

PSYCHOLOGY FOR LIVING



CONTENTS

UNIT 1 INTERPERSONAL RELATIONSHIPS

1

1 Social Behavior 4

Desirable Social Traits	5	Choices	17
Basic Personal Qualities	9	Improving Social Adjustment	20
Areas for Improvement	13		

2 Understanding between the Sexes 23

Attraction between the Sexes	25	Dating	34
The Sex Roles	30	Closeness of the Relationship	38
Understanding the Opposite Sex	32		

3 The Working World 41

Qualifications for Work	42	Working Women	55
Choosing a Vocation	47	Getting Along on the Job	58
Preparation for the Job	51		

4 Selecting a Partner 64

A Solid Foundation	64	Predicting Marital Happiness	74
Choosing a Marriage Partner	69	Teenage Marriage	78
The Engagement Period	72		

5 An Effective Marital Relationship 82

The Right Attitude	82	Divorce	91
Realistic Expectations	84	The Family	92
Conflicts	85	Avoiding Parental Pitfalls	95
Special Problem Areas	88	Parents as Teachers	97

UNIT 2 LEARNING

100

6 The Raw Material of Learning 104

The Nature of Sensation	104	Influences on Perception	115
The Nature of Perception	106	Individual Differences	116
Perceptual Constancy	110	Perception without Sensation	119
Perceptual Organization	113	Experiments	119

7 Sorting and Using Information 122

Development of Concepts	122	The Self-concept	132
Kinds of Concepts	124	Improvement of Concepts	133
Concepts in Communication	126	Logical Thought	134
Concepts in Perception	129	Pitfalls for Thinkers	137
Concepts as Guides to Action	131	Levels of Thinking	139

8 Principles of Learning 142

Processes of Learning	142	Grouping Information	150
Conditioning	145	Creative Concept Forming	151
Complex Learning	148	Learning to Solve Problems	153
Remembering	148	Transfer of Learning	156

9 Learning in Life 158

Learning Emotions and Feelings	158	Attitudes toward Learning	167
Studying	161	The Gift of Learning	168

UNIT 3 MOTIVATIONS

170

10 Needs 174

Important Human Needs	174	Human Sexuality	186
Characteristics of Human Needs	177	Identity and Meaning	190
Human Needs and Behavior	185		

11 Emotion 193

The Nature of Emotion	193	Anger, Fear, and Modern Man	204
The Role of the Nervous System	195	Tension	204
Development of Emotion	196	Worrying	205
Individual Differences	199	Brooding	206
Interplay of Cognitive		Remedies for Tension	206
and Physiological Factors	201	Managing Emotion	207
Emotion in Adolescence	202		

12 Feelings 211

The Significance of Feelings	212	The Source of Feelings	216
Feelings in Friendship and Love	213	The Feeling Side of Life	219
Feelings as Opposed to Intellect	214	Moods	225
Feelings as Motivation	214	Attitudes	226
The Tension of Feelings	215	Prejudices	230

13 Heredity and Environment 240

Heredity	240	Heredity and Interaction with	
What Is Inherited?	247	the Environment	254
Maturation	254		

14 Physical Growth and Development 260

Structure and Function	260	Physical Abilities	269
General Body Growth	262	Growth of the Nervous System	271
Physical Development and		The Life Span	274
Personal Status	266		

15 Intelligence 278

How Intelligence Develops	279	The Normally Intelligent	291
Intelligence Tests	284	Mental Abilities	291
The Gifted	288	Intelligence and Creativity	293
The Mentally Retarded	289	Intelligence and the Individual	295

16 Personality 297

Personality Tests	299	Theories of Personality	309
A Definition of Personality	304	Judging Personality	313
Development of Personality	306	What Is a Good Personality?	316

17 Handicaps to Adjustment 322

Personality Handicaps	323	Fearful Attitude toward Life	331
Repression	324	Inferiority Feelings	331
Conflicts	326	Defense Mechanisms	335
Warped Attitudes	328	Two Important Warnings	339

18 Problems in Adjustment 342

Mental Illness	343	Neuroses	353
The Psychotic	345	Transient Situational	
Organic Psychoses	347	Disturbances	356
Functional Psychoses	348	Nonpsychotic Mental Disorders	357

19 Therapy 360

The National Association for Mental Health	360	Medical Therapies	363
The National Institute of Mental Health	361	Individual Psychotherapy	364
Mental Health Clinics	361	Group Psychotherapy	369
Hospitals for Mental Illness	362	Activity Therapy	371
Therapy for the Mentally Ill	362	Organized Volunteer Groups	372
		Miscellaneous Therapeutic Services	373

20 Handling the Problems of Life 375

The Nature of Stress	375	Conflict as a Source of Stress	385
Severity of Stress	376	Threat as a Source of Stress	387
Frustration, a Source of Stress	378	Pressure as a Source of Stress	388
Causes of Frustration	380	Psychosomatic Disorders	389
Reactions to Frustration	380		

21 Maturity 392

The Mature Adult	393	Self-control	401
A Realistic View of Life	393	Responsibility	402
Concern for Other People	398	Self-reliance	402
Facing Unpleasant Realities	399		

Glossary 407

Books That Will Interest Students 417

Index 424

DIAGRAMS

Areas of Taste Sensation	106
Perceptual Constancy	110
Shape Constancy	112
Illusions	114
Effect of Context on Perception	115
Path of a Reflex	145
Autonomic Nervous System	197
Chromosomes of a Normal Human Male	242
Dominance and Recessiveness	243
Cell Division	244
Number of Chromosomes in Body Cells	244
Inheritance of Genes	245
Identical and Fraternal Twins	246
Sex Determination	247
Sex-linked Characteristic: Color Blindness	248
Gene Mutation	249
Neurons	252
Brain	253
Endocrine Glands	253
Changes in Body Proportions from Birth to Adulthood	266

GRAPHS

Employment in Major Occupational Groups by Sex	53
More Jobs Will Require Extensive Education and Training	55
Trends in Marriage Age in the United States	79
Sound Intensity	118
Average Weight Growth of Boys and Girls	263
Average Height Growth of Boys and Girls	264
Growth, Maturity, and Decline of the Brain	273
Distribution of Intelligence Quotients	288

TABLES

Information for Prospective College Students	54
Prospects for Successful Marriage	76
Marital Survival Rates	78
Sensations	107
How the Self-concept Affects Feelings and Behavior	133
Percentages of Adult Height	265
Percentages of Adult Weight	265
Age Periods and Physical Status	276
Development Characteristics of the Mentally Retarded	290
Basic Freudian Concepts	310
A Test for Inferiority Feelings	334
Psychotic Symptoms	346
Schizophrenic Reactions	351
Neurotic Reactions	355
Psychoanalysis	367
How Psychotherapy Helps	370
Types of Activity Therapy	372
Behavior Patterns	384
Degrees of Conflict	385
Personal Maturity Questionnaire	404