AP® Psychology
2001 Sample Student Responses

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From the behavioral perspective, anxiety is caused by behaviors that people have which cause the anxiety. The behavioral perspective focuses on any behaviors people have. The psychoanalytic perspective sees the cause of anxiety as unconscious thoughts or feelings or conflicts. The biological perspective believes that anxiety is caused by people's specific biological predispositions to feeling anxiety, possibly from problems with development. Cognitive psychologists view the cause of anxiety as the way people organize their thoughts about and organize stimuli. In order to treat anxiety, a behavioral psychologist would strive to eliminate the behavior causing the anxiety. In a case such as a phobia, a behaviorist would use systematic desensitization in order to rid the person of that phobia. The way in which a psychoanalyst would treat the anxiety would be through gaining insight into the unconscious cause of the anxiety. Psychoanalysts use techniques such as free association in which the patient says anything that comes to their mind to determine the patients' resistances. Then interpreting those resistances, psychoanalysts would use A biological psychologist would use drug treatments in order to calm the patient when the anxiety arouses. Cognitive psychologists would help the person change the way they think about the stimulus that is causing them to experience anxiety. Cognitive psychologists would have the patient associate the anxiety-arousing stimulus with another stimulus that does not cause them to experience anxiety.
Anxiety, the cause of anxiety can be discussed in the context of these perspectives: behavioral, psychoanalytic, psychodynamic, biological, and cognitive. From the behavioral aspect, anxiety is caused by the person’s surroundings and environment. When a person’s life is such that they are constantly burdened with no time to work or cope with issues, it leads to anxiety and other disorders. The way a person behaves and their interaction with other people also causes anxiety. In the psychoanalytic/psychodynamic perspectives, the functioning of the brain to be too analytical could cause anxiety. A person that is prone to overthink things has a greater level of stress, which leads to more anxiety.

From a biological aspect, a person's postural-motor, neurological balance, and homeostasis could cause a disorder so that they are obsessive-compulsive. Their biological makeup and sleep patterns could make them feel uncomfortable with being in social areas. Having a fear of something, or their lack of sleep, insomnia, could cause them to have anxiety. In the cognitive perspective, anxiety is caused by how a person feels about themselves, as their self-worth. Hence, cognitive focus on the mind and its thinking, a person's view of themselves can lead to insecurities or feelings of insignificance. A person is always searching for self-actualization, as supported by Maslow hierarchy of needs, and even other needs that aren’t satisfied can lead to anxiety.

A treatment technique used by professionals
For dealing anxiety in psychotherapy, therapy, psychotherapy will pinpoint the problem. It allows medicine to be prescribed to assist in the treatment, biologically returning the person emotionally, and helps to deal with the way they think and feel about themselves. Psychotherapy allows the patient to learn how to deal and reduce anxiety intellectually, behaviorally, biologically, and psychodynamically.