



PSYCHOLOGY S4 ASSIGNMENT

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STATEMENT OF THE PROBLEM

To Study The Effect Of Hunger On Attention Span.

INTRODUCTION

ATTENTION :

Attention can be defined as a concentration of mental activity that allows you to take in a limited portion of the vast stream of information available from both your sensory and your memory.
(Matlin, 1995)

Attention is a term given to a perceptual process that selects certain input for inclusion into our conscious experience or awareness for a given period of time.
(Mishra, 2013)

HUNGER :

Hunger is a biologically useful sensation which reminds organisms that food should be sought or eaten. Hunger is primarily a biologically instigated drive for food that is essential for life. Hunger can therefore be regarded as a quantifiable biological trait of humans that is a predictor of the willingness to eat and of the amount of food to be eaten.

Hunger is neither a necessary nor a sufficient condition for eating; but it is a strong risk factor.

Hunger is considered as a powerful mental entity that reflects a biological need.

Hunger is also central to the relationship between energy expenditure and energy intake; hunger reflects the degree of a person's physical activity.

(Hopkins, 2018)

