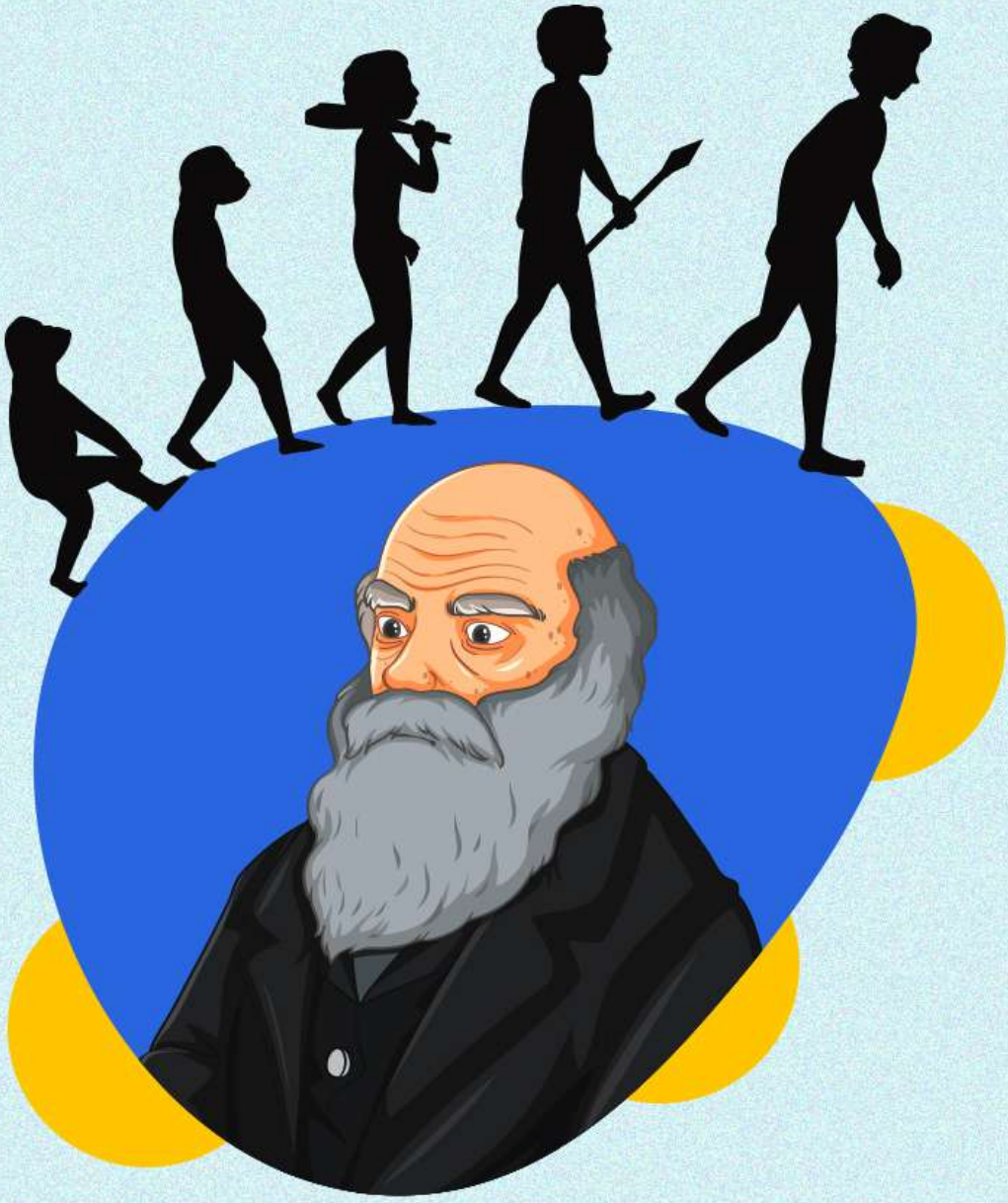
UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



Evolutionary Psychology

The Science of Why We Think and Act the Way We Do

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Sample MCQs for Psychology Entrance

Q1: Who is most closely associated with the development of Evolutionary Psychology?

a
B.F. Skinner

b
Charles Darwin

c
Sigmund Freud

d
Carl Rogers

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Q2: According to evolutionary psychologists, emotions such as fear or jealousy exist because they:

a

Are learned through reinforcement

b

Serve no adaptive function,

c

Evolved to solve survival or reproductive challenges,

d

Result from unconscious conflicts

Answers are revealed in the last slide, but challenge yourself first!

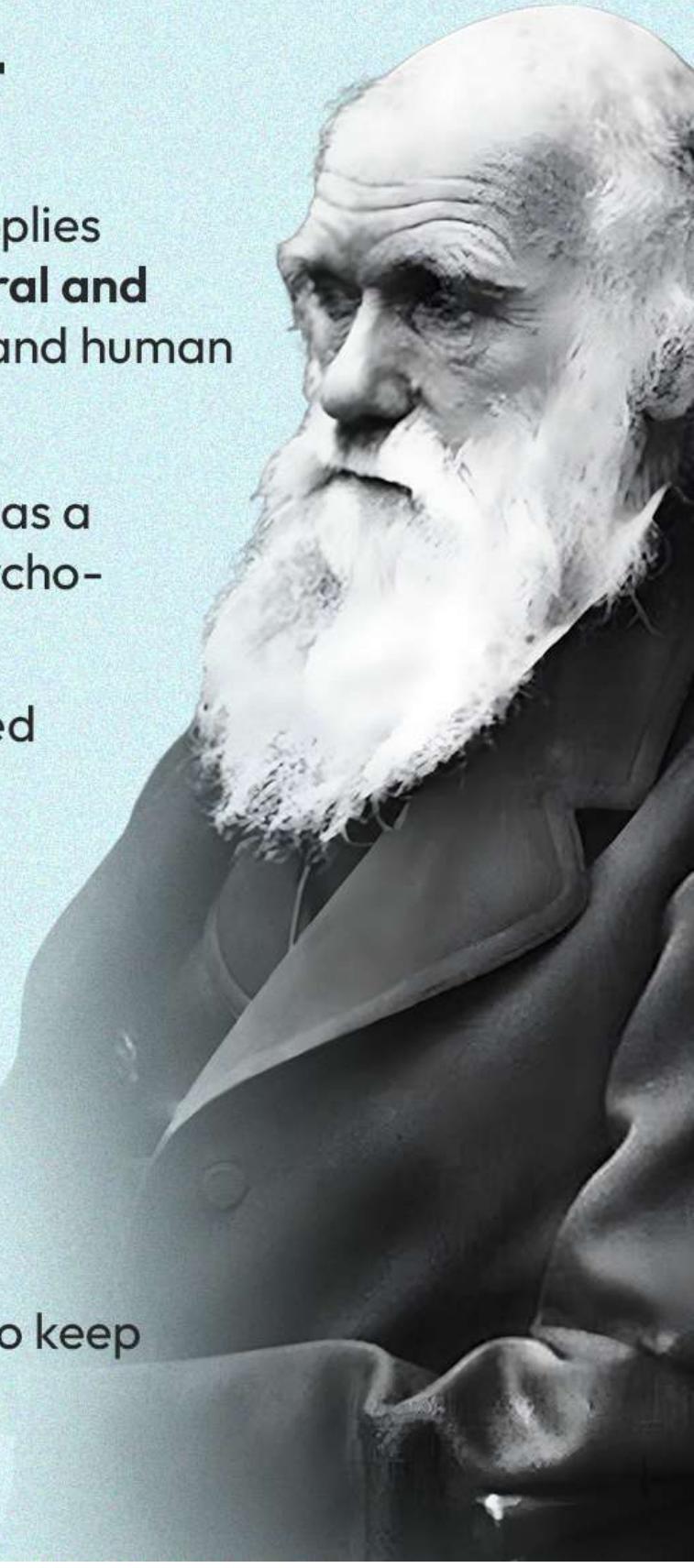
UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Core Concept

Evolutionary psychology applies **Darwin's principles of natural and sexual selection** to understand human behavior and cognition.

- The human mind is seen as a collection of evolved psychological mechanisms.
- These mechanisms solved recurring adaptive problems faced by our ancestors.
- Focuses on why behaviors exist — not just how they occur.



Example: Fear of snakes or spiders may have evolved to keep humans safe from danger

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Key Principles of Evolutionary Psychology

1. **Adaptation:**
   Traits that enhance survival/ reproduction are passed down.



2. **Natural Selection:**
   "Survival of the fittest" — behaviors aiding survival are favored.



3. **Sexual Selection:**
   Traits that increase mating success (e.g., attractiveness, dominance).



4. **Modularity of Mind:**
   The brain evolved domain-specific systems for problem-solving (e.g., mate choice, kin protection).



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Evolutionary Explanations of Behavior

Evolutionary psychology explores a wide range of human tendencies:



Aggression: Once helped in securing resources and protection



Cooperation & Altruism: Enhanced group survival.



Mate Selection: Influenced by cues of fertility, health, and status.



Parental Investment: Explains gender differences in nurturing behavior.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Criticisms & Limitations

While evolutionary psychology offers valuable insights, it faces several criticisms:



Speculative explanations: Difficult to test hypotheses about ancient environments.



Cultural variation: Not all behaviors are biologically hardwired.



Overemphasis on adaptation: Ignores learning, culture, and environment.



Deterministic: Suggests behaviors are "fixed" by evolution, which isn't entirely true.

Balanced view → Genes set potentials, environment shapes expression.

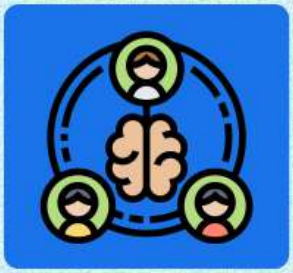
UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Applications & Modern Relevance

Evolutionary psychology informs modern fields like:

Social psychology: Explaining attraction, jealousy, and cooperation.



Clinical psychology: Understanding anxiety, phobias, or stress as adaptive remnants.



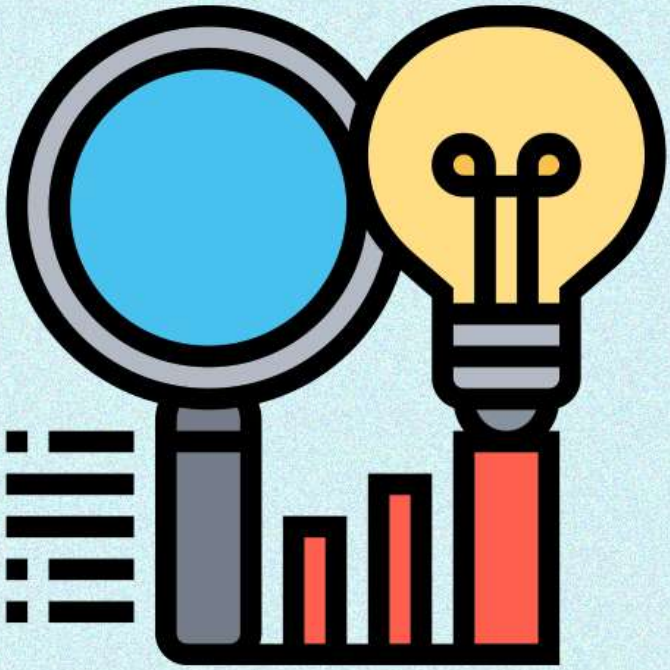
Organizational behavior: Leadership, hierarchy, and risk-taking tendencies.



It helps us see why humans act the way they do, offering perspective on both ancient instincts and modern behavior.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH



Historical & Research Insights

- **Charles Darwin (1859)** → Laid foundation with Theory of Natural Selection.
- **William James (1890s)** → Early ideas on instincts in humans.
- **Leda Cosmides & John Tooby (1992)** → Formally established Evolutionary Psychology as a discipline.
- **David Buss** → Studied mating strategies and gender differences in attraction.
- Modern neuroscience integrates evolutionary principles to explain emotion, memory, and decision-making as adaptive systems.

UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL SERVICES
HEALTH – EDUCATION – RESEARCH

Follow us on :

@upseducation

for more psychology insights, tips, and MCQs!

The correct answers are:

Q.1 B) Charles Darwin

Q.2 C) Evolved to solve survival or reproductive challenges