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PERSONALITY THEORIES

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60 Marks

EXAMINERS
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This paper consists of 21 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!

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QUESTIONS ON FREUD'S THEORY**QUESTION 1**

Freud's theory has been described as a psychosocial conflict theory. This means that the individual experiences conflict between

- (1) drives which are physiologically based, and moral prescriptions that are to be found in the social environment
- (2) psychic drives that demand immediate satisfaction and moral prescriptions of society that have been internalised
- (3) physical-biological and psychic sources of energy
- (4) life drives on the one hand, and sexual and aggressive drives on the other hand

QUESTION 2

Jonas was a serial rapist. In terms of Freud's theory, Jonas's ego

- (a) is unable to handle the conflict between his aggressive and life drives
- (b) is unable to handle the conflict between his weak superego and his strong id
- (c) is able to meet the demands of a weak id and strong superego
- (d) brings pleasure to the id while coping with guilt feelings from the superego

The correct answer is

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

QUESTION 3

Sanku lives his life by the sword - that is, he lives by hijacking cars and killing its occupants if necessary. Underlying Sanku's behaviour is his wish to hurt and kill his parents. In terms of Freud's theory, this wish exists on

- (1) all three levels of consciousness but not to the same extent
- (2) the unconscious and preconscious levels of consciousness
- (3) the unconscious level only
- (4) the conscious and preconscious levels

Read the following story carefully and answer Questions 4 to 8

When John was two years old, his mother became very impatient with his toilet training and used to smack him hard every time he did not get to the toilet in time and soiled his pants. John was a very unhappy little boy as a result of the way that his mother handled his toilet training. As an adult, he often used to think horrible thoughts about his mother, which made him feel bad. He was excessively mean and neat, which tended to annoy his family and friends.

QUESTION 4

In terms of Freud's theory, it is unlikely that John

- (1) had a strong death drive
- (2) became fixated in the anal stage of development
- (3) developed a strong ego
- (4) developed an overly strict superego

QUESTION 5

As an adult, John often used to think horrible thoughts about his mother, which made him feel bad. Perhaps he was afraid of his (a) ____ drive threatening to surface. Freud would refer to this type of anxiety as (b) ____ anxiety.

- (1) (a) life (b) reality
- (2) (a) sexual (b) neurotic
- (3) (a) aggressive (b) moral
- (4) (a) death (b) neurotic

QUESTION 6

John would often tell others how grateful he actually was for the way his mother brought him up, which has led to him becoming extremely neat, and what he calls careful with the way he handles his money matters. In terms of Freud's theory, he is using the defence mechanism,

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

QUESTION 7

John was excessively mean and neat, which tended to annoy his family and friends. In terms of Freud's theory, this indicates that he probably fixated in the ____ stage.

- (1) oral
- (2) anal
- (3) phallic
- (4) genital

QUESTION 8

John goes to see a psychotherapist. In terms of Freud's theory, it is the aim of therapy to

- (a) discover the causes of the patient's problems and make conscious the repressed urges of the patient
- (b) enable the patient to overcome the problems through more constructive ways of dealing with the id, superego and external reality
- (c) re-experience the repressed wishes and memories so that dammed-up energy can be utilised
- (d) teach the patient to experience as much drive satisfaction and as little guilt as possible

The correct answer is

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

QUESTION 9

In terms of Freud's theory, who is functioning optimally?

- (a) Lebo, who uses effective reality testing and defence mechanisms that minimally distort reality
- (b) Sam, who has a satisfactory sexual relationship with Susan
- (c) Mapenya, who loves his job as a teacher
- (d) Moipone, who has no conflict between her sexual and aggressive drives, and the rules of society

The correct answer is

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

QUESTION 10

If Freud were still alive today, he would probably have the following advice to give about curbing the violence and aggression, especially among the youth, in South Africa today

- (1) There is a necessity to channel the aggressive drive in more socially acceptable ways such as through encouraging participation in sport and cultural activities at schools
- (2) Moral development should be encouraged by striving towards finding meaning even in the face of difficulties
- (3) People are born bad and there is really nothing one can do to curb violent and aggressive behaviour
- (4) Criminals are self-destructing and you might as well let nature take its course

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

Which of the following statements are consistent with the basic assumptions of the social cognitive learning theory?

- (a) Behaviour is determined by the personality attributes of the individual
- (b) Behaviour is primarily learnt
- (c) The environment is not the only determinant of human behaviour, as an individual has the ability to influence his/her own behaviour and development
- (d) Individuals are active participants and they have the ability to perceive and evaluate environmental stimuli

The correct answer is

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

QUESTION 12

In describing the process that is characterised by an interaction between the person, the situation and the behaviour, cognitive learning theorists were making reference to

- (1) the theory of determinism
- (2) expectancy theory
- (3) reciprocal determinism
- (4) participant observation

QUESTION 13

Which one of the following statements most accurately explains observational learning in terms of the social cognitive learning theory?

- (1) Learning takes place as a result of the interaction between social and cognitive factors
- (2) The observer learns behaviour from observing a model's behaviour and the consequences thereof
- (3) The behaviour is observed and reproduced spontaneously
- (4) Observational learning involves the reward or punishment of a model by an external agent

Read the following story and answer Questions 14 to 16

Molefe is a new employee at a furniture store. Some employees perceive the unit supervisor as extremely strict and unrealistic in the way he does things. Molefe and his two other colleagues see the value and worth of this supervisor's leadership behaviour, and they have as a result adopted and used it to their benefit. Other colleagues have developed a negative attitude towards this supervisor, and they defy his instructions most of the time. They do the opposite of what he requests them to do and they have become unruly. In the recent disciplinary hearing meeting, the latter group is charged with insubordination and some of their staff benefits are suspended until they show a change of attitude. Molefe and his two colleagues are acknowledged for their outstanding performance and are placed on a short list for promotion. Molefe feels proud of his achievement and also for having made such good progress and such a big impact within his short history with the company.

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QUESTION 14

Which types of learning can you identify in the above story?

- (1) Learning through direct experience and observational learning
- (2) Learning through self-regulation and direct experience
- (3) Observational learning and learning through self-regulation
- (4) Observational learning, learning through direct experience and self-regulation

QUESTION 15

According to Bandura's theory, the punishment the unruly group received when their staff benefits were suspended, is an example of

- (1) external self-punishment
- (2) vicarious punishment
- (3) direct punishment
- (4) counter-imitation

QUESTION 16

In terms of Bandura's theory, the type of reinforcement that took place when Molefe was acknowledged for his outstanding performance and placed on a short list for promotion is referred to as (a)_____ and Molefe's feelings of pride are referred to as (b)_____

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

QUESTION 17

Manelo and Sally have been friends ever since they were young. Manelo has a tendency to blame the environment if things do not go well in her life. Sally, on the other hand, believes in her own ability to control her life. In terms of the social cognitive learning theory, Manelo's functioning in this story is a reflection of someone who has a/an (a)_____, while Sally's functioning is a reflection of someone who has a/an (b)_____

- | | |
|--------------------------------------|-----------------------------------|
| (1) (a) low expectancy drive | (b) high expectancy drive |
| (2) (a) low self-efficacy perception | (b) high self-efficacy perception |
| (3) (a) external locus of control | (b) internal locus of control |
| (4) (a) low self-esteem | (b) high self-esteem |

QUESTION 18

According to the social cognitive learning theory, a person who functions optimally is someone who

- (a) has a realistic self-efficacy perception
- (b) succeeds in producing behaviour which meets his or her own standards
- (c) has an external locus of control
- (d) takes the cultural and social context into account

The correct answer is

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

QUESTION 19

After being a trainee for several months, Simphiwe agreed to take on the director's role for the local drama series because he believes he will be able to do this job well. In terms of the social cognitive learning theory, this scenario is a reflection of Simphiwe's

- (1) external locus of control
- (2) high self-efficacy perception
- (3) personality characteristics
- (4) symbolising capability

QUESTION 20

Lucas is a sales manager for Unlimited Clothing Company. He is a soft spoken person and is experienced by his boss as not being very assertive. Lucas was experiencing stress and he feared losing his job. Therefore, he decided to consult a therapist. With Lucas's co-operation, the therapist's aim was to teach him assertiveness skills. She demonstrated an assertive behaviour to Lucas, and he was required to demonstrate it to her. Ultimately he was comfortable enough to assert himself within his interpersonal relationships. In terms of the social cognitive learning theory, the technique that the therapist used is

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

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

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.

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**

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 internalised 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 herself 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 herself concept
- (2) incongruence because herself concept differs from her organismic experiences
- (3) congruence because herself 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 herself concept
- (4) Mary will defend herself 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 consider 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 homeostatis 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 herself concept
- (2) Beth's behaviour is congruent with herself concept and therefore she does not need to use defence mechanisms
- (3) Beth is able to actualise her potential because herself 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

The following story is based on the book, *It's not about the bike My journey back to life*, by Lance Armstrong with Sally Jenkins

Read the following story and then answer Questions 41 to 50

At the age of twenty four, Lance Armstrong was well on his way to becoming a cycling legend. Then, just after his twenty fifth birthday, he was diagnosed with stage four cancer and the doctors told him he had little chance of surviving. Lance was devastated by the news but determined to beat this thing (which he regarded as his enemy). He decided to become part of his own healing - working with the medical staff, changing his diet, reading up on everything associated with the type of cancer he had and its treatment. He experienced severe side effects such as nausea as a result of the chemotherapy, the treatment recommended by the doctors. But he never gave up hope. He also believed that cancer was his greatest teacher. Just sixteen months after he was discharged from hospital, he entered the *Tour de France* cycling race which he won in the fastest time ever.

QUESTION 41

According to Frankl's theory, when Lance was diagnosed with cancer in the midst of a successful cycling career, this illustrates that

- (a) the freedom Lance now had was in deciding what his attitude towards his illness would be
- (b) in the face of this devastating diagnosis, Lance was compelled to behave in a certain way
- (c) Lance was a victim of fate and was now in the hands of the doctors if he wanted to survive
- (d) Lance chose to take responsibility when he decided to be part of his own healing

The correct answer is

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

QUESTION 42

According to Frankl's theory, the central issue for Lance was

- (1) to cope with the burden of cancer and its treatment
- (2) to regain a sense of power and success in his life by winning the *Tour de France*
- (3) to view the cancer as his enemy and a challenge to face, and take charge of
- (4) to regard the cancer, which afflicted him at a high point in his life, as a form of divine punishment

QUESTION 43

Lance never gave up hoping and, even in the face of utter hopelessness, clung to anything that contradicted the hopelessness of his situation. According to Frankl's theory, this illustrates

- (1) positive thinking
- (2) Lance's belief in the meaningfulness of life
- (3) faith
- (4) unrealistic thinking

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QUESTION 44

According to Frankl's theory, which of the following statements is the most correct as far as the will to meaning is concerned? The will to meaning is/was

- (1) always evident in achieving success Only in becoming a cycling legend and winning the *Tour de France* cycling race, could Lance Armstrong experience a sense of meaning
- (2) evident in the way Lance dealt with his cancer, never gave up hope, and took up his life as a cyclist again
- (3) only evident when Lance had to face the fact of having cancer and then resolve to overcome it
- (4) only evident when Lance began to improve physically which freed him to find meaning in his life again

QUESTION 45

In the following table, match the values in Column A with the correct example in Column B, and then select the correct option below

Column A: Values	Column B: Example
(a) Creative values	(d) Lance believed that cancer was his greatest teacher
(b) Experiential values	(e) Lance's cycling career and his part in his own healing
(c) Attitudinal values	(f) Lance's comment to his mother after an operation: 'Al love you, I love my life, and you gave it to me, and I owe you so much for that' (p 122)

The correct answer is

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

QUESTION 46

According to Frankl's theory, which of the following statements would be true in terms of Lance's story?

- (a) In the face of his cancer, which he regarded as his enemy, Lance had a defiant spirit
- (b) Lance could not change the fact of his cancer and its treatment
- (c) Lance changed his suffering into a personal triumph
- (d) Lance reacted to his cancer in the same defiant way that other cancer patients would react

The correct answer is

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

QUESTION 47

Lance took a stand concerning his cancer and decided to become part of his own healing. When he became a *cancer survivor*, he started a foundation that involved research into cancer. In terms of Frankl's theory, which characteristic of an optimally developed personality do these examples illustrate?

- (1) Self-determining action
- (2) Respect and appreciation for the uniqueness of others
- (3) Basic reliability and constructiveness
- (4) Appreciation of goodness, beauty and truth

QUESTION 48

When he was recovering from chemotherapy and the cancer, Lance was in a state of limbo and did not seem to know what to do next. But he also felt he had a new sense of purpose, and that was *to serve others*. He decided to start a foundation that would involve research into cancer. Lance commented: 'To work on something outside myself was the best antidote' (p 163). This example illustrates the concept of self-transcendence which means that mature people like Lance

- (a) are outward looking rather than turned in on themselves
- (b) are involved in those things that guarantee fame and success
- (c) want to be faced with a task or a challenge
- (d) want to feel that they have a calling

The correct answer is

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

QUESTION 49

Lance's friend believed he had some unfinished business in cycling and was starting to seem empty without it. Lance was afraid - afraid the cancer would return and afraid that he would not be as good as he was on the bike before the cancer. His friend challenged him. He said: 'I know it's a big unknown, a big risk, a big challenge, and a big scare. There are no givens. But here you are, back to life, and now you need to get back to living' (p 179). Lance decided to start training on his bike again. According to Frankl's theory, Lance's friend

- (a) challenged Lance to act responsibly in terms of his cycling potential
- (b) drew Lance's attention to rediscovering meaning in his life
- (c) prescribed meaning to Lance
- (d) left the decision to cycle again in Lance's hands

The correct answer is

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

QUESTION 50

According to Frankl's theory, it seems that Lance's friend used the technique of (a) ____ which, in this case, refers to (b) ____

- (1) (a) de-reflection
(b) Lance being encouraged to forget about his fears and to concentrate on something outside of himself - to aim to get back to cycling competitively and actualise his potential, and to exemplify hope to others
- (2) (a) paradoxical intention
(b) Lance distancing himself from his fears and, in doing so, gaining some perspective on what seemed so important to him previously
- (3) (a) self-detachment
(b) Lance being encouraged to forget about his fears and to concentrate on something outside of himself - to aim to get back to cycling competitively and actualise his potential
- (4) (a) self-transcendence
(b) Lance distancing himself from his fears and, in doing so, gaining some perspective on what seemed so important to him previously

QUESTIONS ON AFRICAN PERSPECTIVES**QUESTION 51**

Do psychologists believe that an indigenous psychology from an African perspective is necessary?

- (1) No, because Western formulations and conceptualisations already exist that act as standards against which the behaviour of people can be understood and explained
- (2) No, because Africans are in a transitory phase, in which they are shifting from a traditional to a more modern, Western-oriented way of life
- (3) Yes, because it is important to take the traditional African context into account to understand and explain the functioning of Africans
- (4) Yes, because in order to understand and explain the behaviour of Africans, it is important to take their context into account and to draw on the wisdom of both Western and African knowledge

QUESTION 52

Match the cosmic level in Column A with the correct example in Column B and then select the correct answer from the options below

Column A	Column B
(a) The macro-cosmos	(d) Lucky attributed his problem with drinking and smoking to having angered the ancestors
(b) The meso-cosmos	(d) Although she came from a poor family, Puleng gave all her baby clothes to a friend who needed them
(c) The micro-cosmos	(f) Before having a sip of beer at a celebration, individuals will first spill beer on to the ground to appease their ancestors

The correct answer is

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

QUESTION 53

The local soccer team keeps on losing every match it plays. How can this losing streak be explained, according to the traditional African perspective?

- (1) A curse has been put on the team and that is why they keep losing
- (2) The individuals in the soccer team lack self-discipline and perseverance
- (3) The soccer team is not functioning co-operatively, but as a group of individuals
- (4) The team lacks individual stars

QUESTION 54

Which of the following examples are consistent with the African view of the person and the African world view?

- (a) Mapule, a traditional African woman, is known in her village also as Bortshoko (Patience), Tshiamo (Goodness), and Lesedi (Light)
- (b) The old man is referred to by the villagers as Mr Matlala
- (c) Mary uses her salary simply to maintain her family
- (d) Mabel's salary is pooled and also used to educate her two nieces who lodge with her family

The correct answer is

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

QUESTION 55

Whereas the cognitive functioning of Westerners can be described as (a) ____, the cognitive functioning of Africans can best be described as (b) ____

- | | |
|---|--|
| (1) (a) intuitive rationality | (b) emotional |
| (2) (a) analytical and discursive | (b) emotional and without reason or discursive thought |
| (3) (a) rational | (b) intuitive rationality |
| (4) (a) the logic of the heart and reason | (b) the logic of the heart |

QUESTION 56

As far as the concept of time is concerned, which of the following examples would be consistent with African perspectives?

- (a) Martha arranges to meet Mary when the sun is high in the sky
- (b) Khumo saves R50 every month for when she retires
- (c) Ever since she was a young girl, Mathlodi wanted to become a teacher
- (d) In the middle of winter we know that spring and summer are just around the corner

The correct answer is

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

QUESTION 57

Which of the following ideas are consistent with optimal development and mental health within African perspectives?

- (a) Balanced and integrated functioning of both hemispheres of the brain help a person to function optimally and attain mental health
- (b) Communal living, in terms of providing a more supportive context, promotes both optimal living and mental health
- (c) Reliance on yourself and the ability to appreciate your own worthiness are important in terms of optimal functioning and mental health
- (d) Dancing and singing are overt expressions that release stress and tension, and promote optimal living and mental health

The correct answer is

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

QUESTION 58

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 friends, and became suicidal. According to the traditional African perspective, Lucky's problematic behaviour

- (a) results from the stress and guilt he feels at breaking the connection with his adoptive mother
- (b) is due to strained relationships with spiritual agents, his family and communal norms
- (c) refers to a state of fragmentation and disintegration that has disturbed the harmony of the universe
- (d) is a psychosomatic disorder

The correct answer is

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

QUESTION 59

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 warn 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

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

[60]

IS YOUR STUDENT NUMBER, UNIQUE NUMBER AND MODULE CODE FILLED IN ON THE MARK READING SHEET?

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