

کلیدواژه سرچ شده: memory

In psychology, **memory** is the process in which information is encoded, stored, and retrieved. Encoding allows information from the outside world to be sensed in the form of chemical and physical stimuli. In the first stage the information must be changed so that it may be put into the encoding process. Storage is the second memory stage or process. This entails that information is maintained over short periods of time. Finally the third process is the retrieval of information that has been stored. Such information must be located and returned to the consciousness.

The different types of memory each have their own particular mode of operation, but they all cooperate in the process of memorization, and can be seen as three necessary steps in forming a lasting memory. Sensory memory holds sensory information less than one second after an item is perceived. It is out of cognitive control and is an automatic response. the capacity of sensory memory is approximately 12 items, but that it degrade very quickly. This type of memory cannot be prolonged via rehearsal. short-term memory is also known as working memory. Short-term memory allows recall for a period of several seconds to a minute without rehearsal. Its capacity is also very limited. the store of short-term memory is 7 ± 2 items. however, memory capacity can be increased through a process called chunking. For example, in recalling a ten-digit telephone number, a person could chunk the digits into three groups: first, the area code (such as 123), then a three-digit chunk (456) and lastly a four-digit chunk (7890). This method of remembering telephone numbers is far more effective than attempting to remember a string of 10 digits; this is because we are able to chunk the information into meaningful groups of numbers. The storage in sensory memory and short-term memory generally has a strictly limited capacity and duration, which means that information is not retained indefinitely. By contrast, long-term memory can store much larger quantities of information for potentially unlimited duration. Its capacity is immeasurable.

Much of the current knowledge of memory has come from studying *memory disorders*, particularly amnesia. Loss of memory is known as amnesia. There are many sorts of amnesia, and by studying their different forms, it has become possible to observe apparent defects in individual sub-systems of the brain's memory systems, and thus hypothesize their function in the normally working brain. Other neurological disorders such as Alzheimer's disease and Parkinson's disease can also affect memory and cognition. Hyperthymesia, or hyperthymesic syndrome, is a disorder that affects an individual's autobiographical memory, essentially meaning that they cannot forget small details that otherwise would not be stored. Korsakoff's syndrome, also known as

Korsakoff's psychosis, amnesic-confabulatory syndrome, is an organic brain disease that adversely affects memory by widespread loss or shrinkage of neurons within the prefrontal cortex. While not a disorder, a common *temporary* failure of word retrieval from memory is the tip-of-the-tongue phenomenon. Sufferers of Anomic aphasia (also called Nominal aphasia or Anomia), however, do experience the tip-of-the-tongue phenomenon on an ongoing basis due to damage to the frontal and parietal lobes of the brain.