

# **Psychology Text in English**

(متون روانشناسی به زبان انگلیسی)

## پیشگفتار

روانشناسی در کشورهای انگلیسی‌زبان پیشرفت چشمگیری داشته است. لذا بیشترین منابع و واژگان موجود در این رشته توسط این کشورها تولید و منتشر می‌شود. دانشجوی مقطع کارشناسی روانشناسی برای این‌که در یادگیری زمینه‌های موجود در رشته خود موفق بوده و در آینده بتواند خود را به عنوان متخصص این رشته مطرح کند می‌بایست از همان آغاز تحصیل در رشته روانشناسی با واژگان عمومی و تخصصی موجود در متون روانشناسی آشنا شود. تنها جایگاهی که برای تحقق این امر در آموزش‌های دانشگاهی کشورمان پیش‌بینی و تعبیه شده، ۶ واحد درسی تحت عنوان "متون روانشناسی به زبان انگلیسی ۱ و ۲" است. واقعیت این است که با توجه به ضعف پایه‌ی اکثر دانشجویان در زبان انگلیسی از یکسو، و حجم مطالب موجود از سوی دیگر، یادگیری روانشناسی به زبان انگلیسی برای قریب به اتفاق دانشجویان مشکل می‌نماید.

با توجه به آنچه آمد و مرور منابع موجود که در حال حاضر در دانشگاه‌های کشور تدریس می‌شود، تجربه ۶ ساله تدریس مؤلف، او را به تألیف کتابی نوآور و محرک تشویق کرد. برای ایجاد این نوآوری و تحریک دانشجو به یادگیری روانشناسی به زبان انگلیسی چندین ویژگی در کتاب حاضر داخل شده است که در ذیل با آنها آشنا می‌شوید:

۱. استفاده از منابع متعدد و متنوع از جمله معتبرترین و به روزترین سایت‌های اینترنتی و کتاب‌ها؛
۲. تشویق دانشجویان برای رجوع به سایت‌های اینترنتی جهت مطالعه بیشتر؛
۳. پوشش کامل سرفصل دروس روانشناسی عمومی که در کلیه کتاب‌های روانشناسی عمومی موجود این فصول تحت پوشش قرار گرفته اند؛
۴. استفاده از متن‌های کوتاه و طرح دامنه متنوعی از سؤالات (از جمله سؤالات صحیح-غلط، جای خالی، جور کردن، مترادف و متضاد و...) جهت پیشگیری از خستگی دانشجو در مواجهه با متنی طولانی و پر از لغت؛
۵. عدم استفاده از متون طولانی و خسته‌کننده که هم‌اکنون در کتاب‌های موجود مورد استفاده قرار گرفته است؛
۶. آموزش معانی لغات با توجه به متن جهت ایجاد پویایی ذهنی در دانشجویان و پیشگیری از ترجمه و درک لغت به لغت و کلیشه ای متن؛

۷. وجود فهرست کاملی از واژگان تخصصی در انتهای هر فصل و آموزش لغات مورد نیاز که در طول دوره کارشناسی در قالب واحدهای درسی تخصصی و اختیاری به دانشجویان ارائه می‌شود؛

۸. استفاده از جداولی در انتهای کتاب برای سرگرمی دانشجویان؛

۹. با توجه به پوشش گسترده و کامل سرفصل مطالب مقطع کارشناسی رشته روان‌شناسی، این کتاب برای دانشجویانی که خود را برای شرکت در آزمون کارشناسی ارشد روان‌شناسی دانشگاه‌ها آماده می‌کنند می‌تواند مورد استفاده قرار گیرد.

هدف اصلی کتاب حاضر، آموزش متون روان‌شناسی به زبان انگلیسی و آشنایی دانشجویان با واژگان تخصصی این رشته می‌باشد. این کتاب در ۱۴ فصل تنظیم شده که هفت فصل اول آن را می‌توان در درس متون ۱ و هفت فصل بعدی را در درس متون ۲ مقطع کارشناسی روان‌شناسی تدریس کرد.

در اینجا برخورد لازم می‌دانم که از زحمات و تلاش‌های مجدانه سرکار خانم شهره حیدری به جهت تایپ و صفحه‌بندی و نیز جناب آقای محمدرضا عبدلی‌بیدهندی جهت بازخوانی کتاب و طراحی جداول انتهای کتاب نهایت تشکر و قدردانی را به عمل آورم.

در انتها از آنجایی که هیچ کاری خالی از عیب نیست، از اساتید و دانشجویان گرامی تقاضا دارم منت نهاده و با نظرات و پیشنهادات سازنده خود، اینجانب را از کاستی‌های این کار آگاه سازند.

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## CHAPTER 1

### INTROHUCTION TO PSYCHOLOGY

The birth date of modern psychology is usually given as 1879, the year that Wilhelm Wundt (pronounced "Voont") established the first formal psychology research laboratory at the University of Leipzig, Germany. With Wundt, psychology had evolved from the philosophy of mental processes to the science of mental processes. Wundt wanted to describe the basic elements of consciousness, how they are organized, and how they relate to one another.

In an attempt to observe conscious experience, Wundt used the technique of introspection, which means "inward perception." Subject specially trained in this method were exposed to a light or sound, for example, and, on repeated trials, tried to describe the sensations and feelings the stimulus created. Wundt concluded that "quality" (e.g., brightness or loudness) are the two essential elements of any sensation and that feelings can be described in terms of pleasure-displeasure, tension-relaxation, and excitement-depression.

۱. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **To evolve :**
  - a) To change
  - b) To develop
  - c) To differ
  - d) To involve
- **Clarity :**
  - a) Cleanness
  - b) Transparency
  - c) Intensity
  - d) a , b
- **Trial :**
  - a) Experiment
  - b) Scene
  - c) Excitement
  - d) Laboratory
- **Sensation :**
  - a) Perception
  - b) Excitement
  - c) Feeling
  - d) b , c

- **Essential :**

- |                |                |
|----------------|----------------|
| a) Fundamental | b) Basic       |
| c) Necessary   | d) All of them |

As a physician, Freud had presumed that all behavior and mental processes have physical causes somewhere in the nervous system. He began to question that assumption in the late 1800s, however, after encountering a series of patients who displayed a variety of physical ailments that had no apparent physical cause.

He eventually came to believe that all behavior from everyday slips of the tongue to severe forms of mental disorder is motivated by psychological processes, especially unconscious conflicts within the mind. For the next fifty years, Freud revised and expanded his ideas into a body of work known as psychoanalysis.

The first U.S. psychology laboratory was founded by William James at Harvard University, at around the same time Wundt established his lab in Leipzig. Like the Gestalt psychologist, William James rejected Wundt and structuralism. Influenced by Darwin's theory of evolution, James was more interested in understanding how consciousness functions to help people adapt to their environment. This was called functionalism, and it focused on the ongoing "stream" of consciousness.

The functionalist view encouraged North American psychologists to look not only at how mental processes work in general but also at how they vary from person to person.

۲. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Ailment :**

- |                |                  |
|----------------|------------------|
| a) Abnormality | b) Dysfunctional |
| c) Illness     | d) deformity     |

- **Apparent :**

- |             |            |
|-------------|------------|
| a) Implicit | b) Obvious |
| c) Clear    | d) Band    |

- **To expand :**

- |               |                |
|---------------|----------------|
| a) To develop | b) To complete |
| c) To open    | d) To change   |

- **To revise :**
  - a) To improve
  - b) To change
  - c) To reexamine
  - d) All of them
- **Ongoing :**
  - a) Continuing
  - b) In progress
  - c) Oncoming
  - d) a , b
- **Evolution :**
  - a) Communication
  - b) Revolution
  - c) Development
  - d) Convolution
- **To reject :**
  - a) To eject
  - b) To Refute
  - c) To accept
  - d) a , b
- **To presume :**
  - a) To assume
  - b) To determine
  - c) To take into consideration
  - d) a , b

Sigmund Freud explored the unconsciousness. As a physician he had presumed that all behaviors are mental processes have physical causes somewhere in the nervous system. He began to question that assumption in the late 1800s, however after encountering a series of patients who displayed a variety of physical ailments that had no apparent physical cause. Using hypnosis and other methods, he found evidence that convinced him that the roots of these people's "neurosis" lay in shocking experiences from the distance past that the patients had pushed out of consciousness.

۳. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Presume:**
  - a) Assume
  - b) Think
  - c) Believe
  - d) Omit
- **Encounter:**
  - a) Enjoy
  - b) Visit
  - c) Have
  - d) Study

- **Ailment:**

a) Chronic illness	b) Not serious illness
c) Health	d) Mental disorder
- **Convinced:**

a) Perceived	b) Assured
c) Contained	d) Conceived
- **Evidence:**

a) Proof	b) Example
c) Document	d) Witness

From the 1930's until his death in 1990's, Skinner worked on mapping out the details of how rewards and punishments shape, maintain, and change behavior through what he termed "operant conditioning". His functional analysis of behavior helped explain, for example, how children's tantrums are sometime inadvertently encouraged by the attention they attract from parents and teachers, and how a virtual addiction to gambling can result from the occasional and unpredictable rewards it brings.

In 1913, Watson wrote an article called "Psychology as the Behaviorist Views It". In it, he argued that psychologists should ignore mental events and base psychology only on what they can actually observe about overt behavior and its response to various stimuli. Watson's behaviorism recognized the existence of consciousness but considered it useless as a target of research since it would always be private and unobservable by scientific methods. Preoccupation with consciousness, said Watson, would prevent psychology from ever being a true science. Influenced by Ivan Pavlov's research on classical conditioning in dogs, Watson believed that learning is the most important determinant of behavior.

٤. متضاد لغات ذیل را با توجه به متن مشخص نمایید.

- **Overt :**

a) Unobservable	b) Covert
c) Available	d) a , b
- **Reward :**

a) Encourage	b) Punishment
c) Target	d) Gift



- **According to Watson behavior is determined by:**

- |                  |                           |
|------------------|---------------------------|
| a) Consciousness | b) Classical Conditioning |
| c) Behavior      | d) a , b                  |

۵. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Target :**

- |         |           |
|---------|-----------|
| a) Goal | b) Method |
| c) Aim  | d) a , c  |

- **Gambling :**

- |                           |                      |
|---------------------------|----------------------|
| a) Taking risk for chance | b) Playing for money |
| c) a , b                  | d) None              |

- **To map out :**

- |                 |               |
|-----------------|---------------|
| a) To delineate | b) To arrange |
| c) To manage    | d) a, b       |

- **Inadvertently:**

- |                    |                |
|--------------------|----------------|
| a) Willfully       | b) Consciously |
| c) Unintentionally | d) b, c        |

Computers provide a new way to think about mental activity as information processing. They also enabled psychologists to measure mental activity far more accurately than ever before.

Armed with ever more sophisticated research tools, many psychologists today are striving to do what Watson thought was impossible: to study mental processes with precision and scientific objectivity. In fact, cognitive and biological factors in psychology are as influential now as behaviorism used to be. So, mainstream psychology has come full circle, once again accepting consciousness – in the form of cognitive processes – as a legitimate topic for scientific research and justifying definition of psychology as the science of behavior and mental processes.

۶. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Sophisticated :**
  - a) Hard
  - b) Complex
  - c) Better
  - d) Exact
- **To strive :**
  - a) To attempt
  - b) To study
  - c) To struggle
  - d) a , c
- **Armed :**
  - a) Equipped
  - b) Supplied
  - c) a , b
  - d) None
- **Accuracy :**
  - a) Precision
  - b) Scientific
  - c) Cognitive
  - d) Accumulate
- **Legitimate:**
  - a) Justifiable
  - b) Wrong
  - c) Lawful
  - d) a , c

Whereas some psychologists adopt one particular approach, many others are eclectic, combining features of two or more approaches because they believe that no one perspective can fully account for all aspects of psychological phenomena. Psychologists today no longer refer to themselves as structuralists or functionalists, but the psychodynamic and behavioral approaches remain, along with others known as the biological, evolutionary, cognitive, and humanistic approaches. Some of these approaches are currently more influential than others, but we will briefly review the essential features of all of them.

۷. با توجه به متن فوق ، معنای " Fully account for " را بنویسید.

۸. با توجه به متن معنای جمله "Many psychologists are eclectic" را بنویسید.

۹. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Adopt:**
  - a) Choose
  - b) Select
  - c) Elect
  - d) All of them

- **Remain:**

a) Leave	b) Stay
c) Continue	d) b , c
- **Approach:**

a) Goal	b) Target
c) Method	d) None of them
- **Essential:**

a) Fundamental	b) Exceptional
c) Essay	d) None
- **Briefly:**

a) Briefcase	b) Shortly
c) Constantly	d) b , c

۱۰. در مقابل هر یک از عبارات ذیل از گزینه‌های "True" یا "False" استفاده کنید.

- In psychology, eclectic approaches are more common than other approaches. —
- Today, psychologists consider themselves either as structuralists or functionalists. —

۱۱. در متن فوق مرجع ضمیر " They " کدام لغت است؟

Investigating the possibility that aggressive behaviors in schizophrenia, for example, might be traceable to a hormonal imbalance of a brain disorder reflects the biological approach to psychology. As its name implies, the biological approach assumes that behavior and mental processes are largely shaped by biological processes. Psychologists who take this approach study the psychological effects of hormones, genes, and the activity of the nervous system, especially the brain.

۱۲. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **To investigate:**

a) To find out	b) To inquire
c) To relate	d) To know
- **Aggressive:**

a) Happy	b) Unwilling
c) Ready to attack	d) Rapid

- **Traceable:**
  - a) Related
  - b) Linked
  - c) Tracked
  - d) All of them
- **Assume:**
  - a) Suppose
  - b) Presume
  - c) a , b
  - d) None
- **To imply:**
  - a) To express
  - b) To mean
  - c) To have
  - d) To refer
- **Imbalance:**
  - a) Offset
  - b) Equilibrium
  - c) a , b
  - d) None

۱۳. با توجه به متن فوق ، معنای " As its name implies " را بنویسید.

۱۴. کدامیک از جملات زیر به بهترین نحو رویکرد زیستی نسبت به روانشناسی را بیان می کند؟

- a) The basis of behavior and mental processes is rooted in biological processes.
- b) The basis of behavior and mental processes is rooted in hormones.
- c) Mental processes and behavior can be defined by brain functioning.
- d) Mental processes and behavior can be defined by brain and hormone functioning.

۱۵. متضاد کلمه "Imbalance" چیست؟

Recognition by many behaviorists of the importance of cognitive factors reflects influence of a broader cognitive approach to psychology. The cognitive approach focuses on how people take in, mentally represent, and store information; how they perceive and process that information; and how cognitive processes are related to the integrated patterns of behavior we can see.

Psychologists taking the cognitive approach are interested in discovering how people process information in domains ranging from decision making and interpersonal attraction to intelligence testing and group problem solving, to name but a few. Some of **them** work with researchers from computer science, the biological sciences, engineering, linguistics,

philosophy, and other disciplines in a multidisciplinary field called cognitive science, which analyzes intelligent systems.

۱۶. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Broad:**

a) High	b) Large
c) Wide	d) Open
- **Take in:**

a) Absorb	b) Take out
c) Take with	d) None
- **To focus:**

a) To pay attention	b) To mind
c) To express	d) To show
- **Represent:**

a) Designate	b) Denote
c) a , b	d) None
- **Integrate:**

a) To combine	b) Sign
c) Show	d) Act
- **Domain:**

a) Realm	b) Area
c) Palm	d) a , b
- **Perceive:**

a) Apprehend	b) Comprehend
c) Pertain	d) a , b

۱۷. با توجه به متن فوق ، معنای لغت " Multidisciplinary " را بنویسید.

۱۸. در متن فوق مرجع ضمیر " Them " کدام لغت است؟

۱۹. با توجه به متن فوق، معنای لغت " Discipline " را بنویسید.

۲۰. در مقابل هر یک از عبارات ذیل از گزینه‌های " True " یا " False " استفاده کنید.

- Basically, cognitive psychology deals with information processing. —
- Cognitive psychologists mainly work with other psychologists. —
- Given the diversity of cognitive psychology, one can call this field a multidisciplinary field. —

The behavioral approach to psychology stands in stark contrast to the psychodynamic, biological, and evolutionary approaches. As founded by John Watson, the behavioral approach characterizes behavior and mental processes as primarily the result of learning. From Watson's point of view, biological, genetic, and evolutionary factors provide the raw material on which rewards, punishments, and other experiences to shape each individual.

۲۱. مترادف لغات ذیل را با توجه به متن مشخص نمایید.

- **Stark:**

a) Easy	b) Hard
c) Comfort	d) Rapid
- **Contrast:**

a) Opposite	b) Similar
c) In front of	d) Against
- **Primarily:**

a) Always	b) Often
c) Mainly	d) a , b
- **Provide:**

a) Get	b) Prevent
c) Stop	d) Arrange to get

۲۲. با توجه به متن فوق ، معنای لغت "Stands in stark contrast" را بنویسید.

۲۳. جای خالی جملات زیر را با کلمات مناسب پر کنید.

- The basis of behavior and \_\_\_\_\_ , according to behavioral approach is, is through \_\_\_\_\_ .