

## Psychology: Abnormality – Key Words

- **Adaptive** – behaviour that helps an individual cope in a given environment.
- **Maladaptive** – behaviour that is detrimental to an individual coping in a given environment.
- **Conditioning:**
  - **Classical** – association made with instinctive reactions - phobias occur through classical conditioning.
  - **Operant** – reinforcement based on rewards. There are two types of reinforcement, positive and negative. The former is associated with rewards, whereas the latter is associated with the ceasing of something bad.
- **Social learning** - Learning from watching other people:
  - Acquisition – witnessing;
  - Performance – trying it out for oneself;
  - Maintenance – if desirable reaction, keep the behaviour going.
- **Association** – an association is a bond or connection between two images, thoughts, ideas, or other psychological phenomena, whereby the occurrence of one tends to bring to mind the other.
- **Vicarious reinforcement** – learning second hand by watching others.
- **Reinforcement** – a process that increases the frequency of a targeted behaviour by either using a negative stimulus or a positive stimulus.
- **Generalisation** – a process within operant and classical conditioning, where a conditioned response starts occurring in response to the presentation of other similar stimuli, not just the conditioned stimulus.
- **Discrimination** – being able to discern a conditioned stimulus with one that isn't conditioned.
- **Extinction** – the reduction of some response that the individual currently or previously produced.
- **Shaping** – a behavioural term that refers to gradually moulding or training an organism to perform a specific response by reinforcing any responses that come close to the desired response.
- **Determinism** – the view that behaviour is determined by forces outside the control of the individual.
- **Reductionism** – taking things back to their physiological basics.
- **Deviation from statistical norm** – when an individual behaves in a way that is inconsistent with the statistical normality of the population.
- **Deviation from social norm** – when an individual behaves in a way that is inconsistent with the general social normality be it statistically common or not.
- **Deviation from ideal mental health** – Doctors use the concept of physical health to measure ill-health (for example an extreme body temperature indicates illness). Jahoda suggested that we could define psychological well-being in order to recognise mental illness.
- **Failure to function adequately** – the inability to function adequately in a given environment.
- **Cultural relativism** – how things vary from culture to culture, for example the definition of abnormality.
- **Neurotransmitter** – chemicals released by neurons which carry information from one neuron to another.
- **Psychodynamic model of abnormality** – a model of abnormality created by Freud interested in the conscious and unconscious mind.
- **Ego-defence mechanism** – a protection for the ego against the onslaught of the unconscious.
- **Psychosexual stage** – in the Psychodynamic Model of Abnormality, the stages of development where a fixation causes abnormality.
- **Ego** – the rational part of personality.
- **Superego** – the conscience and morality part of personality.
- **Id** – the selfish, self-gratifying part of personality.
- **Cognitive structure** – the internal organisation of information.
- **Cognitive content** – the actual material the person is processing.
- **Cognitive processes** – the ways in which we process the information.
- **Cognitive products** – the conclusions reached.
- **Flooding** – curing an irrational fear by bombarding the individual with the subject of the fear.
- **Systematic desensitisation** – gradually curing an irrational fear by slowly introducing the subject of the fear.
- **Token economy** – a behavioural approach used to change the behaviour of patients with severe psychological disorders. Tokens are given for the exhibition of positive behaviour.