

Candidate 1 evidence

HIGHER PSYCHOLOGY

SECTION 1 – INDIVIDUAL BEHAVIOR

- a) In Freud's psychodynamic approach to sleep and dreaming he identified two key aspects of dream content. Manifest content; refers to the understood/acknowledged narrative of dreams – what the dream appears to be about. And latent content; the actual underlying meaning of the dream.
- b) Circadian rhythms also known as an exogenous pacemaker refers to the 24 hour sleep wake cycle of the body.
Circadian rhythms are controlled by the suprachiasmatic nucleus or the SCN. The SCN receives information from the nerve cells in the eyes about the levels/intensity of light and darkness, depending on the information it receives the SCN controls melatonin production and distribution by the pineal gland. The distribution of melatonin incentives sleep and is what causes us to feel sleepy.
Another function of the body to establish a sleep-wake cycle is the build up of adenosine in the neurotransmitters during the day, which causes one to feel fatigued and groggy, which further induces a regular sleep – wake cycle.
- c) Dement and Kleitman's (1957) study of sleep and dreams aimed to investigated the purpose of REM sleep and whether eye movements were connected to dream content.
8 participants (7 men + 2 women) were observed and studied during sleep using EEG scanners. Participants were awoken at different sleep stages by the sound of a door bell, and asked if they were dreaming – and if so the duration and content of the dream.
Dement and Kleitman found that participants awoken in REM sleep claimed they were dreaming or remembered their dream, far more often the participants awoken in nREM. They concluded that therefore REM facilitates or at least is a significant part of dream sleep. When comparing to participants physiological movements during REM, they also suggests that dream content and eye movement appear to be connected.

Dement and Kleitman's study was a lab experiment meaning that it took place in a highly controlled and observed environment, level of control means that they could accurately isolate cause and effect. Dement and Kleitman's study was incredibly influential in further research relating to sleep and dreams, as it established a way to objectively study dreaming and aided consequent studies that established REM sleep as dream sleep.

However, despite having a high level of control when using a lab experiment, it can lack ecological validity, as the participants were not in their usual sleep environment it is possible that this could have effected their usual sleep patterns as well as their dreams. Furthermore, the study used a small sample size as well as having a gender bias and therefore is subsequently much harder to accurately and justifiably apply to the wider population in an official setting.

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- d) Cognitive process of sleep include the idea that sleep is important for facilitating information. It essentially explains how sleep can be used as a way for the brain to process information it learnt throughout the day, to cognitively function more efficiently. The period of inactivity means that the mind is not exposed to further stimuli and can file through and sort the information during the day into what is important to remember and what is irrelevant. Studies that can be used to support this theory include: a study which found that nap can increase some forms of learning by up to 25%, as well as a similar study which found that revision over a 2 – day period with a night's sleep in between was more effective for retaining information when studying.

In reference to the scenario, it claims that when Anja did not sleep she forgot some of her lines, this suggests that due to her lack of sleep Anja's brain did not get a chance to properly sort and store the lines she had learnt making her more likely to forget them.


An expansion of the cognitive approach is Crick and Mitchenson's Reorganizational theory of sleep. They compared the mind with computer models of memory. They theorized that the brain only has a limited amount of space and so periods of inactivity allows the brain to sort, file and delete information learned throughout the day. The theory established two forms of memories, adaptive memories which are useful and memories that lead to obsession and impulsive behaviour. Dreaming during REM sleep is a result of the mind sorting through this information, and where it 'deletes' harmful memories. Crick and Mitchison supported this theory by demonstrating that animals that have bigger brains experience less REM sleep, such as dolphins, which suggests that they do not need a period of storing and deleting as they have more space in their brains.

In reference to the scenario, as well as forgetting her line Anja also accidentally said some of her friend's lines, this suggests that her lack of sleep inhibited her brain from accurately retaining the information and so lead to confusion and disorientation.

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SECTION 2 – SOCIAL BEHAVIOR

- a) Psychologist Kelman identified 3 types of conformity which include compliance, identification, and internalisation.
- Compliance is when an individual publicly agrees (conforms) with the group but privately disagrees, this can be due to a fear of social rejection for example. Such as a group of friends who all want to go out for Mexican food, but you don't like Mexican and would prefer Indian – however you go along with Mexican anyway as you don't want to be left out or be seen as unreasonable.
- Internalisation is when an individual both privately and publicly agrees with the group because the group already matches their own beliefs and values. For example, having been a vegetarian for several years already, then visiting a vegetarian restaurant and meeting other vegetarians, whether you had met the group of vegetarians or not, you would still likely be a vegetarian either way.
- b) One individual factor effecting conformity is self-esteem. After Asch's experiment of conformity and obedience in the 1950s he proposed that level of self-esteem can have an influence over whether one conforms, as having low self-esteem means increased fear of social rejection, and therefore more likely to conform out of a compliant nature.
- Gender is another individual factor that can effect conformity. It is theorized that due to societal and cultural expectations, women are more likely to place a higher value of social relationships and therefore greater influencing them to conform. This can be seen in the results of Mori and Ari's (2010) remake of Asch's original experiment but without the use of confederates, they found that whilst male participants did not conform at all female participants conformed similarly to Asch's findings (apx. 4.4 times out of 12).
- Age can also influence conformity, as there are big social and psychological differences amongst age groups, meaning age can influence the way you reason and think and therefore conform. A study by Steinberg and Monaghan found distinct differences and patterns amongst the rate of conformity in different age groups.
- Differences in culture can act as an individual factor through socialisation and so influences whether an individual is more likely to conform. For example, being from a collectivist culture, which places a higher value of importance in collaboration and tolerance, compared to being from an individualist culture where there is greater emphasis on independence and freedom.
- c) Milgram's (1963) study of obedience was both incredibly controversial and influential. Milgram aimed to study how obedient to authority individuals were, in situations where it contrasts personal morals.
- Milgram devised an experiment where participants who had responded to a newspaper's article were assigned the role of a 'teacher' and were advised to give increasing volts of electric shocks to what they thought was another participant acting as a 'learner' on the instruction of an 'experimenter'. Whilst the electric shocks were of course not real, the


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teacher was unaware of this – Milgram wanted to see how far they would obey, even when believing the learner was in great distress.

The results greatly bypassed Milgram's original hypothesis, which was that the great majority of participants would stop around half-way. However, all participants went up to 300 volts, and around 65% went up to 400 volts, which – had the experiment been real – would have been lethal.

Despite the impressiveness of Milgram's results he faced many criticisms for his experiment. The huge ethical concerns about the emotional distress, deception and issues over right of withdrawal regarding the experiment, effected its ability to be viewed accurately and seriously, for example many psychologist have claimed that they believe that Milgram manipulated the results to appear more impressive.

The experiment lacked mundane realism – the situation that Milgram created is unlikely to happen in day-to-day life and so is hard to compare and analyse with everyday human incidences of authority.


The experiment was used a purely American sample, this is a criticism as it can be claimed that influences of authoritarianism and emphasise on respecting authority seen in America especially during the time of the experiment could have played a part the subsequent findings, and is therefore harder to apply as an aspect of human nature. However, the study has been completed internationally and found similar results amongst a variety of people and cultures.

Despite issues regrading the study it can be said that the use of a lab experiment meant that all factors were controlled to a high degree, and so the influence of extraneous variables was limited, making the overall results and conclusion more accurate and valid.

Milgram's study opened a lot of doors in investigating what influences obedience. Some of these include Location, where he found that moving the experiment from Yale to an office downtown rate of conformity dropped. This can then be applied to situations of obedience to authority in institutional settings, if we are more obedient to authority in places with connotations of knowledge and power, acknowledging whether one would be as obedient somewhere else can add important nuance to significant decisions.

Milgram also found that proximity was valuable influence in the rate of obedience. He found that when the teacher was separated from the experimenter the rate of obedience fell, as well as when the learner was closure to the teacher than the experimenter. This discovery had impactful notions on the nature of human empathy and ability, for example understanding the rate of mass massacres by gun vs knife, whilst yes the gun would have a bigger reach, it is believed that the distance it offers between the shooter and victim allows the shooter to act in a more apathetic way, making the act of killing feel much more innocuous and easy.

Milgram's study can also be analysed in the studies of human evil. Milgram concluded that violent and cruel acts are not necessarily a result of a inherently evil person/people, but are more often ordinary people acting obediently. Milgram's study is used in analysis of the holocaust, in an effort to further understand the widespread obedience and compliance of the Nazi soldiers. As well as, cases of excessive military force, and cults. Which all consisted


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as once standard members of society, but have committed horrible acts under the command of others.

From the study, Milgram progressed is Agency theory, which stated that when we are relaxed and sure of ourself, we act in an autonomous state, compared to when we are in situations of uncertainty and therefore look towards an authority figure for instructions/guidance, Milgram called this an agentic state. This theory can be applied to situations of social crisis and how it often increases a mob mentality and hierarchy. McCarthyism was still a major issue at the time of Milgram's experiment, where many people were famously accused of being USSR spies or supporters, people were ratting out their friends and neighbours who they had previously got along with, whether it was rational or not. This links to the Agency Theory as a period of national panic made people much more obedient to those in power, who claimed that anyone could be an enemy and should be turned in.

Candidate 2 evidence

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1a)	
<p>Manifest is the actual meaning behind the dream and the symbols used.</p>	
<p>Latent content are the symbols seen in a dream.</p>	
<p>Little Hans had a dream about giraffes which Sigmund Freud interpreted as the smaller giraffe being his mum & the bigger one being his dad.</p>	
<p>This is the latent content of Hans' dream.</p>	
<p>The manifest content was Hans' hatred for his dad while desiring his mom.</p>	
<p>However, dream interpretations are subjective.</p>	
1b)	
<p>Circadian rhythms are the internal body clock.</p>	
<p>It's controlled by the hypothalamus.</p>	
<p>When light^{dark} signals reach the SCN through the optic nerves, the pineal gland produce melatonin which is a sleep hormone & makes us fall asleep.</p>	
<p>When light signals reach the SCN, the melatonin production is stopped. Melatonin, ^{adenosine} caffeine are endogenous cues. Light, meal times and social activities are exogenous cues. A circadian</p>	

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	rhythm last a 24-hour cycle which can be seen from the cave study where no light was needed to maintain it.
	Circadian rhythms became disrupted & jet lag happens. This is because the exogenous and endogenous cues are not in sync. It An example of help is ^{it} can be combated with melatonin based therapy.
	There are stimulants and suppressants of sleep. For example prescription and recreational drugs, coffee, tea, and others. They work by stopping the production of adenosine or speeding up the process.
	Another example of help is sleep disorders are like insomnia can be treated with melatonin.

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1c)	Domart and Kletman used 7 men and 2 women.
Participant	A weakness is the sample size was too small to generalise to the whole population and ages and other cultures.
	Participants were attached to PSG like EOG and EEG meaning there was low ecological validity since it can be argued that results would be different if they were in the natural environment at home.
	showing it's another weakness.
	A strength is it localised brain functions.
	Another strength is it triggered subsequent studies into sleep since it was the first one.
	Another strength is since it was a lab experiment, results are reliable and valid because of real data collection.
	A weakness is it was unethical since participants didn't fully know what they were doing.
	A strength is it proved REM to be when dreaming occurs, participants could estimate how long they were asleep and the type of dreams they were having according to eye movement. Hence proved all their hypothesis.
	A weakness is participants may have lied when recording their dreams hence reducing the reliability of results.

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<p>1d) During sleep new connections are made in the brain called schema. Schema is the way information and past events are organised in the brain.</p>	
<p>Because Anja didn't sleep, she wasn't able to form schema for her own lines.</p>	
<p>Sleep deprivation has adverse side effects like memory loss as we see with Peter Hipp which is why Anja couldn't remember her lines.</p>	
<p>Memory involves, acquisition, consolidation and recall.</p>	
<p>Consolidating new material happens when we sleep. (REM)</p>	
<p>Due to the fact that Anja didn't sleep well, proper consolidation of her lines didn't happen. We can assume she consolidated her friends' lines instead. Minds work like computers, its information processing. Entering data is like acquiring it. Saving a file is like consolidating. Accessing that file is like recall. Due to poor consolidating of Anja's lines, she wasn't able to recall them during the performance.</p>	
<p>During sleep, the reorganisation theory in cognitive processes says "we sleep to remember and to forget"</p>	
<p>Parasitic memories which are harmful for survival are discarded, ^{or forgotten} Anja's friends' lines are parasitic</p>	

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1d) Adaptive memories which are essential for survival are kept and remembered. Anja's lines are adaptive. Because Anja didn't get good sleep she missed REM sleep when these processes happen. Instead of reverse learning her friend's lines, she must have done it to her own. Making her lines parasitic and her friend's adaptive.

A study showed people related a folk tale to their own experiences. Anja may have already had her friend's role in a previous performance which would explain why she could remember those last lines instead of her own current ones.

This can be linked to the Biological approach. Anja may have loved her previous role so much that when her amygdala was activated during sleep, that's what she could consolidate and remember.

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<p>2a) Compliance is when someone changes their behaviour publicly but retains their beliefs and when in private goes back to original behaviours. An example is: Many students wear uniform at school only because they are told to by teachers. If other students do it as well then it's due to normative social influence.</p>	
<p>Internalisation is when someone changes their beliefs and behaviours even when the reference group or majority position is removed. It's permanent change. For example becoming vegetarian while at university because of your friends which is normative social influence but retaining that same lifestyle even after school because you realise it's very healthy making it informational social influence.</p>	
<p>Identification is when someone changes their beliefs and behaviour temporarily because they revert back when the reference group is removed. Supporting a school team but when you leave high school you support a real team like Manchester Utd. because you are no longer under the pressure of wanting to be liked by high school friends which was normative social influence.</p>	

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2b)	We conform to be right so (informational) and to be liked (normative).
	<p>Depending on the level of self esteem affects conformity. Less self esteem or confidence leads to higher conformity because of normative social influence since they want to be accepted.</p> <p>For example, Asch noted people with more confidence in themselves conformed less than those with less.</p>
	<p>Past experiences and knowledge affects conformity levels. People with more experience pertaining or relating to a particular field conform less because they know the consequences. Hence informational social influence.</p> <p>For example in the Milgram study the electrician didn't go too far with the electric shock because he knew not the extent of the damage he could cause if he did.</p>
	<p>Gender affects conformity. Men conform less while women conform more because of normative social influence.</p> <p>Women are seen ^{and conditioned} socialised to keep peace ^{just} because it's in their 'nature' according to Gamson (2004). Asch said women conformed more because of the same ^{things.}</p>

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2b)	People with Type A / authoritative personalities tend to listen to authority because of informational social influence. This is evident from Adorno's research.
	Adorno Type A personalities love to be listened to so they'll listen to someone higher than them as well.
	Having an authoritarian parent affects conformity. Growing up being taught to listen and not question authority leads to more conforming due to fear of punishment or wanting a reward. Or due to informational social influence since the people in charge know more according to Adorno. It also links into confidence and self-esteem because they usually become more timid when they become adults.
	Need for control has an effect on conformity. People with a higher need for control conform less because they know what they want & may have anxiety. This happens due to informational social influence.

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2c)	<p>The Milgram study was carried out in America. It advertised in a newspaper and paid confederates people who were male to participate.</p> <p>It was carried out in a prestigious location such as a university used used confederates.</p> <p>Participants were in the same room as an authoritative person and was ordered to give shocks to the victim in the opposite room when they failed a question.</p> <p>A weakness of the study is it was unethical since participants were tied to, embarrassed and put under stress.</p> <p>Another weakness is it cannot be generalised to women, other ages and cultures.</p> <p>A strength is it explains why people conform obey even if it involves hurting others.</p> <p>Another strength is it is replicable since it was a lab study.</p> <p>Another strength is since it was a lab study, results are valid and or reliable.</p> <p>A weakness is it was low in ecological validity.</p> <p>The study was unethical but concluded that ordinary people will obey perceived legitimate authority even if it involves harming someone else.</p>

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This is due to the agency theory and it links to the fact that participants gave up the autonomous state and entered an agentic state.

An implication of this study is we get to understand why Hitler was successful in his work.

(Another implication)
It also provides insight of how to make people listen when in class and make them obey rules.

The study links to the cognitive approach since they both talk about mental contents.

The study links to the biological survivalist theory which may be that people obey to stay alive.

The study can be compared to Hofling because nurses obeyed orders they knew were wrong and harmful because they were told to do so by a perceived legitimate authority hence proving Milgram right.

The study can be compared to Jenness where people conformed when there was an authority figure present.

The study compares to Arai and Mori where no authoritative people in uniform ~~was~~ were used and less conformity was recorded due to that.

The study can be compared to Asch which

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noted higher rates of conformity when authority was present.

This study links to the behavioural approach which shows we can be conditioned and socialised to obey and conform. We are taught to obey authority.

The Milgram study concluded that the prestigious location, proximity to ~~author~~ the victim, presence of authority, lack of ally's and using uniform increased the rate of obedience.

The study can be compared to the Stanford Prison Experiment where people settled into social roles because of uniforms. Showing the participants of Milgram may have obeyed because of the uniforms used.

The study can be compared to Asch that saw lower conformity rates with ally's present in the room. Milgram ~~saw~~ variations saw lower obedience with rebels present.

Candidate 3 evidence

ENTER NUMBER OF QUESTION	Question 1	DO NOT WRITE IN THIS MARGIN
(a)	<p>Manifest is the content of the dreams that we perceive. Latent is the the underlying mean behind the content of dreams. In the the little Hans study he saw big paper giraffe crush the smaller the paper giraffe. This is the manifest while the latent meaning behind it was that he was scared of his father as he saw him big as the big giraffe.</p>	
(b)	<p>The circadian rhythm is the biological alarm clock. It helps us to sleep and when to wake. Light that travels through our optics, our eyes is then sent a signal to the Suprachiasmatic nucleus and that tells the per pineal gland to start or stop production of melatonin. Melatonin is the chemical created that makes us sleepy. The circadian rhythm is our bodies internal clock. It helps to regulate our sleep patterns through exogenous ^{exogenous zeitgeber} things like drugs such as caffeine and alcohol can affect our circadian</p>	

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rhythm either helping us sleep or ~~be~~ blocking melatonin production. noise also affects our sleep and circadian rhythm such as birds in the morning. ~~tempo~~ ~~to~~ Temperature also affects our sleep. light is the one endogenous zeitgeber that affects our sleep most same as the dark.

(C) Dement and Kleitman's (1957) study aimed to find correlation between REM and dream content but also if dreams occur in REM or NREM more, and if length of dream could be determined by the participants. The study wasn't ecologically valid as it was ~~to~~ ~~a~~ ~~to~~ a ~~lab~~ laboratory experiment meaning the participants were in a not familiar place where they would not usually sleep. There was also ~~poss~~ possibility of research bias as the participants might try to find out what the study is and try "help" the researcher.

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	<p>The use of an ocular electrography placed near the eyes help them to find a correlation between Rapid eye movement (REM) and dream content. as an example of this is some one dreaming that they are watching a tennis match their eyes would move left to right and right to left. during the day before the participants also the participants would not</p> <p>The participants could still have had caffeine or ate alcohol before sleeping as they were allowed to do do as they normally would during the day.</p> <p>They found out about 80% of participants who were in REM sleep before a and being woke up could say they were dreaming, compared to the that about 10% of NREM participants in NREM who would say they dreamed. meaning dreaming happens more in REM than NREM NREM. They placed an electroencephalography (EEG) on the participants head and found out that in NREM the EEG showed not much not a lot of activity compared to REM sleep that showed</p>

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	<p>fast spikes in the EEG, and a lot of activity in the Brain.</p> <p>(d) the cognitive process relating to dreams in match and crick and matchison's theory they hypothesised that our mind is like a computer and that only that we have limited space to store the memories we made throughout the day. There are 2 main possibilities for this such as parasitic and and memories that are useless and harmful memories that get deleted when we sleep. and and and advantage memories these are the memories that are useful to use so it is organised during sleep and stored. they say dreams is our mind just de-cluttering itself and that's why we dream. due to Aajo's lack of sleep the memories that were important that are saved when we sleep did not save. its also possible that she thought her friends lines were more important and that was remembered and saved during sleep and that her lines weren't as important so</p>

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	<p> Got deleted due to parasitic memories. This reverse learning in that we can awaken in our dreams could be a possibility. </p> <p> crick and michison believed our minds were like computers and that it had to defrag all the memories made that day before that day during sleep. This does help explain the cognitive approach to sleep in dream dreams as it totally tells you the why we dream dream as it is our mind sorting through the memories of that day. </p> <p> It was found out that trying to forget something something before sleeping can reinforce the memory memory. This is also a reason why she said her friends' lines instead. </p>	

ENTER NUMBER OF QUESTION	Question 2	DO NOT WRITE IN THIS MARGIN
(a)		
(i)	<p>there is normat sol normative social influence that deals with people trying to go with the flow with a group to be inclusive with them. this relates to compliance as the behaviour of an individual will change to match the group but when home, alone or away from the group the influence of the group goes away and the individual will return to his/hers normal behaviour.</p>	
	<p>the other is Informational Social Influence this is where you believe to change your behaviour for a group because they might have the answer or that they must be right. this relates to internalisation as the behaviour of the individual and private beliefs are altered. so even when the individual leaves the group and be home, alone and far away from the group they will still keep the behaviour and private beliefs from from the group. at e.g. the individual joins group who loves Golf but he doesn't at first but</p>	

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	as time passes he begins to love it.
	Then moving country away from the group
	the individual still goes golfing every
	Sunday. and would
	B the gender of a person can effect
	conformity as seen in mori and arai &
	(2010) Study where the the female students
	conformed while the male did not. also the
	Self esteem of a person can effect
	conformity. as someone who believes they
	are right will not conform compared to
	someone always guessing themselves off .
	age affects conformity. in teens they
	are more rebel age can effect conformity
	as the older you get the more you will
	conform to groups. Religious beliefs can
	effect conformity as you are more likely
	likely to conform to your religious group.
	Cultural difference also effect conformity
	as seen in mori and arai the Japanese
	women conformed more due to how they
	are seen in their culture. to

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	<p>also collective some If the person is from a collective society. Future people where people will conform for the good of the larger populace then they are more likely to conform to groups compared to and individualist culture like the UK. where we care for our selves and not the whole collective country.</p>
(c)	<p>Milgram's shock study was definitely unethical due to the trauma and emotional stress he placed on the participants, even if the confederates were just acting as if they were shocked. the Milgram found out that there are 3 things that affect obedience one being proximity to them, another is location and the third is uniform. in the experiment Milgram spoke through a microphone to order them. he would be seen at a window at top in a location high up. he was also wearing a lab coat. This gave the participant that Milgram had ^{legitimate} Authority over them as he knew they thought he must know what he is doing and would comply</p>

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	<p>with orders, this was illegitimate Authority. They believed even if it was they didn't want to shock anyone that they the ^{scientist/researcher} doctor knew what he was doing. the the</p> <p>The participants would feel it wasn't As there fact that the doctor was the Authority figure would take responsibility responsibility of their action, and of the participants actions. He found at there are two types one being Autonomous agent and agentive. The Autonomous would take responsibility for their actions and the ^{and the} and the agentive would not. and the agentive Autonomous would feel it was the fault of the person who gave them their orders. and and they were just following orders. the Autonomous person would give order.</p> <p>during the study few people didn't shock the confederate due to their morality. proximity of the participants in Milgram's study in which he phoned up hospitals and said he was a doctor and to the nurses and told them to give</p>

Candidate 4 evidence

Question 1

Individual behaviour – sleep and dreams

(a)

There are two parts of a dream, the manifest content and latent content. Manifest content is the story of the dream and what it is about. The latent content of a dream is the masked underlying meaning of the dream that is shadowed by the manifest content. We go through these two part of dreaming when were in stage 5 of sleep – REM sleep as this where dreaming occurs in the mind an our body is fully paralysed. A case study that supports this is Little Hans where he had a dream of getting married to his mother. The manifest content was the fact that he was engaged to his mother and getting married in the dream whereas the underlying latent content was the fact that he had secret romantic feelings for his mother. Another example is where Little Hans had a dream about a small giraffe being squashed by a bigger giraffe which was the manifest content. The latent content was how he was intimidated by his father and felt that his father was a barrier and in the way of him having these romantic feelings for his mother. The id is more dominant during sleep so this is where our urges and impulses come out. The ego protects the ego from anxiety by translating the dream into a safe symbol which is why the giraffe symbolised Little Hans' father instead of showing an image of his father. The true meaning of dreams are hidden behind symbols. This is done to protect the dreamer from anxiety of embarrassment caused by dreaming. The ego is less dominant in sleep, so there is greater access to repressed wishes and desires which are protected by defence mechanisms such as displacement. Another example would be having a dream of falling into water which would be the manifest content, the latent content would be giving birth. Another example is the manifest content being having a dream about a train going off the track. The latent content would be a fear of something going wrong in your every day life or your life going off the rails. Dreams do not directly express our unconscious desires but are translated into a safer symbol by the ego. Dreams can give us an idea of what our unconscious mind is like. Dreams are displaced from an anxiety provoking object into something less anxiety provoking. Freud believe that dreams are a psychic safety valve to discharging unacceptable feelings and emotions.

(b)

Circadian rhythms are our body's natural processes and our 24/25 hour body clock which is controlled by the environment and light exposure. One example of our circadian rhythms is our appetite for food. Another example of our circadian rhythms is our sleep/wake cycle. The presence of light or dark can regulate our circadian rhythms and it can reset the SCN (Super chiasmatic nucleus) back by 12 hours. An example of our circadian rhythm being affected by light exposure is Czeisler et al who found that when his experimental group was exposed to 120,000 lumen of bright light whilst doing their night shifts, biological measurements like temperatures found that the experimental groups circadian rhythms had shifted forward by 9 hours whereas the control group who had natural artificial room lighting stayed the same. This proved how our body clocks can be altered by light exposure. Another example is Michel Siffre, in 1962, he isolated himself in a cave for 2 months without any alarms, light or anything to keep him up to date with time. The results found that his body had still been able to create its own 24/25 sleep/wake cycle and body clock just by having his

circadian rhythms being able to adapt to the living circumstances quickly. Light exposure is extremely important as when there is the pineal gland reduces the amount of melatonin production whereas when it is dark melatonin production increases and this regulates our circadian rhythms to be altered and adapt to these circumstances even if the light changing the circadian rhythms is blue light.

(c)

A strength of Dement & Kleitman is that included both males and females – 7 males and 2 females (however unevenly weighted). This is a strength because it allows the results to be capable of being generalised to a whole population without lack of evidence for either gender, increasing the reliability and accuracy of the results.

A weakness of Dement & Kleitman was that it was unethical, for example when the participants were asleep they were woken throughout the night to answer questions on “if you had been dreaming”, “what was it about” and “for how long.” This is a weakness because it could affect the participant’s as humans need proper sleep of approximately 8 to 9 hours of it for a full adult to function properly so this could break their code of conduct as interrupting them when they’re asleep could affect their ability to concentrate and their well being and ability to function during the following day.

A strength of Dement & Kleitman was that it was a lab study and variables were easy to control. This is a strength because it makes the results more accurate and reliable and makes it easier for other researchers and psychologists to replicate the same study when doing further research on it.

A weakness of the study is that it had a small sample size of only 9 participants. This is a weakness because it makes it extremely difficult to validate the results as it’s hard to generalise such as small amount of people to the whole population of over 7+ billion people in the world, decreasing its reliability and accuracy when applied to other real human beings.

Another weakness of the study is that the participants were unevenly weighted with the study having 7 male participants and 2 female participants. This is a weakness because it makes the female gender more difficult to be generalised to a whole population due to having a significant small number of females to apply that too, it also makes the results extremely unbalanced for both sides.

A strength of the study is that extraneous variables were controlled. This is a strength because since factors like them not being allowed to drink caffeine or alcohol were implemented, it made it easier for the study to be replicated and be generalised to other people.

d)

Since Anja did not sleep well this will prevent her schema’s from updating and being organised in her mind whilst she sleeps as the mind is a processor of information and sleep aids with this. REM sleep strengthens newly formed connections in the brain and helps us remember content like education and memorisation skills in games. So if Anja does not have quality sleep she is incapable of strengthening her mind to remember her lines efficiently as she won’t be able to memorise content well. REM is connected to the consolidation of emotional and procedural memories such as romantic and platonic relationships while NREM is associated with the consolidation of declarative memories such as facts and events. This can be supported by how Infants tend to spend a lot of time in REM sleep which highlights its importance for the consolidation of procedural and emotional

memories in the mind. This applies to Anja as if she is not sleeping well declarative and procedural memories are not being consolidated properly. When Anja is asleep this is when her memory files are organised, unnecessary memories are taken out and links to memories in the mind are kept strong. Since she did not sleep well a week before her performance, this all is incapable of happening as she can no longer get her memories reorganised so they are unorganised and this is why she ends up saying her friend's lines instead of her own during the performance. All the lines that she has practiced are not consolidated in her mind well as well as her schema not being able to be updated and adapt to this new information efficiently. A schema is "a packet of information" that helps us to organise and interpret information. Since she is not sleeping well her practiced lines will not create their own schema's and will not be updated in her mind and she will not be able to organise when she is meant to say certain lines in her head and interpret them as her own or someone else's lines properly. This can be supported by Mednick et al who found that learning can be consolidated through sleep. This shows that if Anja had had proper sleep all the lines that she had learnt would have been consolidated and improved and she would be able to recall them much better than how she is now, without proper sleep. The fact that she forgot her lines tells us that she did not have proper REM or NREM sleep as Strickgold (2009) stated that any quantity of sleep can improve memory. This tells us that if Anja had instead had some proper sleep she would have been able to improve her memory and not forget as many lines that she had now as her memory did not improve during the night and are just the same as they were the previous days before. This can be further supported by Mazza et al who found that splitting study sessions over 2 days with sleep in between will reduce practice time by half. This shows that if Anja had practiced her lines whilst taking naps in between her lines would have stuck in her mind for much longer, she would be able to recall them better the next day and she would be able to practice more lines as it reduces practice time by half. Another piece of evidence that would aid Anja is Potkin and bunny who found that having a period of sleep in between learning and recalling information made the participants perform 20% better than participants who didn't. This proves that if Anja had instead taken a nap in between learning her lines she would have performed much better than how she did now. Seehagen et al found that infants who spent a lot of time in REM sleep whilst asleep, showed better recall of skills once they were awake. This applies to Anja as if she had instead taken her breaks between revising her lines, her acting skills and memorisation skills would have improved instead of her losing those skills day-by-day.

Question 2

Social behaviour – conformity and obedience

(a)

A person is said to conform when you alter or change your behaviours or beliefs to come in line with others. One type of conformity is internalisation. This is where you conform to the majority group's behaviours and ideas but this actually becomes part of your personal beliefs permanently. This is different to identification as once you leave the majority group those behaviours and beliefs stay with you forever. An example of this would be joining a football team in university because you were influenced to do it by your friends but once you graduate and finish university you still play football or play in a team afterwards. Internalisation is also linked to Informational social influence as you do so in order to gain knowledge and understanding from those above you and be respected by them. Another type of conformity is compliance. This is where you conform to the majority's beliefs and behaviours in public but privately maintain your own attitude. An example of this would be laughing

at a joke that someone makes at the workplace because other members laughed at it but personally and privately not finding the joke that funny and only laughing because of normative social influence which means that you do it in order to be liked and respected by the people around you. Another example would be listening to the same genre of music with your friends but privately listening to a different genre at home by yourself. Another type of conformity is identification, this is where you conform to the majority's beliefs publicly and privately, but this may change once you leave the group as you no longer have to or want to. An example of this is if your classmates were into history in that so you conform and become interested too, but once you finish and pass that class so you no longer take it, you may no longer be that interested in history anymore and prefer a different subject instead.

(b)

One individual factor of conformity is gender. It has been found that females tend to conform much more than men. This can be supported by Mori & Arai (2010) who found that on average women conformed 4.41 times out of 12 on critical trials than men who did not conform at all. This may be because of information found by Eagly which states that women conform in order to promote peace and harmony within a group, whereas men feel more confident standing out amongst others. So females may conform due to wanting to release tension, stress and arguments in a group of people. Another individual factor of conformity is age. Steinberg and Monahan found that if you are from ages between 10-14 you are much more likely to conform compared to those that are 18+. You are much more likely to conform when you are younger due to lack of identity and confidence yet as well as not wanting to be ostracized by your friend group and trying to find pieces of your identity meanwhile adults tend to be more confident standing out and being themselves as they are more confident, unique and have found their person likes and dislikes as well as identity by then. Dissent is also more likely to occur as a child growing up. Another individual factor that affects conformity is self-esteem. Santee & Maslach found that people with high self-esteem are less likely to conform due to having a lower fear of feeling left out or ostracized compared to those who have lower self-esteem. Asch also supported this by finding that participants who had low self-esteem were much more likely to conform to the other confederates' fake views as they were not entirely confident in themselves or their answer and afraid of standing out.

(c)

Milgram's aim was to see if ordinary people would obey even if it meant harming another person in the process. The study consisted of 40 male participants who volunteered to take part in a memory study not an obedience study. The participant was the teacher and was paired up with a confederate who was the learner, the participants took instruction from the researcher who was in the same room. The participants were asked to shock the confederate learner each time they got an answer wrong up until a shock level of 450v. The participants believed that these shocks were real even though they were actually fake. When the participants did not want to continue they said "please continue", "the experiment requires you to continue" and "you have no choice but to continue." They estimated that 1.2% would continue to 450v shock. The results of the study found that 65% of participants actually continued to 450v. Milgram suggested that one reason his participants conformed was because they were in the "agent state." The agent state is where you act as an agent on someone else's behalf and no longer feel responsible for your actions. In this case Milgram

believed that the participants were in the agentic state and acted as an agent for the researcher as they believed that the researched would take full responsibility for the actions and harm that they were imposing on the learner. It can be suggested that people will conform under certain circumstances, even if it means harming another human being as 65% of participants went to the maximum shock level. Since the study was conducted in Yale University (a prestigious college in America) and the researcher giving instructions was wearing a white lab coat, the participants may have thought that this was a credible authority figure and therefore be more likely to conform. This can be linked to Bickman who did a study on whether wearing uniform would influence obedience and the results found that 89% of people obeyed when the person was wearing a security outfit as they perceived him/her as a legitimate authority figure. This study also implies that it is not just German's who are obedient as his study was conducted in America and a majority of his participants were willing to obey just like the Nazi soldier did. This study can be compared to Burger (2009) who aimed to replicate the study without stressing the participants to the same extent as Milgram did. The difference between those studies is that Burger ended his experiment at 150V even if the participants had chosen to continue or not, meanwhile Milgram didn't do that. The results of Burger's study found that 70% were willing to continue past 150V mark showing that the results were the same as Milgram's. Another study that can be compared to Milgram as they share the same similarity is Hofling et al. Hofling pretended to be a doctor and asked them (the nurses) to give a fake unspecified drug to a patient. Even with the option to refuse, 21/22 nurses administered the medication, and were going to start until stopped. This proved that obedience exists all over the world and that this research can be applied to real life circumstances as by teaching workers about what and what not they must obey may prevent them from taking part in dangerous activities. A strength of the study was that it was a lab experiment and variables were easy to control. This is a strength because he was able to test out factors that affect conformity on replications. Another strength is that it influenced the development of ethical guidelines in psychological research which is incredibly important today. A weakness is that the study was unethical as the participants were deceived and believed that the study was on memory, not obedience. This is a weakness because since they had no right to withdraw this could have stressed the participants and mentally harmed them. Another weakness is that all the participants were American. This is a weakness because it is incapable of being generalised to other nationalities and cultures as since America is an individualistic culture, some collectivist cultures may act differently. Another weakness is that it was simulated in a lab so it may not reflect real life situations. This is a weakness as some people may not be willing to obey authority figures and harm another person in public compared to in a room. Another weakness is that the study happened in 1963, this is a weakness because it may not reflect how people would react and obey currently in the 20th century so the results may be outdated. Another weakness is that the participants were all male – 40 American males. This is a weakness because it can only be generalised to half the population and not the whole public as we cannot be sure whether females would react differently to being asked to obey compared to men. In the study there was some people who did not obey. Gretchen Brandt, a German medical technician did not obey due to the fact that she had knowledge and a background on the negative effects of shocks on people which put her in the autonomous state. This is when you feel responsible for every action you make which is what made Gretchen Brandt not obey as she felt like she would take full responsibility for the harm caused. This can be linked to Rank & Jacobsen when they asked nurses/participants to administer Valium to patients. 16/18 did not do so due to knowing how dangerous it was and being in the autonomous.