Unit 8 Motivation, Emotion, and Stress Key Terms

1. Motivation
2. Instinct
3. Instinct Theory
4. Physiological Needs
5. Homeostasis
6. Drive-reduction Theory
7. Incentives
8. Curiosity
9. Yerkes-Dodson Law of Arousal
10. Optimal Arousal
11. Abraham Maslow
12. Maslow’s Hierarchy of Needs
13. Self-transcendence
14. Stomach Contractions
15. Blood Glucose
16. Hypothalamus
17. Arcuate Nucleus
18. Lateral Hypothalamus
19. Ventromedial Hypothalamus
20. Orexin
21. Ghrelin
22. Insulin
23. Leptin
24. Peptide Tyrosine Tyrosine or PYY
25. Set Point
26. Basal Metabolic Rate
27. Memory and Hunger
28. Culture and Hunger
29. Health Risks and Obesity
30. BMI
31. Set Point and Metabolism and Obesity
32. Sleep Loss and Obesity
33. Testosterone
34. Estrogen
35. Sexual Response Cycle
36. Refractory Period
37. Affiliation Need
38. Ostracism
39. Social Networking
40. Narcissism
41. Negative Outcomes of Social Media
42. Achievement Motivation
43. Grit
44. Emotion
45. James-Lange Theory of Emotion
46. Cannon-Bard (Thalamic)Theory of Emotion
47. Schachter-Singer Two-Factor Theory of Emotion
48. Spillover Effect
49. Robert Zajonc
50. High Road
51. Low Road
52. Zajonc-LeDoux Theory of Emotion
53. Lazarus Theory of Emotion
54. Sympathetic Nervous System and a Crisis
55. Insula
56. Polygraphs
57. Nonverbal Communication
58. Anger
59. Deceit
60. Facial Expressions
61. Emotions Across Cultures
62. Facial Feedback Effect
63. Behavior Feedback Effect
64. Stress
65. Stressor
66. Stress Reaction
67. Stress Appraisal
68. Catastrophes
69. Significant Life Changes
70. Daily Hassles
71. Fight-or Flight Response
72. Adrenal Glands
73. General Adaptation Syndrome (GAS)
74. Alarm
75. Resistance
76. Exhaustion
77. Tend-and Befriend Response
78. Health Psychology
79. Psychoneuroimmunology
80. Stress and Disease
81. Coronary Heart Disease
82. Type A and Type B Personalities
83. Catharsis
84. Optimism and Pessimism and Health
85. Social Support and Stress/Health
86. Reducing Stress
87. Aerobic Exercise and Well-being
88. Relaxation
89. Mindfulness Meditation
90. Faith Factor
91. Happiness
92. Feel-good, Do-Good Phenomenon
93. Positive psychology
94. Martin Seligman
95. Subjective Well-being
96. Positive Well-being
97. Positive Character
98. Positive Groups, Communities and Cultures
99. Income and Happiness
100. Adaptation-level Phenomenon
101. Relative Deprivation