

PYC2601

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PERSONALITY THEORIES

Duration 2 Hours

60 Marks

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This paper consists of 19 pages plus instructions for completion of a mark reading sheet

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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

- **ANSWER THE FOLLOWING SIXTY 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 as 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 Bafana 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 Sphiwe'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) Sphiwe and their father
- (2) Sphiwe and Mr Radebe
- (3) Sphiwe
- (4) Mr Radebe

QUESTION 16

Who serves as the reinforcing agent/s in the learning process of Sphiwe, 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 Sphiwe for his sloppy aerial passes serves as (a) ____ for Sphiwe, 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)

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**

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 concept
- (3) allowed into consciousness because they correspond with herself concept
- (4) distorted because they correspond with herself 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 herself concept
- (2) Mary allows her selfish desires into herself 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 herself concept
- (3) Mary distorts her experiences to protect herself 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

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

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

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[60]

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DATUM VAN EKSAMEN

EXAMINATION CENTRE (E.G. PRETORIA)
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For use by examination invigilator
Vir gebruik deur eksamenopsiener



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BELANGRIK

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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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