

CHAPTER

13

MASTERING CRITICAL THINKING SKILLS

MOTIVATION AND EMOTION

Using Primary Sources to Verify Information

While looking through the daily newspaper, Kim read an article that stated that approximately 25 percent of Americans are obese. The article included a graph, credited to the Association for Healthy Lifestyles, that showed average weight for specific age ranges for both males and females. Kim found it difficult to believe that the statistic about obesity was true. How could she verify the information presented in the article?

Using primary sources is one way to verify the information. Kim would need to locate the primary source of the data that the writer used for the article. In the article that Kim read, the primary source was the Association for Healthy Lifestyles—the organization that collected the statistics. Primary sources also include such items as original research reports. Locating the primary source can help you verify the accuracy of the information presented in articles that you read. The following tips can help you use primary sources to verify information:

- ▶ Read the small print on graphs, charts, and tables to identify the source of the data.
- ▶ Read articles carefully to locate names of researchers, studies, or institutions that you might contact for the original data or research.
- ▶ Contact the newspaper or magazine in which an article appeared for the sources cited in the particular article.
- ▶ Verify the information in a particular article by determining whether the article accurately presents the data in the primary source material.

Use the information above to complete the following activities.

Benita and Julian were watching a local television program. A special-interest feature in the program focused on the emotions adults experienced about going to the dentist. The feature indicated that, in recent years, most adults reacted positively about going to the dentist. The TV program referred to a study conducted by the Academy of General Dentistry. The study surveyed dental patients about their reactions to dental visits. One of the findings of the study indicated that only 15 percent of adults avoided going to the dentist because of fear. Benita's and Julian's own experiences, and those of the adults they knew, did not seem to coincide with the basic premise of the program.

1. What premise of the program did Benita and Julian doubt?

2. How could Benita and Julian verify the accuracy of the premise of the program?

► **Mastering Critical Thinking Skills (continued)**

A headline in a university newspaper article read: TV Food Ads Cause Binge Behavior. The headline summarized the findings in a study conducted by psychology students at one university. The article described the study, which was designed to investigate the emotions that trigger eating binges in women.

Rosalind was interested in finding out more about the study. She contacted the psychology department to obtain the details of the study. She found out that it involved 48 healthy women, who fit into the following 3 categories:

Number of women who binge weekly	18
Number of women who no longer binge	13
Number of women who have never binged	17

The researchers showed all the women a series of 30 television advertisements. Some ads highlighted weight-control products; some ads highlighted snack foods, such as brownies, with no emphasis on weight control; still other ads highlighted diet foods, such as low-fat chips. After watching each commercial, the women rated their feelings of excitement, guilt, amusement, depression, fear, serenity, anger, or boredom.

The results of the study showed that women who binged weekly felt more guilt watching food ads than women who did not binge. Also, women who binged found most ads more amusing than women who did not binge. Researchers summarized that women who binge experience a pleasure/distress or repulsion/attraction reaction to food ads. They further noted that such conflicting emotions are known to enhance guilty feelings that have been shown to trigger eating binges.

3. Did the newspaper article headline accurately summarize the conclusion of the university study? Why or why not?

4. Why is it important to use primary sources to verify information presented in articles or reports that you read?

► **Review Worksheet (continued)**

- _____ 8. Which of the following is(are) *not* a characteristic of a sound weight-control program?
- a. fasting and fad diets
 - b. reducing calorie intake
 - c. gaining better knowledge about nutrition
 - d. an exercise program
- _____ 9. What are desires for stimulation called?
- a. sensory deprivation
 - b. homeostasis
 - c. stimulus motives
 - d. instincts
- _____ 10. People who strive to move ahead in their careers demonstrate
- a. sensory deprivation.
 - b. sensory stimulation.
 - c. manipulation.
 - d. achievement motivation.
- _____ 11. Which of the following is a reward that would satisfy a person who was driven by learning goals?
- a. good grades
 - b. self-satisfaction
 - c. good income
 - d. praise from others
- _____ 12. Thinking and behaving in a way that fits one's beliefs reflect
- a. cognitive consistency.
 - b. achievement.
 - c. exploration.
 - d. sensory stimulation.
- _____ 13. People helping other people and joining groups demonstrate the need for
- a. cognitive consistency.
 - b. achievement.
 - c. affiliation.
 - d. sensory deprivation.
- _____ 14. A state of feeling is which of the following?
- a. need
 - b. emotion
 - c. drive
 - d. instinct
- _____ 15. What two emotions do psychologists believe are common to all people?
- a. love and fear
 - b. surprise and curiosity
 - c. anger and happiness
 - d. sadness and disgust
- _____ 16. What theory of emotion suggests that people's emotions follow bodily responses?
- a. James-Lange theory
 - b. opponent-process theory
 - c. the Cannon-Bard theory
 - d. theory of cognitive appraisal

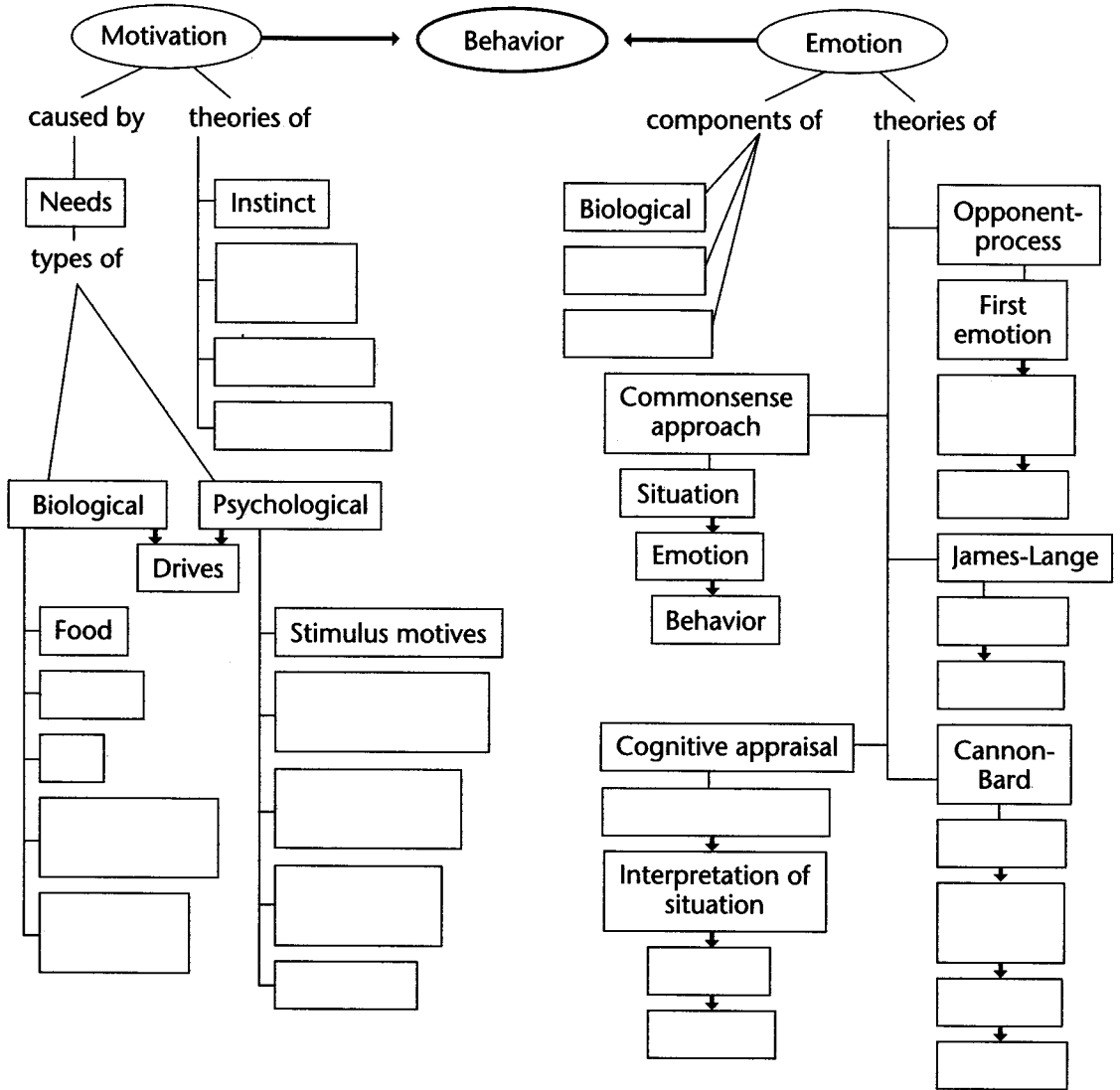
CHAPTER

13

GRAPHIC ORGANIZER

MOTIVATION AND EMOTION

Complete the graphic organizer below by listing the major theories of motivation and emotion. Some of the answers have been provided.



HRW material copyrighted under notice appearing earlier in this work.