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PERSONALITY THEORIES (PSYCHOLOGY)

Duration 2 Hours

60 Marks

EXAMINERS
FIRST
SECOND

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This paper consists of 20 pages plus instructions for completion of a mark reading sheet

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Please complete the attendance register on the back page, tear off and hand to the invigilator.

This paper consists of sixty multiple-choice questions which must be answered on the mark reading sheet
Your mark out of 60 will be converted to a percentage by the computer

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

- 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

The id is selfish and unrealistic and pursues the (a)____. This means that the id (b)____. The id also functions according to (c)____, which means that it is incapable of reflection and planning. The only form of drive satisfaction it is capable of is (d)____.

- | | |
|-----------------------------------|--|
| (1) (a) pleasure principle | (b) wants to satisfy its drives immediately |
| (c) the primary process | (d) wish fulfilment |
| (2) (a) primary process | (b) desires immediate object choice |
| (c) the pleasure principle | (d) object choice |
| (3) (a) wish fulfilment principle | (b) wants to satisfy its drives immediately |
| (c) the primary process | (d) cathexis and anticathexis |
| (4) (a) pleasure principle | (b) wants to satisfy sexual drives before any others |
| (c) the secondary process | (d) wish fulfilment |

QUESTION 2

Freud divides life drives into two types, namely (a)____, which ensure the continued existence of the (b)____, and (c)____, which ensure the continued existence of the (d)____.

- | | | | |
|---------------------|-------------------|---------------------|---------------------|
| (1) (a) eros drives | (b) species | (c) thanatos drives | (d) death drive |
| (2) (a) id drives | (b) primary needs | (c) ego drives | (d) secondary needs |
| (3) (a) ego drives | (b) ego | (c) sexual drives | (d) id |
| (4) (a) ego drives | (b) individual | (c) sexual drives | (d) species |

QUESTION 3

Peter got out of the wrong side of the bed one morning. He was feeling highly irritable and attacked everybody verbally. During the day he accused his wife, children and colleagues of being impatient and of attacking him verbally all the time. What defence mechanism is Peter using according to Freud?

- (1) Projection
- (2) Rationalisation
- (3) Displacement
- (4) Reaction formation

QUESTION 4

According to Freud, one of the differences between healthy and psychologically disturbed people is in the types of defence mechanisms the two employ to cope with psychic conflicts. Compared to disturbed individuals, psychologically healthy people are more successful at employing the defence mechanisms of

- (1) displacement and identification
- (2) displacement and sublimation
- (3) reaction formation and sublimation
- (4) identification and rationalisation

QUESTION 5

Margie visits a therapist about her sudden compulsion to clean everything in sight. She cleans her house twice a day and cannot relax if there is so much as an unwashed plate in sight. She tells the therapist she is a devoted Christian and enjoys a close, warm relationship with her boyfriend. Although the couple are comfortable about their decision to abstain from sexual relations until after marriage, Margie's compulsion for cleanliness and neatness is causing disharmony in the relationship. According to Freud, Margie could be described as experiencing

- (1) reality anxiety
- (2) neurotic anxiety
- (3) moral anxiety
- (4) neurotic and moral anxiety

QUESTION 6

Mr Wilson is described by his colleagues and staff as a perfectionist and a shrewd businessman who has an amazing knack for saving his company vast sums of money. He is methodical, organised and meticulous. According to Freud, Mr Wilson could be described as having a/an

- (1) anal personality
- (2) genital personality
- (3) oral personality
- (4) latent personality

QUESTION 7

A patient who has been undergoing psychoanalysis for quite a number of years suddenly no longer turns up for appointments. When the receptionist telephones her she is most surprised and says she had forgotten completely about the appointments. To what would Freud attribute the forgetfulness of this patient?

- (1) Displacement
- (2) Resistance
- (3) Transference
- (4) Distortion

QUESTION 8

When Dr Freud is introduced as **Dr Fraud**, which unconscious process is at work here?

- (1) Projection
- (2) Reaction formation
- (3) Parapraxis
- (4) Repression

QUESTION 9

The personality type that Freud regarded as closest to the optimal or ideal state of development, is characterised by a

- (a) lack of any sexual or moral conflict
- (b) lack of fixations at pre-genital stages
- (c) strong ego and a not too strict superego
- (d) satisfactory sexual relationship with someone of the opposite sex

The correct answer is

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

QUESTION 10

In the face of a pathological outbreak of crime and violence such as we are experiencing in South Africa today, Freud most probably would have suggested that we

- (a) provide socially acceptable avenues for the discharge of aggressive energies in the promotion of, for example, competitive types of sport
- (b) strengthen moral prescriptions against violence to make its expression less acceptable
- (c) view these phenomena as the healthy release of the death drive and as conducive to society in the long run
- (d) come to terms with the fact that the aggressive inclination is part of human nature and that we can only hope to curb but never to eliminate it

The correct answer is

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

QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH**QUESTION 11**

Marlize is a very good athlete. According to Bandura's theory, practising hard and always giving her best, are behaviours specifically motivated by

- (1) external rewards which she receives directly after an athletic performance
- (2) her objective to transcend her biological and environmental constraints and to be the best she can be
- (3) the intrapersonal drives she brings into the situation
- (4) her expectations regarding the consequences of her behaviour and self-evaluation

QUESTION 12

Jack's Mathematics teacher clearly indicates the sections that he should study for his Mathematics examination. However, Jack decides to learn the sections he thinks are important. Unfortunately, he fails his examination at the end of the year. He realises that he has only himself to blame and decides that in future he will pay more attention to what his teacher highlights. According to Rotter, Jack has (a)____, which means that Jack (b)____.

- (1) (a) an external locus of control
(b) believes that his life is controlled by circumstances beyond his control
- (2) (a) an internal locus of control
(b) believes that his decisions influence his life negatively or positively
- (3) (a) low self-efficacy
(b) has little confidence in his teacher
- (4) (a) a self-reflective capability
(b) now believes that his teacher knows best

QUESTION 13

Susan plays hockey for her school's first team. The coach of the provincial team observes her play, and invites her to play for the provincial team. Susan declines the offer because she does not think that she is good enough. According to Bandura's theory, (a)____ plays an important role in Susan's decision. This means that (b)____.

- (1) (a) self-regulation
(b) Susan has to regulate her behaviour. If she plays for the provincial team, she will neglect her school team
- (2) (a) expectancy
(b) Susan's schoolmates expect her to play for their team
- (3) (a) self-efficacy
(b) Susan does not have confidence in her ability to play hockey well enough for the provincial team
- (4) (a) internal locus of control
(b) Susan does not allow an external person like the coach, to decide for her what she should or should not do

Read the following story carefully and in terms of Bandura's theory answer Questions 14 to 17, which are based on this story

Siphiwe plays sweeper for his school's first soccer team. He is coached by the former famous Barana Bafana player, Lucas Radebe. Siphiwe's younger brother, Solly, attends all the practice sessions with their father, Mr Radebe, who is very proud of his team, takes pains with them and demonstrates all the important moves, which the team copies faithfully. He pays special attention to Siphiwe and points out that his aerial passes to his forwards are inaccurate, verging on sloppy. Mr Radebe shows Siphiwe a special technique to use. Siphiwe practises very hard every day and gets it right within a week. He is very proud of himself when he is chosen for the provincial team of his age group. His father is so excited about Siphiwe's achievement that he buys him the most sought-after soccer ball on the market. His younger brother, Solly, is beside himself with excitement and proud about his elder brother's achievement. He wishes he was old enough to play soccer so that he can also get a soccer ball like Siphiwe. One day Mr Radebe is late for the practice session, and some of the children start playing in his absence. Solly begs them to let him play too, and to everybody's surprise, little Solly flawlessly uses the special passing technique Mr Radebe taught Siphiwe. Solly grins all over his face with pride.

QUESTION 14

What kind(s) of learning, according to Bandura's theory is/are involved in the elder brother Siphiwe's learning process?

- (1) Observational learning
- (2) Direct learning and self-regulation
- (3) Observational learning and direct learning
- (4) Observational learning, direct learning and self-regulation

QUESTION 15

In terms of Bandura's theory, who serves as the model/s in the learning process of Solly, the younger brother?

- (1) Siphiwe and their father
- (2) Siphiwe and Mr Radebe
- (3) Siphiwe
- (4) Mr Radebe

QUESTION 16

Who serves as the reinforcing agent/s in the learning process of Siphiwe, the elder brother?

- (1) His father
- (2) Mr Radebe
- (3) His father and Mr Radebe
- (4) His brother and his teammates

QUESTION 17

The fact that Mr Radebe admonishes Siphwe for his sloppy aerial passes serves as (a)___ for Siphwe, but as (b)___ for Solly, the younger brother

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

QUESTION 18

One morning, as Kim's father is driving her to school, he notices a dog lying on the side of the road. He stops and approaches the dog which is very badly wounded. He returns to the boot of his car and fetches a box into which he can put the dog. He gently picks the dog up and places it in the box. He takes the dog to the vet who is very impressed at Kim's father's kindness. When Emily, one of Kim's friends, falls off the jungle gym at school, Kim is the first one to reach her. She gently helps her up and takes her to the teacher. In terms of social cognitive learning theory, Kim's kindness to others who are in need is an example of

- (1) imitation
- (2) counter-imitation
- (3) modelling
- (4) generalisation

QUESTION 19

Which of the following persons is an optimally functioning person according to the social cognitive learning approach?

- (a) Peter succeeds in producing behaviour which meets his own standards
- (b) John sees himself as he really is and his self concept is in accordance with his actual potential
- (c) Joe neither overestimates nor underestimates his own abilities
- (d) Mary has an internal locus of control, a feature which is regarded as desirable in her culture

The correct answer is

- (1) Peter
- (2) John
- (3) Peter, Joe and Mary
- (4) Peter and Joe

QUESTION 20

According to the social cognitive learning approach, people develop characteristic styles in their attempts to explain the events in their environments. Identify the styles used by Stephen. Stephen has lost his job. He blames himself for it and feels that he is a complete failure [(a) a/an ___ style]. He believes that he is too bad tempered and impatient to keep any job, and that he will always be like that [(b) a ___ style]. His whole life is disrupted, and he believes that he will also lose his house, his car and his wife [(c) a ___ style].

- | | | |
|------------------|---------------|--------------|
| (1) (a) external | (b) global | (c) limited |
| (2) (a) internal | (b) stable | (c) global |
| (3) (a) helpless | (b) transient | (c) global |
| (4) (a) internal | (b) stable | (c) helpless |

QUESTIONS ON MASLOW'S THEORY**QUESTION 21**

Maslow's perspective is characterised by

- (a) its emphasis on human potential
- (b) the conviction that people are essentially good and worthy
- (c) its emphasis on healthy and optimal functioning
- (d) the belief that human development can be explained in terms of need gratification

The correct answer is

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

QUESTION 22

According to Maslow, need gratification

- (a) is a process of fulfilling basic needs through strictly successive, developmental stages
- (b) refers to self-actualisation
- (c) is a means of relieving tension
- (d) is the basis for growth and the realisation of an individual's potential through self-actualisation

The correct answer is

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

QUESTION 23

According to Maslow's theory, the concept of ____ explains how an individual is viewed as an integrated whole, as a person with worth and dignity and as one who strives towards the actualisation of his/her potential

- (1) optimism
- (2) humanism
- (3) self-actualisation
- (4) phenomenology

QUESTION 24

According to Maslow, the meta needs

- (a) must be fulfilled to ensure maximal growth
- (b) are also known as growth motivations
- (c) emerge at the self-actualisation level
- (d) are innate

The correct answer is

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

Read the following story and then answer Questions 25 to 27

Mosala is a qualified teacher, and began her teaching career with passion. However, her husband, who earned a good salary, insisted that she become a full-time homemaker before she even started her teaching career. Unfortunately, her husband died in a tragic accident last year. Her sister is now encouraging her to pursue her teaching career again because she believes that Mosala is 'cut out' to be a teacher. Mosala is however hesitant because she does not trust her ability, and she feels she might not do a good job. Meanwhile, she has developed new career ideas, but is uncertain about whether she will cope or not and hesitates to take the first step.

QUESTION 25

Where, on Maslow's hierarchy, do you think Mosala's needs are most dominant at the end of the story?

- (1) Safety needs
- (2) Need for affiliation and love
- (3) Need for self-esteem
- (4) Need for self-actualisation

QUESTION 26

According to Maslow's view of the dynamics of personality, which one of the following statements applies to Mosala's life so far?

- (1) Before her husband's death, when Mosala was teaching, she was functioning on the level of self-actualisation
- (2) After Mosala's husband's death it will be unlikely that she will be able to realise her potential
- (3) Mosala functions on the self-actualisation level, because she has developed new ideas
- (4) Mosala's need for esteem has now diminished as a motivating force

QUESTION 27

According to Maslow's theory, for Mosala to ensure that her career ideas become a reality, she needs to

- (a) place a high priority on gratifying her basic needs
- (b) listen to her sister's advice and make the best of her teaching career and not make the mistake of confusing herself with too many ideas
- (c) have the courage to take risks and overcome the limitations and barriers that she has created for herself
- (d) develop self-knowledge and self-insight so as to actualise her potential

The correct answer is

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

QUESTION 28

Some people find it difficult to actualise their potential. From the hypotheses given below, choose the statement/s that most accurately fit/s with Maslow's theory

- (a) The social environment creates obstructions and may even prevent people from reaching their full potential
- (b) People's basic needs may not have been fully satisfied
- (c) People do not conform to the demands and prevailing norms of society
- (d) People underestimate their talents and fear success

The correct answer is

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

QUESTION 29

Which of the following statements most accurately represent/s Maslow's view of the development of personality?

- (a) The meta needs are the needs that individuals should strive for to ensure ideal functioning
- (b) Someone who has reached the highest level of development functions at the level of self-actualisation and is motivated by growth and deficiency needs
- (c) Development proceeds in accordance with the need hierarchy
- (d) The higher in the hierarchy the level of motivation, the higher the individual's level of development

The correct answer is

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

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QUESTION 30

According to Maslow, self-actualisation

- (1) refers to a realistic evaluation of one's potential
- (2) is the motive to realise one's true potential
- (3) refers to healthy development
- (4) dominates all other human needs

QUESTIONS ON ROGERS' THEORY**QUESTION 31**

According to Rogers, the self concept is

- (a) a conceptual gestalt composed of conscious and unconscious experiences which are allowed into consciousness
- (b) that portion of the person's phenomenal field which concerns the person him- or herself
- (c) 'a little man in the head' who controls a person's behaviour
- (d) fluid and changes continuously as a result of new experiences
- (e) a static pattern of integrated perceptions

The correct answer is

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

QUESTION 32

Julian dislikes taking risks and prefers playing chess. His father encourages him, however, to take part in hang gliding with him. Julian does not really enjoy the sport, but participates to please his father. According to Rogers' theory

- (1) Julian's need for positive regard is stronger than his actualising tendency
- (2) Julian is fulfilling his true potential by taking a risk
- (3) Julian is developing that side of his potential that is underdeveloped
- (4) Julian experiences unconditional positive regard from his father

Read the following story carefully, and then answer Questions 33 to 35 in terms of Rogers' theory

Mary sees herself as a faithful wife who could not possibly be attracted to any man other than her husband. Mary has included the value of her mother of 'if you are a good wife you will not be attracted to another man' in her view of what a good wife should be. When she meets her husband's friend, Bob, she experiences sexual feelings towards him.

QUESTION 33

According to Rogers' theory, Mary

- (a) received unconditional positive regard from her mother
- (b) received conditional positive regard from her mother
- (c) incorporated a condition of worth into her self concept
- (d) is likely to become a fully functioning person

The correct answer is

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

QUESTION 34

In terms of Rogers' theory, Mary's feelings towards Bob points to

- (1) congruence because she will tend to behave in accordance with her self concept
- (2) incongruence because her self concept differs from her organismic experiences
- (3) congruence because her self concept and true organismic potential are in accordance with one another
- (4) incongruence because her sexual feelings for Bob are in line with her true organismic experiences

QUESTION 35

In terms of Rogers' theory, how is Mary likely to deal with her feelings towards Bob?

- (1) Mary will feel the sexual attraction towards Bob and permit these sexual feelings into consciousness
- (2) Mary will defend her organismic experiences by finding socially acceptable ways to express her sexual attraction towards Bob - she will be polite and friendly towards him
- (3) Mary will allow her sexual feelings towards Bob into her self concept
- (4) Mary will defend her self concept of being a good wife by denying her sexual feelings for Bob, or by saying, for example, that her sexual feelings for Bob in fact show that she is still sexually attracted towards her husband

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

Melissa loves sport and outdoor activities and dislikes feminine activities. Her mother encourages her, however, to become a lady and to learn to dress correctly. She arranges for Melissa to do a modelling course. Melissa now sees herself as someone who enjoys going to the shopping malls and the fashion shows.

QUESTION 36

In terms of Rogers' theory, Melissa's organismic experiences refer to (a)_____, her original self concept refers to her view of herself as someone who (b)_____, and the self concept she develops later on refers to her view of herself as (c)_____

- (1) (a) her love of sport and outdoor activities and dislike of feminine activities
(b) loves sport and outdoor activities but dislikes feminine activities
(c) someone who enjoys going to the shopping malls and fashion shows
- (2) (a) her love of sport and outdoor activities and dislike of feminine activities
(b) enjoys going to the shopping malls and fashion shows
(c) someone who loves sport and outdoor activities but dislikes feminine activities
- (3) (a) becoming a lady and learning to dress correctly
(b) loves sport and outdoor activities but dislikes feminine activities
(c) someone who enjoys going to the shopping malls and fashion shows
- (4) (a) her potential to become a lady
(b) loves sport and outdoor activities, but dislikes feminine activities
(c) a model and a real lady who knows how to dress correctly

QUESTION 37

According to Rogers' theory, Melissa would be congruent if she decides to

- (1) become more lady-like and becomes a fashion model
- (2) become a sportswoman or considers a career in nature conservation
- (3) ignore both her own interests and her mother's wishes, and finds a career not related to either of their interests
- (4) find a career which integrates sport and the outdoors with fashion

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

Beth sees herself as a helpful, co-operative person. She is asked to assist with the catering for the tennis tournament at her children's school. She is required to work in a team with other mothers but storms out one day. She maintains it is impossible to work in a team because the other mothers selfishly want to do things their own way. In terms of Rogers's theory

- (1) Beth is using the defence mechanism, distortion, to distort her inability to work with other mothers and to maintain her self concept
- (2) Beth's behaviour is congruent with her self concept and therefore she does not need to use defence mechanisms
- (3) Beth is able to actualise her potential because her self concept is congruent with her true feelings
- (4) Beth's reaction is justified and she is being congruent with her true feelings

QUESTION 40

In terms of Rogers' theory, there are three conditions necessary to foster growth. They are (a) _____, which refers to the authenticity of the therapist, (b) _____, which refers to the respectful way the therapist treats the client and accepts him or her just the way he or she is, and (c) _____, which refers to the therapist's attempt to understand the client's world from his or her viewpoint

- | | | |
|----------------------------------|------------------------------|----------------------------|
| (1) (a) empathy | (b) unconditional acceptance | (c) congruence |
| (2) (a) congruence | (b) conditions of acceptance | (c) empathy |
| (3) (a) unconditional acceptance | (b) conditions of worth | (c) sincerity |
| (4) (a) congruence | (b) unconditional acceptance | (c) empathic understanding |

QUESTIONS ON FRANKL'S THEORY

Read the following story carefully, and then answer Questions 41 to 48 which follow

Rose grew up at a time when the freedom and rights of all people were strongly advocated in her country. Her parents, however, respectfully adhered to the traditional values and culture of their forefathers. A woman's place was in the home, she was expected to be subservient to her husband, to value the norms of her culture and not move outside of it in any direction of her own. Rose was in conflict. Other youngsters were in open rebellion against the restrictions of the past and were taking advantage of the opportunities that the new wave of freedom in the country afforded them, especially in terms of education and careers of their own choice. Other youngsters indulged in revelry and even crime, doing whatever took their fancy. Rose did not want to upset her parents, yet could not quench her own desire to become a psychologist one day, a career totally foreign to her own culture. She also experienced moments of rebellion against certain cultural beliefs and norms which she felt were unfair and that she herself could not embrace. What was she to do?

QUESTION 41

According to Frankl, Rose was experiencing

- (1) a paradoxical situation which made any solution to her problems impossible
- (2) a challenge to find the right answer to her predicament, even though this was difficult
- (3) the call from her forefathers to retain the values that had been transmitted to her parents
- (4) the result of her unsuccessful efforts to suppress her anger towards her parents whom she truly loved

QUESTION 42

Rose's conflict would be seen by Frankl as the result of

- (1) the suppression of her own desires and an unconscious aggression against her parents because of a fear that they will disapprove of her desires
- (2) the conflicting pressures that her environment is exercising upon her
- (3) her feelings of responsibility towards her parents on the one hand, and her feelings of responsibility towards herself on the other hand
- (4) a tragic situation she should not seek to change, but which she is called upon to bravely suffer

QUESTION 43

Rose observed, and experienced in herself, different reactions to, and beliefs about, the new freedom in her country. Which one of the following statements reflects the view of Frankl regarding human freedom?

- (1) The norms of society are meant to curb and control human freedom
- (2) Freedom of expression and action is a human right
- (3) Freedom is an illusion because we have no real control over our lives
- (4) Freedom of choice means that we can be held accountable for our actions

QUESTION 44

Rose was experiencing difficulty in accepting some of the traditional norms of her own people. According to Frankl's theory, Rose wanted to

- (a) please her parents even if it meant accepting norms she did not really believe in
- (b) be accountable before her own conscience
- (c) defiantly maintain her own point of view and actualise her own potential no matter what

The correct answer is

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

QUESTION 45

Within the framework of Frankl's theory, it is true to say that

- (1) Rose was suffering from noogenic neurosis
- (2) Rose was a tragic victim of her circumstances
- (3) Rose was functioning on a sub-human dimension by being torn by her conflicting needs
- (4) Rose's distress was healthy because she was struggling to make sense out of what she was experiencing

QUESTION 46

A logotherapist, reviewing Rose's case, would say that she was

- (1) seeking to resolve the tensions she was experiencing to establish a feeling of homeostasis in her life
- (2) secretly identifying with her peers who broke out in open rebellion against the restrictions imposed upon them by their culture
- (3) being challenged to find her own answers to the problems which were facing her
- (4) experiencing guilt because she was meant to treasure the norms and values of her culture

QUESTION 47

According to Frankl's view of optimal development, Rose is already manifesting some of the following characteristics

- (a) An awareness of responsibility
- (b) The ability to take a humorous view of her problems
- (c) A desire to reach out to a future that was beckoning her
- (d) The need to actualise her organismic potential

The correct answer is

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

QUESTION 48

A logotherapist, in seeking to assist Rose to develop optimally, will encourage her to

- (a) build more effective defence mechanisms to protect her from pain and suffering
- (b) find what exactly it is she is called upon to do
- (c) not be afraid of the struggle and conflict she was experiencing
- (d) objectively and critically look at her problems

The correct answer is

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

QUESTION 49

A logotherapist will hold the view that

- (1) the focus of therapy should be the achievement of happiness
- (2) meaning can only be experienced when the basic needs for safety and love have been met
- (3) those who only seek pleasure, wealth and success, have failed to find meaning in life
- (4) frustration, conflict and pain causes pathology and therefore has no meaning

QUESTION 50

Frankl believed that youngsters often do not reach optimal levels of development because they

- (a) are given responsibilities at a time when they need to have fun
- (b) want to live only for today, without any goals or visions for the future
- (c) so easily give in to peer and other outside pressures
- (d) live in an existential vacuum, with too few challenges and goals

The correct answer is

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

QUESTIONS ON THE AFRICAN PERSPECTIVES**QUESTION 51**

The straddling of two worlds, the world of ancestor worship and traditional rites, such as the spilling of beer at feasts as a gift to the ancestors, as well as the practice of formal religion among many Africans in South Africa today, illustrates the

- (1) importance of studying well-researched Western personality theories which have been developed to explain and describe human behaviour
- (2) appropriateness of studying only the African perspective in South Africa, as first-world ideas do not really apply to Africa
- (3) appropriateness of studying both the African as well as a Western perspective as it seems that many Africans are located on a continuum between these two orientations
- (4) importance of trying to help Africans incorporate Western Psychology into their thinking

QUESTION 52

The African view of humankind and worldview

- (1) holds that human beings and the universe are inseparable, and that people are the beginning and the end of the quest for knowledge
- (2) focuses on individuals in terms of their uniqueness as humans, and their development in terms of optimal or pathological functioning
- (3) emphasises rootedness in the past, staying in natural rhythm with time, and striving towards the future
- (4) perceives the human as a complete, separate psychological entity who is the centre of his or her own subjective universe

QUESTION 53

When Sindiwe became a young woman, a ceremony was held where she received the *ublunga* around her neck and belts around her waist to affirm and protect her newly acquired womanhood. She was told "May your ancestors protect you". The practice refers to the (a) ____ cosmos, which is the domain where (b) ____

- (1) (a) macro- (b) sorcerers and genies reign
- (2) (a) macro- (b) God, the ancestors and the spirits of the chosen dead are encountered
- (3) (a) meso- (b) the survival of the community is emphasised
- (4) (a) micro- (b) the ancestors and the spirits of specific dead people can be found

QUESTION 54

A traditional African named Xolile drowns in the river. It is believed that *Mamlambo*, the River woman, lured him to his death. In terms of the African perspective, this example illustrates the domain of the

- (1) micro-cosmos
- (2) macro-cosmos
- (3) indivisible-cosmos
- (4) meso-cosmos

QUESTION 55

Lukas is the sole breadwinner in his family. His parents live with him and his salary covers the rent, food, and clothing. In turn, his mother does his washing and he has a nice plate of food waiting for him when he arrives home from work. In terms of the African perspective, this example illustrates the values of

- (1) cooperation, interdependence and collective responsibility
- (2) individual rights, independence, and competition
- (3) sympathy, individual survival and personal responsibility
- (4) individuality, uniqueness, and responsibility

QUESTION 56

In terms of the African perspective, cognitive functioning relies strongly on intuition and emotion, rather than rationality alone, and is affected by the collective way of life. Which one or more of the following examples best illustrates this?

- (a) Mapule chooses the subjects at school that will benefit her in pursuing her goal of becoming a doctor
- (b) Puleng wants to become a computer programmer, but she studies teaching because she is an obedient daughter – her family believes that the community urgently needs teachers
- (c) Lebo has confidence in her abilities to become an accountant and to follow the career successfully
- (d) Sindiwe gives away her baby's clothes even though she herself is pregnant again because her cousin's baby is in need of them now

The correct answer is

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

QUESTION 57

Which of the following statements best illustrates the traditional African perspective of time?

- (1) Thabo remembers his roots and he disciplines his spending so that he can save for a better future
- (2) Mapule remembers her roots, lives her life in the present but has little regard for time that has not been lived yet
- (3) Sepho remembers his past and spends all the money he earns every week
- (4) Thandi lives for the moment but makes very few plans for the future

QUESTION 58

According to Pasteur and Toldson, optimal functioning from an African perspective, refers to

- (a) the harmonious interaction of the analytical and creative hemispheres of the brain
- (b) a collective existence which offers a sense of security to Africans
- (c) direct and immediate expression to all contents of the consciousness through cultural activities
- (d) the accentuation of the individual's uniqueness and potential

The correct answer is

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

QUESTION 59

Lucky was abandoned as a baby and was taken into a family who looked after him as if he was one of their own. When he was in his teens, he caused his family a lot of heartache by claiming that his adoptive mother had abducted him as a baby from his birth mother. During this time his adoptive mother died. He began to drink heavily, picked fights with his friends and became suicidal.

One night during one of his drinking binges, Lucky nearly lost his life when he was hit by a car while staggering across the road. After he recovered, he went to see a healer/sangoma. In terms of the traditional African perspective, Lucky needs to

- (a) listen to the voice of the ancestors who warned him that he must change his behaviour
- (b) re-establish the broken connection between his adoptive mother and himself
- (c) enter a rehabilitation home to help him overcome his drinking and aggressive behaviour
- (d) take some muti to protect him against bewitchment by malignant spirits and sorcerers

The correct answer is

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

QUESTION 60

In terms of the traditional African perspective, during the therapeutic process with Lucky, the healer/sangoma will

- (a) ask Lucky to tell him why he has come for healing
- (b) find out about Lucky's socio-cultural and divine/supernatural relationships and encourage Lucky to confess his guilty feelings towards his mother and family
- (c) engage in ritual dancing with Lucky to bring about neurological changes which will impact on the healing process
- (d) prescribe a ritual for Lucky to reconnect with his ancestors and Lucky will, for example, erect a tombstone as a sign that he honours his mother

The correct answer is

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

[60]

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