat to cool his body in response to his body temperature becoming too hot. What refers to maintaining a constant internal state within the body?  
 (A) Drive  
 (B) Parallel processing  
 (C) Homeostasis  
 (D) Hemoglobin  
 (E) Activity-synthesis
7. \_\_\_\_\_ hypothalamus initiates hunger, and \_\_\_\_\_ hypothalamus stops hunger.  
 (A) Lateral; lateral  
 (B) Ventromedial; lateral  
 (C) Ventromedial; ventromedial  
 (D) Lateral; ventromedial  
 (E) Amygdala; ventromedial
8. Suzy has started to consume less and less food. She also spends three to four hours at the gym working out each day. The mention of food upsets her, and she won't listen to anybody who suggests that she is not eating enough. Suzy may be suffering from  
 (A) anorexia nervosa  
 (B) bulimia nervosa  
 (C) the misinformation effect  
 (D) serial processing  
 (E) the egocentrism effect
9. When Jimmy started to learn to play golf, he struggled with the fundamentals. Instead of quitting, Jimmy continued to practice and tried to get better. This pursuit of self-mastery or realization of his potential is referred to as  
 (A) love and belongingness needs  
 (B) safety needs  
 (C) physiological needs  
 (D) personal needs  
 (E) self-actualization
10. The \_\_\_\_\_, a part of the limbic system, is important in perceiving emotion.  
 (A) hippocampus  
 (B) amygdala  
 (C) hypothalamus  
 (D) pons  
 (E) cerebellum

11. When Julie heard a noise outside her window, her heart started to beat faster, and as a result she became scared. Which theory of emotion could best explain Julie's response of fear?
- (A) Cannon-Bard theory of emotion
  - (B) James-Lange theory of emotion
  - (C) Two-factor theory of emotion
  - (D) Cognitive-mediational theory of emotion
  - (E) Facial-feedback hypothesis
12. Which theory suggests that emotion is the result of applying a cognitive label to explain a physiological reaction?
- (A) Cannon-Bard theory of emotion
  - (B) James-Lange theory of emotion
  - (C) Schachter-Singer's two-factor theory of emotion
  - (D) Cognitive-mediational theory of emotion
  - (E) Facial-feedback hypothesis
13. \_\_\_\_\_ psychology is a field of psychology that studies the effects of stress on the human body and shows how to handle stress by promoting a positive lifestyle.
- (A) Cognitive
  - (B) Behavioral
  - (C) Industrial-organizational
  - (D) Health
  - (E) Social
14. In the fight-or-flight response, the adrenal medulla releases \_\_\_\_\_, a hormone that alerts the body by elevating heart rate and respiration while tightening muscles.
- (A) catecholamines
  - (B) corticosteroids
  - (C) melatonin
  - (D) insulin
  - (E) leptin
15. Tracy doesn't like to talk in front of large groups, so she convinces a co-worker to join her scheduled presentation. Which strategy did Tracy use?
- (A) Catharsis expression coping
  - (B) Constructive coping
  - (C) Denial coping
  - (D) Perceptual inconsistency coping
  - (E) Self-indulgence coping

## Free-Response Questions

1. Jenny has decided to lose weight. She doesn't know how to diet and therefore has to find information that explains effective dieting strategies. Jenny specifically wants to know how the basal metabolic rate (BMR) functions and how it could help her lose weight. Define the BMR and explain how the following factors could affect it.
  - Age
  - Gender
  - Food
  - Exercise
  - Body type
2. Describe how the following factors could affect a person's level of stress. Provide definitions and examples that support your answer.
  - Social support
  - Type A vs. Type B behavior
  - Perceived control
  - Optimistic vs. Pessimistic explanatory styles