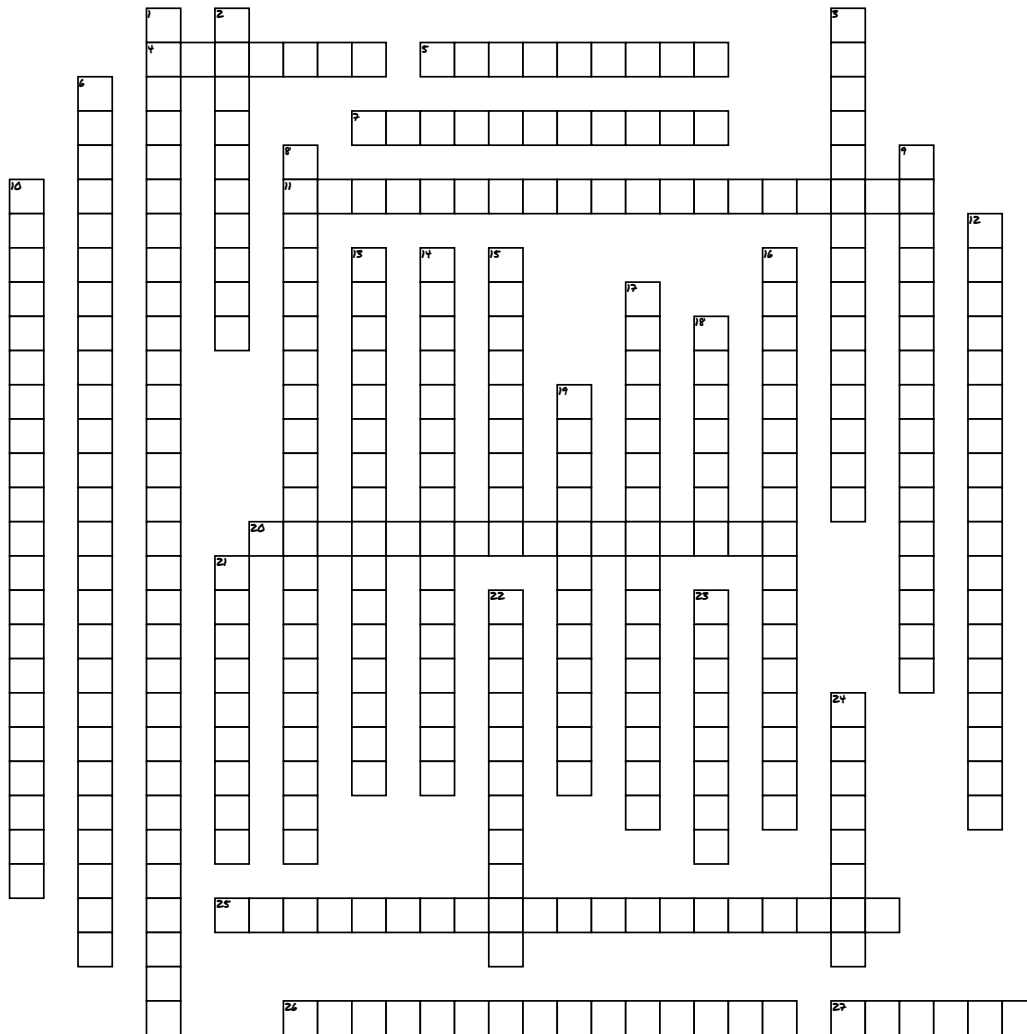


Name: _____

Date: _____

UNIT 8 MOTIVATION, EMOTION, AND STRESS



ACROSS

1. A RESPONSE OF THE WHOLE ORGANISM, INVOLVING (1) PHYSIOLOGICAL AROUSAL, (2) EXPRESSIVE BEHAVIORS, AND (3) CONSCIOUS
5. A POSITIVE OR NEGATIVE ENVIRONMENTAL STIMULUS THAT MOTIVATES BEHAVIOR.
7. A TENDENCY TO MAINTAIN A BALANCED OR CONSTANT INTERNAL STATE; THE REGULATION OF ANY ASPECT OF BODY CHEMISTRY, SUCH AS BLOOD GLUCOSE, AROUND A PARTICULAR LEVEL.
11. THE FOUR STAGES OF SEXUAL RESPONDING DESCRIBED BY MASTERS AND JOHNSON—EXCITEMENT, PLATEAU, ORGASM, AND RESOLUTION.
20. MASLOW'S PYRAMID OF HUMAN NEEDS, BEGINNING AT THE BASE WITH PHYSIOLOGICAL NEEDS THAT MUST FIRST BE SATISFIED BEFORE HIGHER-LEVEL SAFETY NEEDS AND THEN PSYCHOLOGICAL NEEDS BECOME ACTIVE.
25. THE TENDENCY OF FACIAL MUSCLE STATES TO TRIGGER CORRESPONDING FEELINGS SUCH AS FEAR, ANGER, OR HAPPINESS.
26. THE PRINCIPLE THAT PERFORMANCE INCREASES WITH AROUSAL ONLY UP TO A POINT, BEYOND WHICH PERFORMANCE DECREASES. YERKES-
27. THE PROCESS BY WHICH WE PERCEIVE AND RESPOND TO CERTAIN EVENTS, CALLED STRESSORS, THAT WE APPRAISE AS THREATENING OR CHALLENGING.
- DOWN**
1. SELVÉ'S CONCEPT OF THE BODY'S ADAPTIVE RESPONSE TO STRESS IN THREE PHASES—ALARM, RESISTANCE, EXHAUSTION.
2. WHAT IS A NEED OR DESIRE THAT ENERGIZES OR DIRECTS BEHAVIOR?
3. THE SCHACHTER-SINGER THEORY THAT TO EXPERIENCE EMOTION ONE MUST (1) BE PHYSICALLY AROUSED AND (2) COGNITIVELY LABEL THE AROUSAL.
6. LITERALLY, "MIND-BODY" ILLNESS; ANY STRESS-RELATED PHYSICAL ILLNESS, SUCH AS HYPERTENSION AND SOME HEADACHES.
8. THE STUDY OF HOW PSYCHOLOGICAL, NEURAL, AND ENDOCRINE PROCESSES TOGETHER AFFECT THE IMMUNE SYSTEM AND RESULTING HEALTH.
9. A SUBFIELD OF PSYCHOLOGY THAT PROVIDES PSYCHOLOGY'S CONTRIBUTION TO BEHAVIORAL MEDICINE.
10. UNDER STRESS, PEOPLE (ESPECIALLY WOMEN) OFTEN PROVIDE SUPPORT TO OTHERS (TEND) AND BOND WITH AND SEEK SUPPORT FROM OTHERS (BEFRIEND).
12. THE BODY'S RESTING RATE OF ENERGY EXPENDITURE.
13. A RESTING PERIOD AFTER ORGASM, DURING WHICH A MAN CANNOT ACHIEVE ANOTHER ORGASM.
14. THE THEORY THAT AN EMOTION-AROUSING STIMULUS SIMULTANEOUSLY TRIGGERS (1) PHYSIOLOGICAL RESPONSES AND (2) THE SUBJECTIVE EXPERIENCE OF EMOTION.
15. A MACHINE, COMMONLY USED IN ATTEMPTS TO DETECT LIES, THAT MEASURES SEVERAL OF THE PHYSIOLOGICAL RESPONSES (SUCH AS PERSPIRATION AND CARDIOVASCULAR AND BREATHING CHANGES) ACCOMPANYING EMOTION.
16. A PROBLEM THAT CONSISTENTLY IMPAIRS SEXUAL AROUSAL OR FUNCTIONING.
19. THE THEORY THAT OUR EXPERIENCE OF EMOTION IS OUR AWARENESS OF OUR PHYSIOLOGICAL RESPONSES TO EMOTION-AROUSING STIMULI.
18. THE FORM OF SUGAR THAT CIRCULATES IN THE BLOOD AND PROVIDES THE MAJOR SOURCE OF ENERGY FOR BODY TISSUES. WHEN ITS LEVEL IS LOW, WE FEEL HUNGER.
19. THE MOST IMPORTANT OF THE MALE SEX HORMONES. BOTH MALES AND FEMALES HAVE IT, BUT THE ADDITIONAL TESTOSTERONE IN MALES STIMULATES THE GROWTH OF THE MALE SEX ORGANS IN THE FETUS AND THE DEVELOPMENT OF THE MALE SEX CHARACTERISTICS DURING PUBERTY.
21. SEX HORMONES, SUCH AS ESTRADIOL, SECRETED IN GREATER AMOUNTS BY FEMALES THAN BY MALES AND CONTRIBUTING TO FEMALE SEX CHARACTERISTICS. IN NONHUMAN FEMALE MAMMALS, ESTROGEN LEVELS PEAK DURING OVULATION, PROMOTING SEXUAL RECEPTIVITY.
22. THE TWO TYPES OF WHITE BLOOD CELLS THAT ARE PART OF THE BODY'S IMMUNE SYSTEM: B LYMPHOCYTES FORM IN THE BONE MARROW AND RELEASE ANTIBODIES THAT FIGHT BACTERIAL INFECTIONS; T LYMPHOCYTES FORM IN THE THYMUS AND OTHER LYMPHATIC TISSUE AND ATTACK CANCER CELLS, VIRUSES, AND FOREIGN SUBSTANCES.
23. THE POINT AT WHICH AN INDIVIDUAL'S "WEIGHT THERMOSTAT" IS SUPPOSEDLY SET. WHEN THE BODY FALLS BELOW THIS WEIGHT, AN INCREASE IN HUNGER AND A LOWERED METABOLIC RATE MAY ACT TO RESTORE THE LOST WEIGHT.
24. A COMPLEX, UNLEARNED BEHAVIOR THAT IS RIGIDLY PATTERNED THROUGHOUT A SPECIES.

WORD BANK

ESTROGENS

TESTOSTERONE

SEXUAL RESPONSE CYCLE

HIERARCHY OF NEEDS

JAMES-LANGE THEORY

MOTIVATION

SET POINT

GENERAL ADAPTATION SYNDROME (GAS)

INSTINCT

INCENTIVE

TEND-AND-BEFRIEND SYSTEM

TWO-FACTOR THEORY

HEALTH PSYCHOLOGY

REFRACTORY PERIOD

BASIC METABOLIC RATE

PSYCHOPHYSIOLOGICAL ILLNESS

YERKES-DODSON LAW

GLUCOSE

LYMPHOCYTES

FACIAL FEEDBACK EFFECT

HOMEOSTASIS

PSYCHONEUROIMMUNOLOGY

EMOTION

POLYGRAPH

CANNON-BARD THEORY

SEXUAL DYSFUNCTION

STRESS