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PERSONALITY THEORIES (PSYCHOLOGY)

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60 Marks

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This paper consists of 60 multiple-choice questions which must be answered on the mark reading sheet

Your mark for this examination will be converted to a mark out of 80. Note that your mark for Assignment 01 and 02 will be converted to your year mark and a mark out of 20 which will be added to the mark you obtain for this examination paper

After completing your answers, you must hand in the following

- (i) The mark reading sheet
- (ii) This examination paper (All the pages must be handed in)

ENSURE THAT YOU HAVE WRITTEN YOUR STUDENT NUMBER, MODULE CODE AND UNIQUE NUMBER ON THE MARK READING SHEET

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- **ANSWER THE FOLLOWING SEVENTY MULTIPLE CHOICE QUESTIONS ON THE MARK READING SHEET.**
- **FOLLOW THE ATTACHED INSTRUCTIONS CAREFULLY.**
- **SUBMIT YOUR COMPLETED MARK READING SHEET TOGETHER WITH THIS EXAMINATION PAPER.**
- **NO STAPLES PLEASE!**

QUESTIONS ON FREUD'S THEORY

QUESTION 1

Freud's theory is based on the assumption/s that human beings

- (a) determine their own personalities by the kind of moral choices they make
- (b) are driven by persistent forces in the psyche which are in conflict with the norms of society
- (c) function with the help of energy which is converted from a physical-biological form to psychic energy
- (d) try to experience drive satisfaction in a goal-directed and meaningful way

The correct answer is

- (1) (a)
- (2) (b)
- (3) (b) & (c)
- (4) (b) & (d)

QUESTION 2

Freud asserted that the id, ego and superego function on different levels of consciousness. In view of this contention, which one of the following statements is correct?

- (1) The id functions on the unconscious level, the ego on the preconscious level and the superego on the conscious level
- (2) The id functions on the unconscious and preconscious levels and the ego and superego on the conscious level
- (3) The id functions primarily on the unconscious level but also on the preconscious level, and the ego and superego function equally on all three levels of consciousness
- (4) The id functions primarily on the unconscious level but also on the preconscious level, and the ego and superego function on all three levels of consciousness, although not to the same extent

QUESTION 3

In Freudian terminology, cathexis refers to

- (1) the psychic energy that is transferred onto appropriate objects of drive satisfaction in a way that makes these objects attractive or desirable
- (2) a sexual climax
- (3) the release the ego experiences when it is freed from the conflicting interplay of the id, the physical reality and the superego
- (4) the cathartic relief of tension after a long build-up of tension due to delayed drive satisfaction

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QUESTION 4

Thabo is faced with the conflict of sexually desiring his best friend's wife. According to Freud, the most effective strategy Thabo could employ to deal with this conflict is to

- (1) resist the temptation and repress his drive out of loyalty to his friend
- (2) fully satisfy his desire by secretly having sex with his best friend's wife
- (3) deny that he has any such desire by becoming convinced that his best friend's wife is actually quite unattractive
- (4) sublimate his desire for his best friend's wife by having sex with his own wife

QUESTION 5

After the divorce of his parents and the trauma of being left with his penniless mother while his father took off with his mistress, five year old Johnny, who was toilet trained when he was two, began wetting his bed. The Freudian analyst, whom Johnny's mother consults for help, will most likely explain Johnny's behaviour as

- (1) regression and fixation as a result of feeling overwhelmed by anxiety
- (2) the repression of sexual feelings towards his mother now that the rival figure of the father is out of the way
- (3) the sublimation of aggressive feelings towards the father who left them
- (4) the projection of castration anxiety in the act of wetting his bed

QUESTION 6

A pastor has a frigid wife who refuses to have sexual relations with him. He preaches hellfire and damnation on everyone who commits adultery. He begins advocating a strict dress code for the women in his congregation - they have to wear long skirts and high-necked blouses with long sleeves. According to Freudian theory, the defence mechanism which best explains the pastor's behaviour is

- (1) regression
- (2) identification
- (3) rationalisation
- (4) reaction formation

QUESTION 7

Freud regards dreams as the royal road to the unconscious because

- (a) there is no other way that repressed material can be brought to light
- (b) dreams contain disguised wishes and desires which allow the analyst, by the method of free association, to uncover the underlying problems
- (c) during sleep the preconscious censoring of the ego is less effective than during the waking state, allowing forbidden but disguised desires to break through to consciousness

The correct answer is

- (1) (a), (b) & (c)
- (2) (a) & (c)
- (3) (b) & (c)
- (4) (a)

QUESTION 8

A mother, who breastfed her baby, wants to return to work and starts feeding her baby from a bottle and then a cup in order to wean her. The baby begins to suck her thumb, blanket and pillow. According to psychoanalytic theory, this baby may

- (a) become fixated at the oral stage of development
- (b) develop an over dependence on other people
- (c) fail to actualise her organismic potential
- (d) develop a weak ego

The correct answer is

- (1) All of the above
- (2) (a), (b) & (d)
- (3) (a) & (b)
- (4) (c) & (d)

QUESTION 9

The psychoanalytic description of the optimally developed personality will include characteristics such as

- (a) full self-actualisation
- (b) the freedom to find meaning and purpose in life
- (c) the ability to love and to work
- (d) an effective reality testing capability

The correct answer is

- (1) All of the above
- (2) (c) & (d)
- (3) (c)
- (4) (d)

QUESTION 10

According to Freud, psychological disorders are

- (a) caused by an imbalance in the structure of the personality
- (b) an extreme, exaggerated form of normal behaviour
- (c) the result of fixation in a stage
- (d) the result of an ego that is too weak to handle the conflict between the id and superego effectively

The correct answer is

- (1) All of the above
- (2) (a) & (b)
- (3) (c) & (d)
- (4) (a), (c) & (d)

QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

Read the following story carefully and answer Questions 11 to 17 in terms of Bandura's theory (the social cognitive learning approach)

Thabo has a great passion for cricket. He plays for his school's under 12A cricket team, for which he is the team's specialist spin bowler. One Saturday he and his school friends are invited to watch the Proteas play against the West Indian team at Centurion. Thabo's hero is Makhaya Ntini. He watches carefully how Makhaya bowls, notices how focussed he remains even when Brian Lara hits three consecutive fours from his bowling, and shouts with glee when Makhaya clean bowls Lara in the very next over (just after the humiliating three fours).

After getting rid of the great Brian Lara, Makhaya is suddenly everybody's hero and the crowd goes wild whenever he comes up to bowl. The next day Thabo starts imitating Makhaya's bowling action with such success that his coach praises him for his skill. Thabo feels very proud of himself.

Sepho, Thabo's younger brother is also a cricket player and a spin bowler, and attended the Proteas match with Thabo. After the match Sepho enthusiastically tells their father who could not go to the cricket match, about how well Makhaya bowled. However, unlike Thabo, Sepho does not attempt to imitate Makhaya's bowling action.

QUESTION 11

According to Bandura, Thabo's learning that took place before he actually practised Makhaya's bowling action can be described as

- (1) direct learning
- (2) observational learning
- (3) self-regulation
- (4) modelling

QUESTION 12

According to Bandura the type of reinforcement underlying Thabo's learning at this stage is

- (1) direct reinforcement
- (2) vicarious reinforcement
- (3) internal self-reinforcement
- (4) external reinforcement

QUESTION 13

The type of reinforcement mentioned in Question 12, refers to

- (1) the way that the crowd reinforced Makhaya's bowling when he got Lara's wicket
- (2) the way that Makhaya inspired Thabo with his bowling
- (3) Thabo's love for cricket
- (4) Thabo's observation of the way that the crowd rewarded Makhaya when he came up to bowl

[TURN OVER]

QUESTION 14

According to Bandura, what characteristic/s of the model could have played a role in the learning process that is illustrated by this story?

- (1) Thabo's love of cricket, cricket competence, and motivation
- (2) Sepho's enthusiasm about the match and about Makhaya's good play
- (3) Makhaya's celebrity status and competence as a Protea player
- (4) The father's love of cricket

QUESTION 15

According to Bandura, which person in this story, has a high self-efficacy?

- (1) Thabo, who imitates Makhaya's skilful bowling
- (2) Thabo's coach
- (3) Sepho, who is very enthusiastic about the game
- (4) The father who could not attend the match

QUESTION 16

According to Bandura's theory, the reinforcing agent/s in this story is/are

- (1) Thabo and Sepho
- (2) Makhaya
- (3) The father
- (4) The coach and the crowd

QUESTION 17

According to Bandura's theory, the praise that Thabo receives from his coach when he reproduced Makhaya's bowling, refers to (a)_____, whereas his pride in himself refers to (b)_____

- (1) (a) vicarious reinforcement (b) direct reinforcement
- (2) (a) direct reinforcement (b) external self-reinforcement
- (3) (a) direct reinforcement (b) internal self-reinforcement
- (4) (a) external self-reinforcement (b) internal self-reinforcement

QUESTION 18

Penny is very shy and finds it difficult to talk to others. She is part of a therapy group and observes one of her friends, who is also reserved, talking to others in the group. She is encouraged to do the same and is rewarded for being allowed to choose which movie she wants to see. This is referred to by the social cognitive learning approach as

- (1) covert modelling
- (2) stress inoculation
- (3) participant modelling
- (4) counter-imitation

QUESTION 19

A prefect grabs a young boy amongst a group making a terrible racket, and commands him to report to the principal's office. The boy becomes very subdued after the incident, and is very quiet for the rest of the day. However, instead of quietening down, the rest of the boys become more noisy. Bandura would explain the behaviour of the boys who observed, but ignored the punishment as _____ of the model.

- (1) counter-imitation
- (2) imitation
- (3) vicarious reinforcement
- (4) vicarious punishment

QUESTION 20

According to the social cognitive learning approach, pathological behaviour involves

- (a) the learning of undesirable behaviour
- (b) the influence and presence of undesirable models
- (c) a lack of self-efficacy
- (d) learnt helplessness and pessimism

The correct answer is

- (1) (a) & (b)
- (2) (b) & (c)
- (3) (c) & (d)
- (4) All of the above

QUESTIONS ON MASLOW'S THEORY

Read the following story carefully, and then answer Questions 21 to 24

Susan was a highly successful motivational speaker for large companies, a job she loved doing since she felt it allowed her to give full expression to her talents and expertise. It also gave her the opportunity to challenge others to make the best of their own lives and to show her real concern and love for her fellow human beings. However, after both her parents were tragically killed in a car accident, Susan lost all interest in her career. Like a child, she wanted to be held and comforted. She did not want to leave her familiar surroundings and clung to her memories of her parents, whom she dearly loved.

QUESTION 21

According to Maslow, the needs Susan was meeting before her parents' tragic death, are called (a)____, whereas the needs Susan was experiencing after the death of her parents, are known as (b) ____

- (1) (a) meta- or extrinsic needs
(b) deficiency or basic needs, also known as intrinsic needs
- (2) (a) lower or core needs, also known as foundational needs
(b) drive-motives, also known as the stronger needs
- (3) (a) congruency needs
(b) survival needs
- (4) (a) meta-needs or B-values, also known as growth-motives
(b) deficiency or basic needs

[TURN OVER]

QUESTION 22

Susan lapsed into safety and love needs after the shock of the death of her parents. This proves Maslow's view that

- (a) the lower the need in the hierarchy, the more urgent it is, which means that lower needs must first be gratified before needs at a higher level manifest themselves
- (b) deficiency motives are directly related to the basic needs for survival, the gratification of which brings about a decrease in tension
- (c) when a person's behaviour is directed by deficiency motives, his or her cognitive abilities are actually applied negatively because the objective is to avoid unpleasant situations
- (d) once a person has reached a higher level of functioning, this does not mean that lower needs will never be experienced again

The correct answer is

- (1) (a) & (d)
- (2) (b) & (c)
- (3) All of the above
- (4) (d)

QUESTION 23

According to Maslow's theory, the full expression of Susan's talents and expertise in her role as motivational speaker point to a functioning on the level of ____

- (1) self-esteem needs
- (2) affiliation and love needs
- (3) safety needs
- (4) self-actualisation needs

QUESTION 24

According to Maslow,

- (1) Susan's return to an earlier mode of functioning can be regarded as temporary, since she has already successfully functioned on a higher level
- (2) the loss of all interest in her career and her overwhelming needs at the present moment are indicative of the fact that Susan's basic needs were never really met
- (3) Susan's present quest for safety, and the warmth and positive regard of others, is hindering her actualisation tendency and is in conflict with her organismic potential
- (4) Susan's regression to a lower level of functioning provides proof of fixation at this level during her childhood years

Read the following story carefully, and then answer Questions 25 to 28

Samson was the youngest of ten children. His family was very poor and could only afford to let their eldest son have an education. Samson was particularly envious of this brother and secretly felt that he was more intelligent than his brother, but was afraid that, if he did go to school, this belief might prove false. Samson was also intimidated by an overly strict father who never allowed Samson to express any of his own ideas or venture an opinion on anything. Even though Samson's mother believed and told him that he was a talented boy, Samson felt he was really a good-for-nothing and spent his time loitering in the streets, even indulging in petty theft.

[TURN OVER]

QUESTION 25

According to Maslow, Samson never attained self-actualisation because

- (a) restrictive and negative circumstances hampered Samson from actualising his potential
- (b) Samson, like a Jonah, actually ran away from realising the talents that his mother and he himself at moments believed he had
- (c) he was afraid of overestimating himself

The correct answer is

- (1) (a)
- (2) (a) & (b)
- (3) All of the above
- (4) (b) & (c)

QUESTION 26

The fact that his father allowed him no say, whereas his mother told him he was talented, could have caused Samson to be hampered in his development by the following factor mentioned by Maslow as one of the causes of unfulfilled potential

- (1) The incapacitating conflict between the superego and the id
- (2) A lack of personality integration
- (3) Incongruent functioning
- (4) Contradictory environmental influences and conditioning

QUESTION 27

Samson was afraid to really believe in himself - one of the reasons why he made no attempt to realise his potential According to Maslow,

- (1) Samson lacked the so-called arrogance of creativity, the one thing necessary to realise one's potential
- (2) Samson needed pride as well as humility in order to realise his potential
- (3) Samson, instead of suffering from an inferiority complex, should have developed a superiority complex, enabling him to realise his potential
- (4) Samson was right in not thinking too much of himself, since he did not really have any potential to realise

QUESTION 28

According to Maslow's theory, Samson's envy of his educated brother and his secret belief that he was more intelligent than this brother can be seen as evidence of

- (1) the will and need of every person to realise his or her potential
- (2) the will to meaning deeply embedded in every person
- (3) the aggressive side of human nature
- (4) the will to power underlying the striving to be superior

QUESTION 29

Which one of the following statements correctly reflects Maslow's view?

- (1) Self-actualisers are sociable people who like to have constant contact with other people
- (2) Self-actualisers are achievers who will use any means to reach the high goals they have set themselves
- (3) Self-actualisers function relatively independently of their physical and social environment
- (4) Self-actualisers tend to be autocratic since they are functioning on a higher level than most people

QUESTION 30

In order to prevent psychopathology in society, Maslow believed that

- (a) ample provision should be made for the gratification of the basic needs of people
- (b) the fulfilment of the meta-needs of people should be deemed important
- (c) there should be respect for the dignity and rights of every person
- (d) the over-gratification of needs should be encouraged to ensure the optimal mental health of people

The correct answer is

- (1) (a), (b) & (c)
- (2) (a), (b) & (d)
- (3) (a) & (b)
- (4) (b), (c) & (d)

QUESTIONS ON ROGERS' THEORY**QUESTION 31**

What Dr Rogers could have said to Dr Freud

- (1) "Dr Freud, I cannot agree with you that a person is pushed and pulled by forces beyond his control, but I agree that people are inherently evil and sinful "
- (2) "Dr Freud, I agree with you that people sometimes behave irrationally and destructively, but then I believe that they are not behaving in accordance with their true natures "
- (3) "Dr Freud, I agree with you that people are basically driven by their selfish desires, because my work, like yours, is based on my experiences in working with emotionally disturbed people "
- (4) "Dr Freud, I cannot agree with you that people are born bad I believe that they are like blank slates How they turn out depends on their positive or negative experiences "

QUESTION 32

According to Rogers' theory, conditions of worth

- (1) are desirable because they indicate what makes a person acceptable to others
- (2) convey the conditions under which a person is judged to be worthy of acceptance
- (3) are the aspects which indicate a person's worthiness
- (4) are the essential aspects in any relationship

QUESTION 33

In terms of Rogers' theory, the self concept

- (1) is 'a little man in the head' which controls a person's behaviour
- (2) is a picture a person has of him- or herself and the value a person attaches to him- or herself
- (3) includes both conscious as well as unconscious experiences
- (4) is fixed which ensures that the person will experience him- or herself as the same person throughout the lifespan

QUESTION 34

According to Rogers' theory, self-actualisation refers to

- (1) the actualisation of the whole organism in both psychologically healthy as well as unhealthy individuals
- (2) the actualisation of the self concept in both congruent as well as incongruent individuals
- (3) the transcendence of the self in both congruent as well as incongruent individuals
- (4) the actualisation of both the physiological as well as psychological levels in the congruent person only

QUESTION 35

Susan sees herself as someone who is socially incompetent. Whenever she is in company, she either has very little to say, tends to be rather short with others, or has the knack of rubbing people up the wrong way. In terms of Rogers' theory, these experiences are

- (1) ignored because they are irrelevant to her needs
- (2) denied because they are contrary to her self concept
- (3) allowed into consciousness because they correspond with her self concept
- (4) distorted because they correspond with her self concept

Read the following story and then answer Questions 36 and 37 in terms of Rogers' theory

Lucky is born with a practical-technical talent and he enjoys and excels at doing things of a practical-technical nature. His parents, who love him very much, encourage him to take academic subjects like Latin and History, rather than practical-technical subjects.

QUESTION 36

Which statement, regarding Lucky, is correct in terms of Rogers' theory?

- (1) Lucky perceives that his parents will only accept him if he chooses academic subjects
- (2) Lucky's parents, who love him very much, accept him unconditionally
- (3) Lucky's parents encourage him to actualise that part of his innate potential that is undeveloped
- (4) Lucky's parents impart important values to him - values that will benefit him in the long run

QUESTION 37

The fact that Lucky excelled at things of a practical-technical nature implies that he was (a) ____ and yet his parents encouraged him to take academic subjects like Latin and History which implies that they (b) ____

- (1) (a) aware of his organismic experiences at this stage
(b) accepted him conditionally
- (2) (a) actualising his potential at this stage
(b) accepted him unconditionally
- (3) (a) attempting to meet his need for positive regard from significant others
(b) were meeting his need for conditions of worth
- (4) (a) functioning in terms of his own values
(b) needed to incorporate his values into their lives

QUESTION 38

According to Rogers, individuals are considered to be psychologically adjusted when

- (1) they reach a static state where they experience satisfaction, happiness and fulfilment
- (2) they allow all experiences into the self concept
- (3) tension is reduced and homeostasis is achieved
- (4) they select defence mechanisms that minimally distort reality

QUESTION 39

Mary was the minister's wife and the members of the congregation expected her to devote her time to the church and give up her career which she found very satisfying. However, Mary decided to pursue her career as she believed that her fulfilment would greatly contribute to her being a more effective minister's wife. Which statement would be the most correct in terms of Rogers' theory?

- (1) Mary cannot permit her selfish desires into consciousness and she therefore does not behave in accordance with her self concept
- (2) Mary allows her selfish desires into her self concept in a distorted form but will fail to achieve fulfilment in her career
- (3) Mary admits to her needs, trusts her own judgment, makes her own choices, and acts constructively - she evidences signs of a congruent person
- (4) Mary's anxiety is increased as a result of not following the expectations of others - she therefore will not become a fully functioning person

QUESTION 40

Mary sees herself as a good cook. One day she burns the supper and she blames a friend who telephoned her while she was preparing the meal. Another time she put too much salt in the vegetables, and then said that the salt is more concentrated today than it used to be. Mary still regards herself as a good cook.

Which statement regarding Mary is correct in terms of Rogers' theory?

- (1) Mary uses defence mechanisms to improve her functioning
- (2) Mary denies her unpleasant experiences and expands her self concept
- (3) Mary distorts her experiences to protect her self concept
- (4) Mary functions congruently because she protects her cooking talents

QUESTIONS ON FRANKL'S THEORY**QUESTION 41**

Logotherapy may be justly called optimistic because it

- (a) teaches us how to always be happy
- (b) is based on the belief that good has the power to overcome evil
- (c) holds the view that meaning can be found in even the worst circumstances
- (d) shows us how we can transform a tragedy into a personal triumph

The correct answer is

- (1) All of the above
- (2) (a) & (d)
- (3) (b) & (c)
- (4) (b), (c) & (d)

QUESTION 42

According to Frankl, human freedom

- (a) gives us the ability to achieve whatever we like
- (b) means that, unlike animals, we are free from the influence of survival instincts
- (c) does not cancel out the possibility of failure and guilt
- (d) implies that we can be held responsible for the kind of choices we make

The correct answer is

- (1) All of the above
- (2) (a) & (b)
- (3) (c) & (d)
- (4) (d)

QUESTION 43

The statement by Frankl that life is unconditionally meaningful means that

- (a) each and every situation in life, good or bad, contains the challenge to live our lives meaningfully
- (b) the bad in life does not cancel out the good
- (c) suffering and dying can be ignored or cast aside since these human afflictions will not last forever
- (d) unavoidable suffering is no longer so unbearable once there is a reason to suffer bravely

The correct answer is

- (1) (a) & (d)
- (2) (a), (b) & (d)
- (3) (b) & (c)
- (4) (b), (c) & (d)

QUESTION 44

Which of the following views represent Frankl's thoughts on human existence?

- (a) Human existence is characterised by a radical transcendence of animal existence
- (b) Human beings are totally different in nature from creatures in the animal kingdom
- (c) Self-transcendence is a uniquely human capacity
- (d) In humans, survival needs never predominate whereas in the animal kingdom they do

The correct answer is

- (1) All of the above
- (2) (a) & (b)
- (3) (a) & (c)
- (4) (c)

QUESTION 45

By "meaning" Frankl meant

- (a) the particular right thing to do in any given situation as discerned by our conscience
- (b) something meaningful outside of ourselves that we discern and which we do not invent
- (c) the "voice" of the Transcendent
- (d) universal and timeless values that we experience in a highly personal way in the unique events of our own lives

The correct answer is

- (1) All of the above
- (2) (a), (b) & (c)
- (3) (a) & (b)
- (4) (b) & (d)

QUESTION 46

According to Frankl

- (a) only a specific religion encompasses the one truth of the meaning of human existence
- (b) religion is the one thing that human beings should adhere to if their lives are to be judged as worthwhile
- (c) non-religious people are excluded from finding any meaning in life and are doomed to a meaningless existence
- (d) what we think and personally believe is less important than to embrace the values and demands our religions teach and place upon us

The correct answer is

- (1) All of the above
- (2) (b), (c) & (d)
- (3) (b) & (d)
- (4) None of the above

QUESTION 47

Identical twin brothers grew up in a home with a drunken, emotionally abusive and physically violent father. When they grew up Tom, the one twin, became as abusive and violent and as much of a drunkard as his father was. Tim, the other twin, never abused drink, was not a violent man, and loved and tenderly cared for his wife and children. Which one of the following possibilities is the most likely from Frankl's point of view?

- (1) The different reactions of the twins as adults to the same childhood environments can be explained on the basis that no social input from the environment is exactly the same in any two cases
- (2) In Tom's case, deficiency needs prevailed, whereas in Tim's case, the need for self-actualisation was somehow stronger
- (3) Drives and needs, their satisfaction or frustration, explain a person's behaviour. Tom acted out his frustrations and Tim, through reaction formation, struggled with the same frustrated needs and wishes.
- (4) Tim, in reviewing and evaluating his childhood experiences as to their consequences or hurtful effects upon him and others, chose not to follow the same course as his father whereas Tom did

QUESTION 48

In Frankl's view, personality is

- (a) shaped on the basis of how a person chooses to act or behave
- (b) a sum total greater than the part played by the genetic, psychological and social influences in a person's life
- (c) not a set entity, but is something that can change face
- (d) something that must be worked at, even if the person has achieved psychological maturity

The correct answer is

- (1) (a)
- (2) (a) & (b)
- (3) (a), (b) & (d)
- (4) All of the above

QUESTION 49

Noodynamics means

- (a) a totally spiritual way of being
- (b) an interplay between our freedom to choose and what we choose in the light of the dictates of our conscience
- (c) an existential conflict caused by a sense of spiritual emptiness
- (d) the dynamics of personality based on our freedom of will and the will to find and realise meaning in our lives

The correct answer is

- (1) All of the above
- (2) (b), (c) & (d)
- (3) (b) & (d)
- (4) (d)

QUESTION 50

Sam grew up in an American home where he was told that he could become the most powerful man in the world – the President of the United States, if he put his mind to it. Sam, however, had a learning problem and had difficulty in achieving high marks in school however hard he tried. But his parents insisted that all things are possible, even overcoming his learning problems. He must keep his hopes alive that he can achieve anything in life if he just wanted to badly enough.

Which statement would most accurately reflect Frankl's views on a matter such as the one portrayed in Sam's story?

- (1) It is characteristic of human freedom that all things are possible for the one who believes this to be so
- (2) Human freedom is not limitless. The limitations of and restrictions in our lives often serve to guide and steer us in the direction and fulfilment of our own and unique destinies
- (3) Great achievers, like the President of the United States, are meant to inspire us to reach the same great heights in life
- (4) The worth of a person's life is measured by the measure of success he or she has managed to achieve

QUESTIONS ON AFRICAN PERSPECTIVES**QUESTION 51**

Which one of the following most accurately describes MMV's view on what is meant by the phrase 'an African perspective'?

- (1) It is the perspective that Western psychologists have of African people
- (2) It is the perspective that African people have of Westerners
- (3) It is the perspective that describes those indigenous groups of sub-Saharan Africa that share a unity in their language and religious practices
- (4) It is the perspective that describes the unity among the diversity of various African cultures, which distinguishes it from a Western and an Eastern perspective

QUESTION 52

The African view of humankind and worldview is based on

- (1) a holistic sense of interconnectedness between humans, God and nature, where humans are the centre of the universe from which all can be understood and explained
- (2) the focus on individuals in terms of their uniqueness as humans, and their development in terms of optimal or pathological functioning
- (3) rootedness in the past, staying in natural rhythm with time, and striving towards the future
- (4) the human as a complete, separate psychological entity who is the centre of his or her own subjective universe

QUESTION 53

Which one of the following sequences most accurately depicts the traditional African worldview?

- (1) Co-operation, differences, one with nature
- (2) Interdependence, commonality, survival of the tribe
- (3) Survival of the fittest, separateness, uniqueness
- (4) Collective responsibility, sameness, competition

[TURN OVER]

QUESTION 54

Thoko is very sick. According to her mother who holds traditional African beliefs,

- (1) Thoko's illness is a sign that the ancestors are dissatisfied
- (2) Thoko should get a lot of rest in order to strengthen her immune system
- (3) Thoko's ill health is the result of her daughter's failure to take proper care of herself
- (4) Thoko's condition is the result of not only intrapsychic, but also interpersonal dynamics

QUESTION 55

In Tracey's school the traditional African cognitive approach of intuitive rationality underpins the manner in which students are taught, while in Thandeka's school the Western emphasis on the logical and rational aspects of cognition are emphasised. Based on your appreciation of the accuracy and/or inaccuracy of the following statements, select the most correct alternative/s below

- (a) The syllabus at Thandeka's school is more demanding than at Tracey's school, as the rational approach of Western cognition requires more concentration than the intuitive functioning of traditional African cognition
- (b) The approach favoured in Thandeka's school is associated with Pascal's view on the 'logic of the heart', while the approach favoured in Tracey's school is associated with Descartes' 'logic of reason'
- (c) The approach to cognitive functioning favoured in Tracey's school allows for an understanding of the wholeness of a reality
- (d) The approach favoured by each school clearly expresses the accepted fact that all Africans are without reason and all Westerners' without emotion in their cognitive functioning

The correct answer is

- (1) (c)
- (2) None of the above
- (3) Only (c) & (d), but not (a) & (b)
- (4) All of the above

QUESTION 56

Sandy's manager, Lebo, lives in accordance with the traditional African worldview, while Sandy understands life through a Western framework. This leads to differences at times in how Lebo and Sandy plan work activities. Which one of the following most accurately captures the difference between the traditional African and Western conception of time?

- (1) Sandy's manager, Lebo, tends to focus her planning of work activities around future events, while Sandy prefers to focus on the past and present scenarios
- (2) Sandy is often late for the meetings her manager, Lebo, schedules, as it is more important for her 'to be in time than on time'
- (3) Lebo asks Sandy to diarise her work priorities. In order to meet her deadlines Sandy divides each week up into separate time units and lists which aspect of work she will prioritise for completion by a certain date
- (4) Sandy has a sound understanding of time and how it works, whereas her manager, Lebo, completely ignores the value of time and the importance of being punctual

QUESTION 57

Which of the following statements about the optimal development of traditional Africans and Westerners are correct according to the view proposed by Pasteur and Toldson?

- (a) The traditional African's use of the right hemisphere of the brain versus the Westerners' tendency to favour the left hemisphere enables traditional Africans to be more connected with their physical and spiritual environments
- (b) The collective existence favoured by traditional Africans provides them with an essential security and selflessness that protects them from much of the stress and tension experienced by the individualistic and competitive existence of Westerners
- (c) Traditional Africans have easier access to their defence mechanisms and are able to protect themselves from stressful experiences by making use of denial and projection more readily than their Western counterparts
- (d) The Western focus on analysis and logic leads to the dominance in their use of the left hemisphere of the brain, causing tension and stress

The correct answer is

- (1) (a), (c) & (d)
- (2) (b) & (d)
- (3) (a) & (c)
- (4) (c) & (d)

QUESTION 58

Simphiwe has not been feeling well lately. His vision is blurred, he hears voices and his body feels sore all over. He eventually decides to consult with the sangoma about his condition. Which one of the following would most accurately describe the sangoma's traditional African view of Simphiwe's experience?

- (1) The sangoma understands Simphiwe's symptoms as the result of a disharmony between Simphiwe and his ancestors
- (2) According to the sangoma, Simphiwe's physical condition is having a negative impact on his mental well-being
- (3) Due to the traditional African belief in the reciprocity between mind and body, the sangoma understands Simphiwe's mental illness to be affecting his physical well-being
- (4) In order to understand Simphiwe's symptoms the sangoma begins by conducting a physical examination of Simphiwe's body

QUESTION 59

According to the sangoma, what must Simphiwe do in order to recover?

- (1) The sangoma advises Simphiwe to break the connection with his ancestors in order to reconnect more fully with life on earth
- (2) According to the sangoma Simphiwe should consult with a Western psychiatrist, as he requires Western medication to treat his symptoms
- (3) The sangoma recommends that Simphiwe should listen to the voices of his ancestors in order to understand how he has displeased them and to ask for their protection from malignant spirits
- (4) According to the sangoma it is more important for Simphiwe to understand what caused his illness, as opposed to who brought it about

[TURN OVER]

QUESTION 60

Which one of the following traditional African healing practices would the sangoma recommend for Simphiwe's recovery?

- (1) The sangoma recommends that Simphiwe consults with him once a week for an hour over an unspecified period so that they may talk and better understand Simphiwe's difficulties
- (2) The sangoma organises a community ritual in which there is singing and dancing, as he believes that this will invoke the help of the ancestors in healing Simphiwe
- (3) The sangoma advises Simphiwe to focus on transforming what he feels in his body into words so that he can shift the symptoms from his body to his mind and eventually to the ancestors
- (4) The sangoma prescribes a period of intense isolation for Simphiwe in which he is to have no contact with his family, as the treatment focus needs to remain exclusively on Simphiwe and not involve others in the family

[60]

[WILL BE CONVERTED TO A MARK OUT OF 80 AND YOUR 20% YEAR MARK WILL BE ADDED IF YOU QUALIFIED FOR IT]

[TOTAL : 100 MARKS]

IS YOUR STUDENT NUMBER, UNIQUE NUMBER AND MODULE CODE FILLED IN ON THE MARK READING SHEET?
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PART 1 (GENERAL/ALGEMEEN) DEEL 1

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For use by examination invigilator
Vir gebruik deur eksamenopsiener

IMPORTANT

1. USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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