

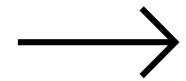
PSG105

PENGANTAR PSIKOLOGI

Runi Rulangi -Prodi Psikologi FHB UPJ

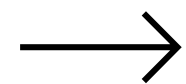


02



Jumpa Lagi di Kelas **Pengantar Psikologi.**

03

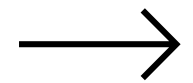


**Kembali lagi
bersama saya,
Anggi.**

Pertemuan Kesembilan

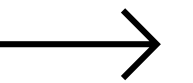
Pengantar Psikologi.

04





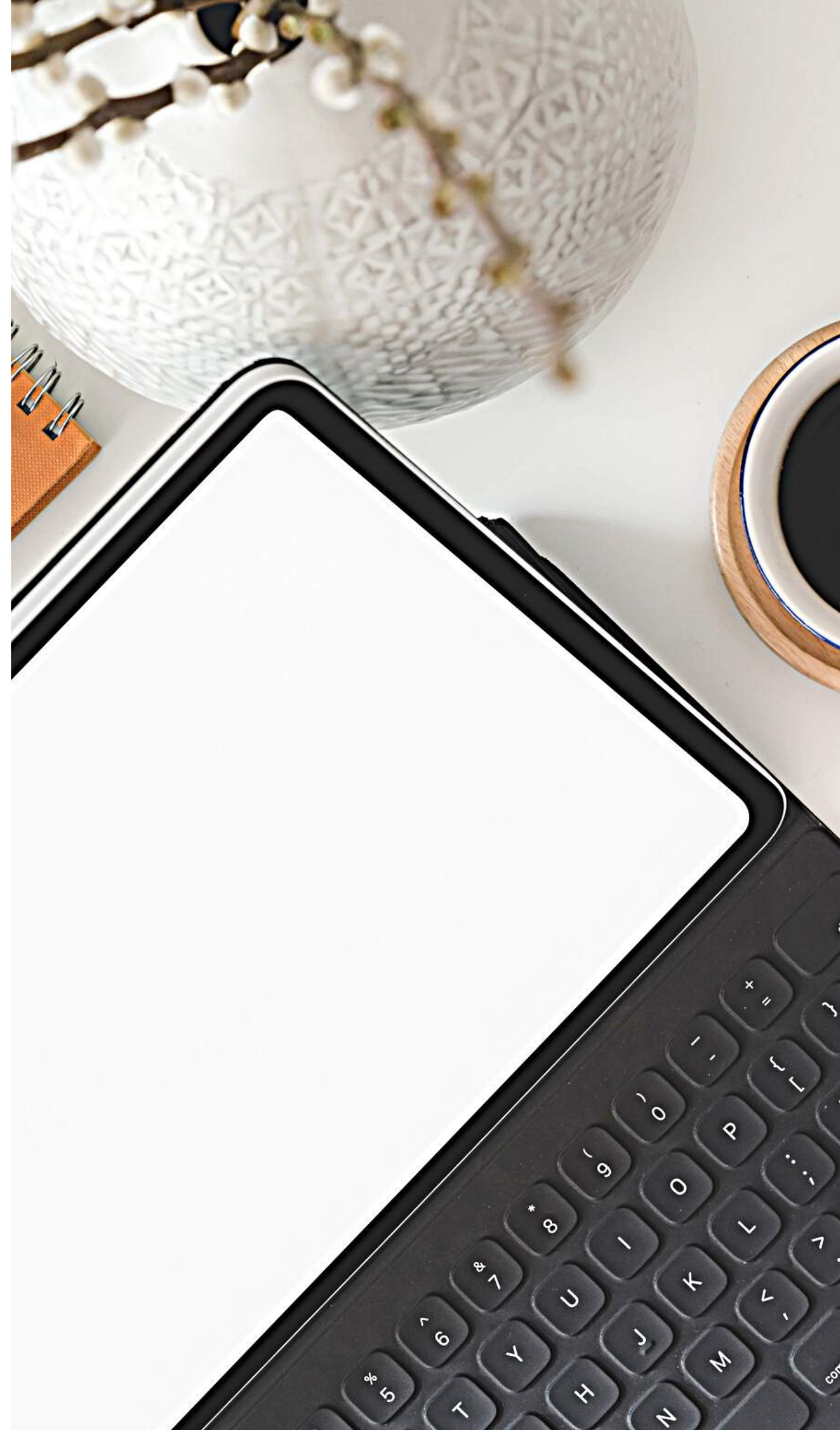
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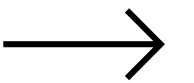
Kesadaran

Kesadaran

- *If a cooperative person reports being conscious (aware) of one stimulus and not of another, then he or she was conscious of the first and not the second.*



06

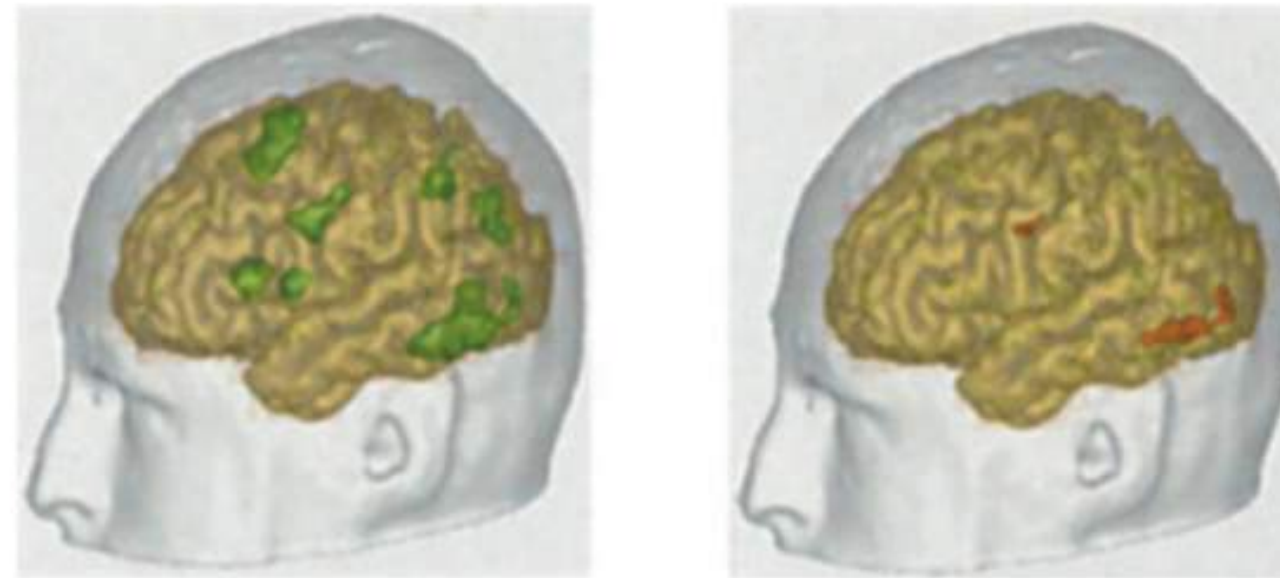


- *masking: a word or other stimulus appears on the screen for a fraction of a second, preceded and/or followed by an interfering stimulus. if the interfering stimulus follows it but doesn't precede it also, we call the procedure backward masking.*

07

→

Ways of Controlling Consciousness of a Stimulus

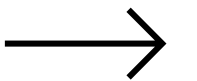


Visible words

Masked words

▲ **Figure 10.2** When people were conscious of a briefly flashed word, it activated the areas colored in the brain on the left. When masking prevented consciousness, the word activated only the areas colored on the right. (From “Cerebral mechanisms of word masking and unconscious repetition priming,” by S. Dehaene, et al. *Nature Neuroscience*, 4, pp. 752–758. Copyright © 2001 Nature Publishing Group. Reprinted with permission.)

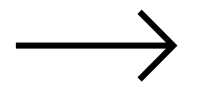
08



Brain Activity, Conscious or Unconscious

- *some theorists have argued that consciousness is an Epiphenomenon—an accidental by-product with no purpose, like the noise a machine makes. But if consciousness does serve a purpose, what might that purpose be?*
- *One hypothesis is that conscious thought is a way of rehearsing possibilities for future actions (Baumeister & masicampo, 2010; Baumeister, masicampo, & Vohs, 2011).*

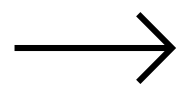
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What Is the Purpose of Consciousness?

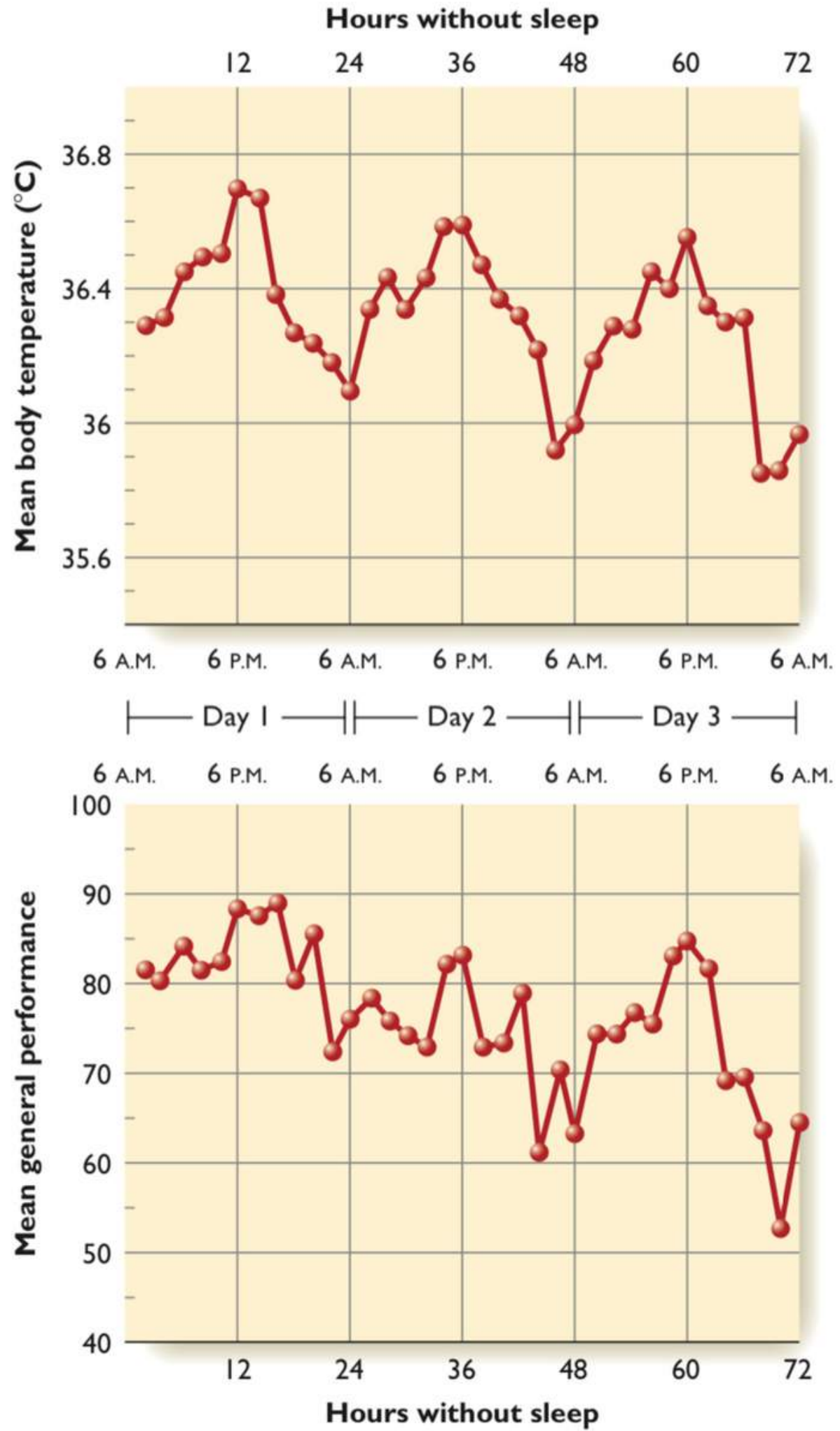


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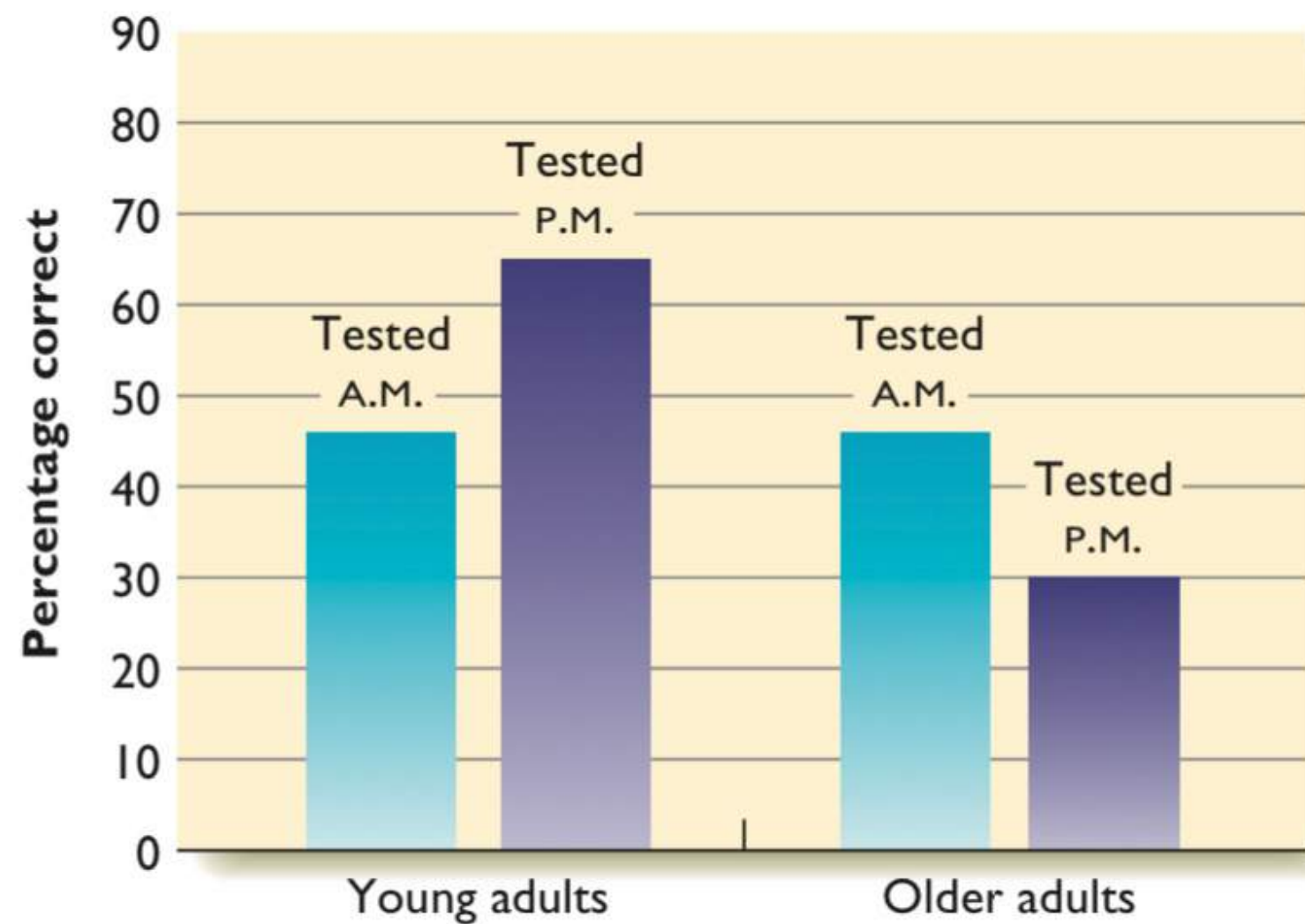
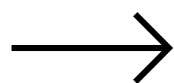


circadian rhythm, a rhythm of activity and inactivity lasting about a day. (The term circadian comes from the latin roots circa and dies, meaning “about a day.”)

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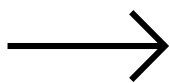


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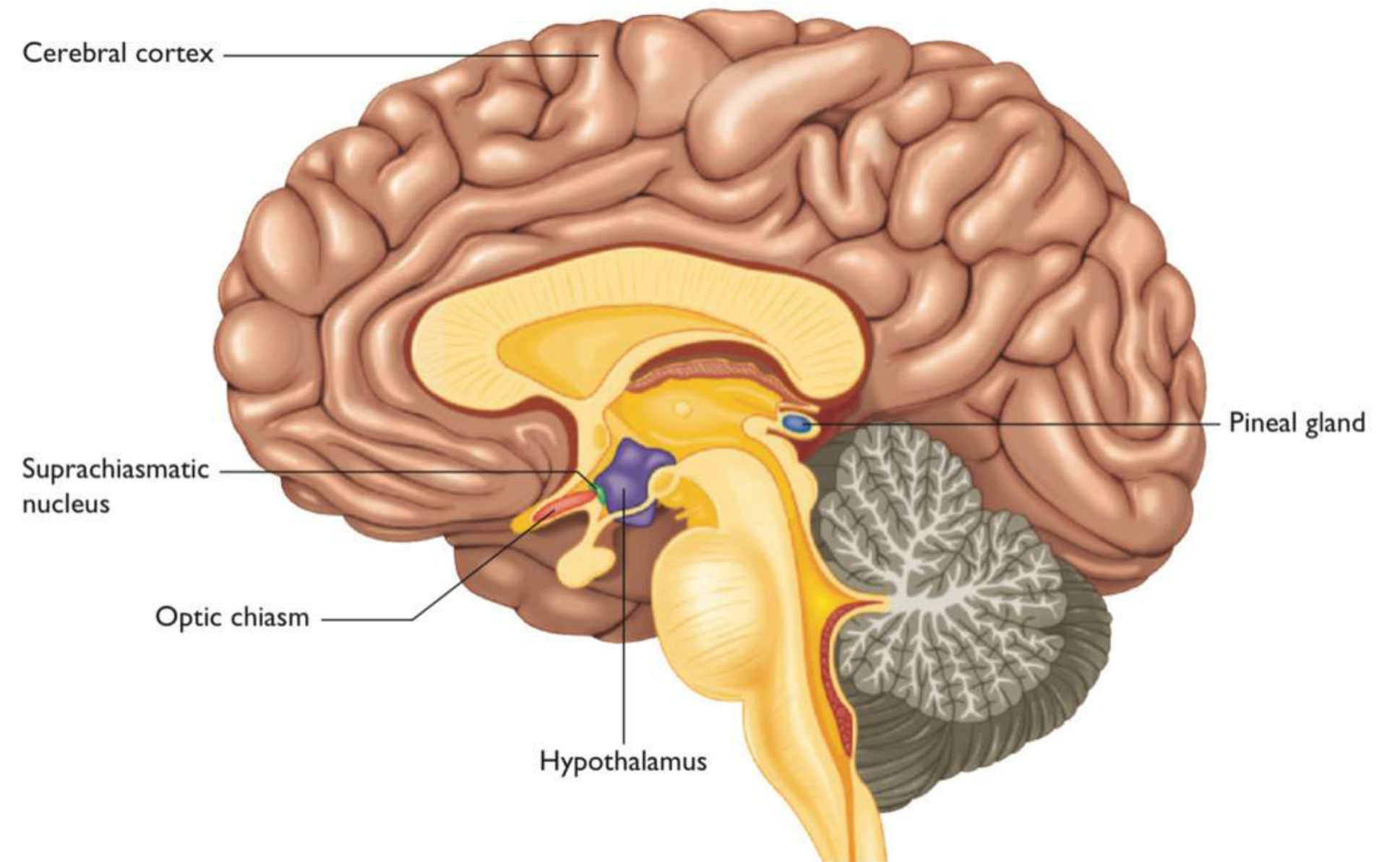


▲ **Figure 10.7** Early in the morning, older people perform as well as younger people on memory tasks. Later in the day, young people improve and older people deteriorate.

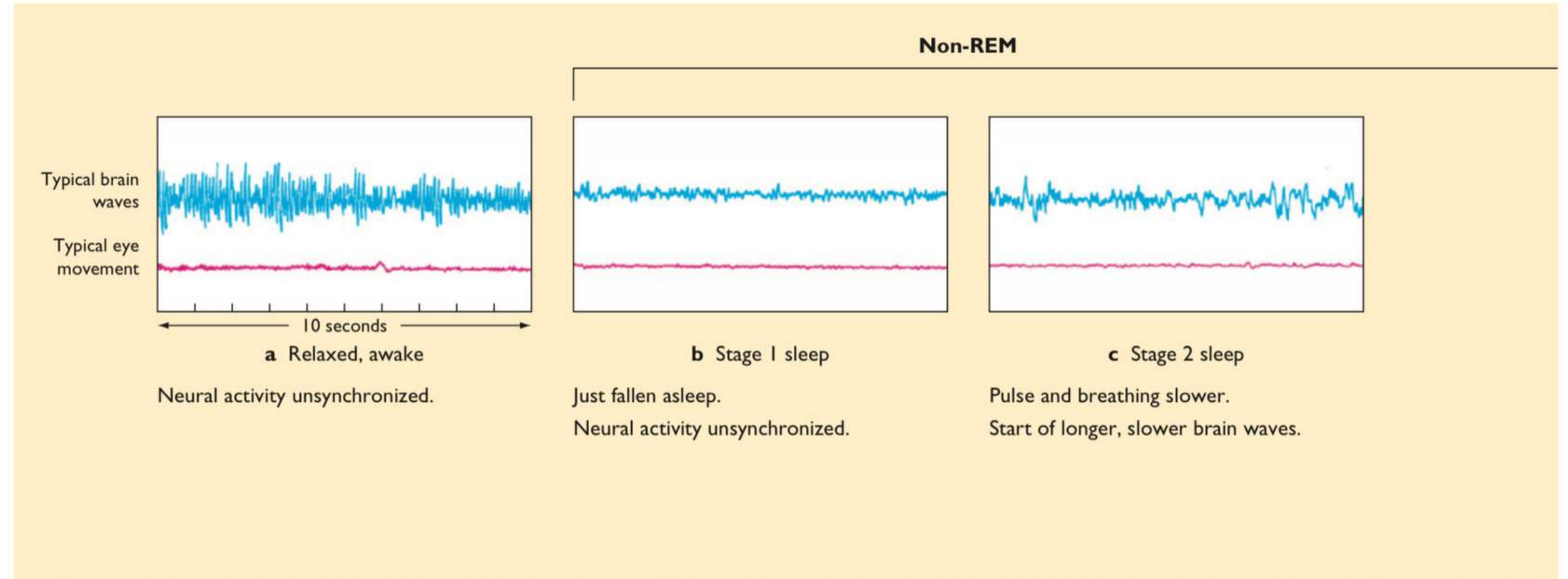
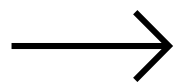
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► **Figure 10.10** The suprachiasmatic nucleus, a small area at the base of the brain, produces the circadian rhythm. Information from the optic nerves resets the timing but doesn't produce it.



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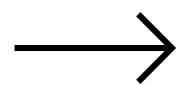
▲ **Figure 10.14** During sleep, people progress through stages of varying brain activity. The blue line indicates brain waves, as shown by an EEG. The red line shows eye movements. REM sleep resembles stage 1 sleep, except for the addition of rapid eye movements. (Courtesy of T. E. Le Vere)



▲ **Figure 10.15** This sleeper had five cycles of REM and non-REM sleep and awakened (A) briefly three times during the night. Stage 4 occupies more time earlier in the night than later. REM and stage 2 become more prevalent as the night progresses. (From Dement, 1972)



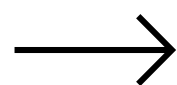
15



- Insomnia
- Sleep Apnea
- Narkolepsi



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each dream has a manifest content—the content that appears on the surface— and a latent content—the hidden ideas that the dream experience represents symbolically.

Mimpi

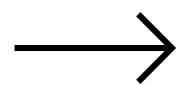
- an alternative view, known as the neurocognitive theory, is that dreaming is simply a kind of thinking, similar to daydreaming or mind wandering, that occurs under these conditions (Fox, Nijboer, Solomonova, Domhoff, & Christoff, 2013; Solms, 2000):
- reduced sensory stimulation, especially in the brain's primary sensory areas
- reduced activity in the prefrontal cortex, important for planning and working memory
- loss of voluntary control of thinking
- enough activity in other brain areas, including those responsible for face
- recognition and certain aspects of motivation and emotion

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Hypnosis is a condition of focused attention and increased suggestibility that occurs in the context of a special hypnotist–subject relationship

Referensi :

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- Sugiyanto. (2009). Modul Matakuliah Psikologi Umum. Yogyakarta : Fakultas Psikologi Universitas Gadjah Mada.