

Download Studies In The Psychology Of Sex

Volume 6 Part B Sex In Relation To Society

Sex differences in psychology are differences in the mental functions and behaviors of the sexes, and are due to a complex interplay of biological, developmental, and cultural factors. Differences have been found in a variety of fields such as mental health, cognitive abilities, personality, and tendency towards aggression. Such variation may be innate or learned and is often very difficult to ... Transpersonal psychology is a sub-field or "school" of psychology that integrates the spiritual and transcendent aspects of the human experience with the framework of modern psychology. It is also possible to define it as a "spiritual psychology". The transpersonal is defined as "experiences in which the sense of identity or self extends beyond (trans) the individual or personal to encompass ... Five studies utilizing survey, experimental, and diary methods assessed the effects of being outdoors on subjective vitality. In Study 1, we used a vignette method to examine whether being outdoors was associated with vitality, above and beyond the influences of physical activity and social interactions. Holding a strong goal intention ("I intend to reach Z!") does not guarantee goal achievement, because people may fail to deal effectively with self-regulatory problems during goal striving. This review analyzes whether realization of goal intentions is facilitated by forming an implementation intention that spells out the when, where, and how of goal striving in advance ("If situation Y ...