

Cyber Psych Links for

GENERAL PSYCHOLOGY: WITH SPOTLIGHTS ON DIVERSITY

Chapter 10

WHAT MOTIVATES US? (pp. 348-354)

What motivates us? What arouses, maintains, and directs our behaviors? As we saw in Chapter Ten, the general answer is, “Lots of things,” and we reviewed many of them. Information about the various approaches to motivation and the specific drives and motives covered in the chapter also can be found on the Internet. Here is a sampling.

<http://allpsych.com/psychology101/motivation.html>

The AllPsych Online websites are not very dramatic, are a bit wordy, but nonetheless provide good summaries of important issues. This can be said for this site on approaches to motivation.

http://changingminds.org/explanations/theories/a_motivation.htm

The list of approaches to motivation found in Chapter Ten is not an exhaustive one (although we do believe that we have included the most important). Here you will find a description of some that we have sampled and several that we have not. Before clicking to the various theories presented here, click on the link to “ChangingMinds.org” homepage to get a sense of why some theories from Chapter Ten are listed, and why some are not.

SPECIFIC DRIVES AND MOTIVES (pp. 355-370)

Here we have another case where common sense suggests it's best to address specific drives and motives in one section. Most of the websites found on the Internet cover hunger—and obesity.

<http://www.purchon.com/biology/osmoregulation.htm>

A website on thirst, and there's a lot of good information here. I suspect that some students may be immediately attracted to the link, "What happens if you drink too much beer?"

<http://www.eufic.org/gb/food/pag/food12/food121.htm>

A few words and good advice from the European Food Information Center concerning the necessity of maintaining levels of bodily fluids. It is short.

<http://www.i-sis.org.uk/ObesityEpidemic.php>

Many—if not most—of the Internet websites with "obesity" in their URLs are commercial sites trying to sell you something to either treat obesity or keep you from becoming obese. This non-commercial website from the UK is a product of the "Institute for Science in Society."

<http://www.obesity.org>

The American Obesity Association calls itself "The Leading Organization for Advocacy and Education on Obesity." Their homepage also claims that they think theirs is "the most comprehensive site on obesity and overweight on the Internet." On this claim I am ready to agree. Typical of good websites, the strength of this one is in the extensiveness of their links.

<http://www.cdc.gov/nccdphp/dnpa/obesity>

If the American Obesity Association (above) has not answered all of your questions, you can turn here. It is from The Centers for Disease Control and Prevention. There are many links here.

<http://www.niddk.nih.gov/index.htm>

The website of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health. It approaches obesity from a medical perspective. Their outline looks like a copy of our issues in Chapter Ten.

<http://www.nationaleatingdisorders.org>

<http://www.edauk.com>

Each of these websites on eating disorders is highly recommended.

http://health.yahoo.com/health/centers/sexual_health/2390

Not terribly exciting, and focusing on problems with sexuality is this site, called the “Sexual Health Center.”

PSYCHOLOGY AND EMOTIONS (pp. 374-383)

Psychologists from the time of Wilhelm Wundt (and non-psychologist thinkers long before him) have been intrigued by emotions. As central as the study of emotion has been in psychology, answers to even basic questions have proven difficult to pin down. Are there basic, fundamental emotions? Are any emotions universal? How are emotions expressed in a social context? There is little doubt that emotions color our lives and give value to our experience. For the sadness of loss, there also is the joy of discovery. There are simply not all that many Internet websites devoted to the psychology of emotion in the way we want approach it as students of the science of psychology. There are many more “self-help” and commercial sites.

Although your textbook divides the topic of emotion into five sections, from “Defining and Classifying Emotions” to the “Frustration-Aggression Hypothesis,” the Internet has no such organization. Hence, the following websites are presented more or less in order, and covering the entire issue of emotionality.

<http://plato.stanford.edu/entries/emotion>

The “Stanford Encyclopedia of Philosophy” includes this lengthy, relevant essay on the nature of emotions. It is wordy, but it covers a lot of familiar ground. I suggest starting at the top and working your way down through what is here. Toward the bottom is a link to “Other Internet Resources.” Go there and then to “Links on Emotion”—what comes up is nearly overwhelming.

<http://emotion.salk.edu/emotion.html>

The “Emotion Home Page”—perhaps my best find so far. What a grand and glorious “repository if information about emotion research.” You can easily spend hours exploring here, overturning a new gem with nearly every click of your mouse.

<http://changingminds.org/explanations/emotions/emotions.htm>

Simple-appearing at first, this website has many very good links. It takes up issues such as “basic emotions,” “purpose of emotions,” and the “seven deadly sins and seven virtues”—all of them emotions at that!

<http://www.paulekman.com>

This website is devoted to Paul Ekman and his research on the facial expression of emotions. The homepage is simple and navigating it is easy. A good bit of what you will find here is surprisingly commercial. You probably will find the link “PUBLICATIONS” most satisfying.