

## Study Guide Chapter 10 nb Emotion & Motivation

### **Read chapter 10 from start through 10.2. Stop at 10.3 Sexual Behavior**

1. If Hector is practicing the piano because he earns money from mom when he does, then he is said to be E \_\_\_\_\_ y motivated
2. On the other hand if Hector was practicing because he likes it, then he is said to be I \_\_\_\_\_ y motivated.
3. The text refers to the “overjustification effect”. If you are intrinsically motivated to do something and I start paying you to do it, you may come to like it less. In other words, extrinsic rewards can undermine I \_\_\_\_\_ n \_\_\_\_\_ c motivation.
4. If your temperature heats up, your body does thing to cool you down. If your body becomes deprived of fluids, your body does things to make you drink more. These processes of the body maintaining itself at certain levels is called H\_\_\_\_\_ s \_\_\_\_\_ s.
5. Drive Theory says that if the body detects a deviation from the term mentioned in #4, then a D \_\_\_\_\_ is instituted to bring the body systems back into balance.
6. I am thinking of a law that says that optimal performance depends on level of arousal and task difficulty. It says that this relationship is a bell curve. It says that the curve shifts to the right for easy tasks and shifts to the left for difficult tasks. What is the name of this law?
7. What man gave us the “hierarchy of needs” and said that lower needs need to be satisfied before we can turn to satisfying higher needs. What is the name of this man?
8. There is a theory that says we each have a different “ideal weight”. If my weight varies from this, my body will try to get me back to that ideal weight. What is the name of this theory?
9. Alex said that the cause of being overweight hasn’t changed in decades: If you eat more than you burn and do that consistently, you will gain weight. Is he right?
10. Janet has periods of time (usually when she is alone) where she eats a huge amount of food in an hour. Then she feels guilty and makes herself throw up. **She is not too skinny.** (our text doesn’t mention this but it is critical). She places a huge importance on her weight and has a fear of getting fat. What disorder does she likely have?
11. Jean is way way too skinny (our text doesn’t mention this but this is critical). She has a distorted body image, places a huge importance on her weight and fear she is fat. What disorder might she have?
12. Jack binge eats but doesn’t do anything after his binges (he doesn’t throw up). He is 120 pounds over-weight. What disorder is most likely?

### **Read the handout “The Animal with the Weirdest Sex Life”**

#### Study Guide Questions for Chapter 1

13. What does Diamond mean by “species-ism” and what was his purpose in mentioning it?
14. What is menopause?
15. In what ways do we do sex differently from most other mammals? (hint” one is that in most species males do not provide parental care)

16. Which of the great apes are we most alike genetically? From these animals, we differ in only \_\_\_\_% of our DNA.
17. What is “natural selection”?
18. Why did sexual cannibalism evolve in some species of spiders and mantises? I.E. under what conditions do we see it and why? (3 reasons)

### Study Guide Questions for Chapter 2

19. If a just-fertilized egg has a one in ten chance of surviving on its own, how many other (post-copulatory) females must be available to a male such that natural selection would predict would make him desert the egg? In other words, if he could mate with 5, 10, 20, 50 females, what is the break-even point to where staying with the egg would be no better for him than deserting?
20. What is the name of the game that males and females play at conception?
21. Diamond mentioned 3 factors that predict which parent (or both) will provide parental care to the egg or infant. What are they?
22. Which birthing strategy (internal or external fertilization) makes it more likely that the male will give more parental care?
23. What did Diamond mean by “foreclosed opportunity” and what evidence did he present that males lose more by staying with the egg than females do? In other words, what is the record for number of offspring produced by a woman? By a man (and read that section carefully ensuring that you account for female children as well as male children)
24. Why do male Pied Flycatchers have 2<sup>nd</sup> households farther from the first nest than might be (at least on the surface) considered optimal?
25. How did Diamond characterize the energy expenditure of a lactating woman? In other words, only one sort of woman used more energy than a lactating woman. What sort was that?
26. What is “lactational amenorrhea”?

### Study Guide questions from sex differences in mate preferences

27. What do men value most in potential mates?
28. What do women value most in potential mates?
29. How can we explain these differences?