

Guided Reading Activity 12-2

Biological and Social Motives

For use with textbook pages 319-327

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

achievement	grow	repair itself
calories	insulin	starve
eat	learned	store reserves
energy	motives	stored
glucagon	needs	themes
glucose	pictures	useful

Insulin
↓ blood glucose levels

Glucagon
↑ blood glucose levels

Homeostasis - "normal state" | Ventromedial Hypothalamus (VMH) - stimulated = stop eating
- removed = over eat

Biological Motives

Your body requires food to 1 grow, 2 repair itself, and 3 store reserves. If the lateral hypothalamus (LH) is stimulated with (ate) electrodes, a laboratory animal will 4 eat. If the LH is removed surgically, an animal will 5 starve. The glucostatic theory suggests that the hypothalamus monitors the amount of 6 glucose, or ready 7 energy in the blood. When the level drops, the pancreas releases 8 insulin to convert the incoming 9 calories into energy. After your meal, the pancreas secretes 10 glucagon, which helps convert the 11 stored energy back into 12 useful energy.

Anxiety and depression are not causes of overeating!

Road Rage

Social Motives

Social motives are 13 learned from our interactions with other people. The 14 achievement motive concerns the desire to set challenging goals and to persist in trying to reach them. David McClelland's Thematic Apperception Test consists of a series of 15 pictures. Since the test questions are ambiguous, the answers must be created from the participant's own 16 motives. Each story is coded for certain kinds of 17 themes that are scored according to their relevance to various types of 18 needs.

Motives

- Achievement - desire to set and meet challenging goals
- Fear Of Failure - choose non-challenging tasks in which failure is unlikely
- Fear Of Success - thought of success causes mixed feelings

Guided Reading Activities

Unrealistic Goals?

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Store made-up describing pictures

Excuses →

Can't handle it →