

Course Name: Bachelor of Physical Education
Year – IInd (Part-1)
Paper Name - Psychology with Special Reference to Physical Education
Topic Name - Instinct
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Lecture No. - 3

Lecture Title
Instinct-Definition, Characteristics and Their Training

FAQ's

Q 1. Define instinctive behavior?

Answer: Instinct or innate behavior is the inherent inclination of a living organism towards a particular complex behavior. The simplest example of an instinctive behavior is a fixed action pattern (FAP), in which a very short to medium length sequence of actions, without variation, are carried out in response to a clearly defined stimulus.

Q 2. What are examples of instinctive behavior?

Answer:

An instinct is a hard-wired, inborn behavior that enables a human or animal to cope with its environment. An infant grasping an object placed in the palm of his hand, breathing, a spider spinning a web and a bird building a nest are all examples of instinctive behavior. Learned responses are not instincts. Instincts help humans and animals avoid danger, form groups and even choose mates.

Q 3. Give any five examples of examples of Primal human instincts?

Answer: Sustenance

- seek sweet and fatty (nutritious) food
- avoid eating smelly or bitter things
- be cautious about novel foods
- seek better resources than presently available

Gender specific

- love children and the cute (female more than male)
- compete for the best (and, for males, the most) partners (eg, show off, dress up)

Defense

- blink; flinch; flee
- protect your own family
- obtain and defend resources: jobs, land, property,

Sociality

- bond with your group, hangout with your family
- try to reduce conflict within your group (female more than male)
- compete for leadership in groups
- imitate others: beliefs, knowledge and skills

know/ learn

- be curious about stuff, make sense of things
- learn about your surroundings
- Play with toys (objects, pets, tools, machines, etc.)
- explore new places, find more efficient methods
- be more adventurous - especially when young

Q-4 What is the role of instincts in determining behavior?

Ans-The role of instincts in determining the behavior of animals varies from species to species. The more complex the neural system of an animal, the greater is the role of the cerebral cortex and social learning, and instincts play a lesser role. A comparison between a crocodile and an elephant illustrates how mammals for example are heavily dependent on social learning. Lionesses and chimpanzees raised in zoos away from their birth mothers most often reject their own offspring because they have not been taught the skills of mothering.

Q-5 Where is Instinct present?

Ans- Instincts are present across species and are consistent within individual species. In other words, many different species rely on instincts, and if one member of a species possesses an instinct, then they all do.