

PYC2601

(472135)

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PERSONALITY THEORIES

Duration 2 Hours

60 Marks

EXAMINERS :**FIRST**MR SN HAGEN
MRS KM MODUTLA
MRS PB MOKGATLHEMR ML MBATHA
MR BR PALAKATSELA**SECOND****Closed book examination**

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This paper consists of 17 pages plus instructions for completion of a mark reading sheet

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

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

After completing your answers, you must hand in the following

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

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

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

Freud's theory of drives is based on the assumption that

- (a) unconscious energy is limited and a shortage of energy can occur
- (b) surplus drive energy may give rise to discomfort, tension and even pain
- (c) energy cannot become dissipated and disappear by itself
- (d) drive energy is subject to the principle of energy conservation
- (e) some drives are entirely antisocial and may be dangerous for society

The correct answer is.

- (1) (a), (b), (c), (d) and (e) are all true
- (2) (a), (b) (d) and (e) are true
- (3) (b), (c), (d) and (e) are true
- (4) (a), (c), (d) and (e) are true

QUESTION 2

According to Freud's theory of the structure of the psyche, the superego exerts constant pressure on the (a) ____, and makes use of energy derived from the (b) ____drive(s)

- (1) (a) ego (b) life
- (2) (a) id (b) death
- (3) (a) ego (b) death
- (4) (a) id (b) life

QUESTION 3

A circus owner employs an animal tamer on condition that the animal tamer teaches his wild, uncontrollable tiger to perform tricks in the arena within three months, otherwise he will be dismissed.

If this metaphor represents the structure of the personality, which of the following represents the **ego** in terms of Freud's theory?

- (1) The circus owner
- (2) The animal tamer
- (3) The arena.
- (4) The tiger

QUESTION 4

Based on the metaphor presented in Question 3, the tiger represents the

- (1) Ego
- (2) Id
- (3) Super ego
- (4) The id and the ego

QUESTION 5

Complete the following sentences The ego functions according to the (a)_____ and the (b)_____. This means that the ego (c) _____

- (1) (a) secondary process
(b) reality principle
(c) attempts to find suitable reinforcers to satisfy its drives
- (2) (a) primary process
(b) reality principle
(c) seeks immediate and complete satisfaction of its drives
- (3) (a) secondary process
(b) reality principle
(c) delays satisfaction of its drives and evaluates and weighs up situations
- (4) (a) primary process
(b) moral principle
(c) does not take the demands of physical and social reality into account.

QUESTION 6

Which of the following children appear to be in the phallic stage of psychosexual development?

- (1) Cathy is approaching puberty She shows no interest in boys and has set up her mother as a role model
- (2) Lisa has just reached puberty and has suddenly become sexually aware. She and her friends are preoccupied with what boys think of them
- (3) Peter has not yet reached puberty and derives pleasure from fantasy intimate relationships
- (4) John has suddenly become very aggressive towards his father and spies on his mother when she undresses

QUESTION 7

Jerry asks an attractive girl for a date When she turns him down, he comments to his friends that he did not really want to go out with her and that she is really rather plain from close up Jerry is invoking the defence mechanism of

- (1) reaction formation.
- (2) denial
- (3) conversion
- (4) rationalisation

QUESTION 8

A young mother has an overactive young son and he seems to subject her to a lot of stress She appears to be exaggeratedly protective, and constantly warns him that he might hurt himself Freud would probably argue that the mother's behaviour suggests that she is manifesting the defence mechanism of (a) _____ and that she (b)_____

- (1) (a) sublimation
(b) is suppressing her own aggressive feelings towards her child
- (2) (a) resistance
(b) is avoiding aggressive drives
- (3) (a) reaction formation
(b) secretly wishes to hurt her child herself
- (4) (a) denial
(b) is refusing to accept normal social activity

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QUESTION 9

Johnny is prone to violent outbursts. After a particularly fierce argument with his father, he complains that his arm has gone lame, but there are no physical symptoms of any abnormality. In terms of Freud's theory, it can be argued that Johnny is using the defence mechanism of _____ because he unconsciously wants to hit his father.

- (1) denial or negation
- (2) fixation
- (3) undoing
- (4) reaction formation

QUESTION 10

Freud holds that neuroses derive from an unconscious desire to deceive the ego and in this respect they are similar to the (a) _____ content of dreams and to (b) _____.

- (1) (a) latent (b) cathexes
- (2) (a) manifest (b) cathexes
- (3) (a) latent (b) parapraxes
- (4) (a) manifest (b) parapraxes

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

According to Bandura, psychologists should acknowledge the process of learning through

- (a) direct experience
- (b) the unobservable aspects of personality
- (c) self-regulation
- (d) behaviour and the development of the psyche

The correct answer is

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

Read the following story and answer Questions 12 to 16, which are based on this story, in terms of Bandura's theory

Siphiwe plays sweeper for his school's first soccer team. He is coached by the 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 practices 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 pride 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.

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QUESTION 12

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

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

QUESTION 13

What kind(s) of reinforcement is/are involved in the learning process of Siphwe, the elder brother?

- (1) Direct reinforcement
- (2) Vicarious reinforcement and internal self-reinforcement.
- (3) Internal self-reinforcement and direct reinforcement.
- (4) Direct reinforcement, vicarious reinforcement, and internal self-reinforcement

QUESTION 14

The new soccer ball serves as a _____ in the learning process of Solly, the younger brother

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

QUESTION 15

When Solly, the younger brother, observed Mr Radebe pointing out to Siphwe that his aerial passes were sloppy, (a) _____ took place in the case of Solly. However, (b) _____ took place when Solly learned to pass the ball perfectly after observing Siphwe's success in getting the special technique that Mr Radebe taught him, right.

- | | |
|---------------------------------|-----------------------------|
| (1) (a) imitation | (b) counter-imitation |
| (2) (a) counter-imitation | (b) imitation |
| (3) (a) negative reinforcement | (b) vicarious reinforcement |
| (4) (a) vicarious reinforcement | (b) negative reinforcement |

QUESTION 16

The fact that Mr Radebe admonishes Siphwe for passing the ball inaccurately serves as (a) _____ for Siphwe, but as (b) _____ for Solly.

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

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QUESTION 17

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

- (a) Clare learned most of her behaviour through observational learning and she functions by receiving mainly positive reinforcers while avoiding aversive reinforcers
- (b) John has a realistic self-efficacy perception and neither overestimates nor underestimates his own abilities
- (c) Doreen lives a very satisfactory, fulfilled and happy life of tension reduction, drive reduction and homeostasis
- (d) Mary has an internal locus of control, a feature which is regarded as desirable in her culture

The answer is

- (1) Clare
- (2) John
- (3) John, Doreen and Mary
- (4) John and Mary

QUESTION 18

Johnny learned to communicate with girls by observing his older brother's behaviour towards girls. Johnny formed cognitive representations of how to behave towards girls and he learned from observing the results of his brother's behaviour. According to Bandura's theory, the example illustrates the person variables (a) _____ capability and (b) _____ capability.

- (1) (a) forethought (b) self reflective
- (2) (a) symbolising (b) vicarious
- (3) (a) encoding (b) expectancy
- (4) (a) vicarious (b) self-regulatory

QUESTION 19

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 20

Which of the following persons is **NOT** 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 overestimates 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) Joe.
- (2) John
- (3) Peter, Joe and Mary
- (4) Peter and Joe

QUESTIONS ON MASLOW'S THEORY

Read the following story and then answer Questions 21 to 24 in terms of Maslow's theory

John (17 years old), Peter (12 years old) and Tracey (9 years old) are three children who live on the streets. During the day they spend most of their time begging for food and money. They tend to get very little to eat this way however and often go hungry for days. At times when things get really bad they take a chance, running into the local store and grabbing what they can and trying not to get caught. At night they struggle to find a place to sleep and often cannot sleep peacefully because of the noise and cold. Last week a volunteer worker from the Safe Haven Children's Centre asked them if they wanted to come and live at the Centre. She said that they would have a safe place to sleep, eat regular meals, go to school and make lots of friends with the other kids who live there. She said that it would be like having a family again. Peter and Tracey really wanted to go, but did not want to leave John behind on the street. John did not want to go, as he felt that he is too old and has been looking after himself for too long to now have to listen to someone else's rules. Eventually the three of them decided that it would be better for Peter and Tracey to go and live at the Centre as they are still young, while John will continue to live on the streets.

QUESTION 21

According to Maslow's hierarchy of needs, which level are the children functioning on while living on the streets and why?

- (1) The affiliation and love needs level, as their physiological and safety needs are so frustrated that they turn to each other for support.
- (2) The safety needs level, as they have to risk being caught and possibly locked up on a regular basis.
- (3) The physiological needs level, as they spend most of their time looking for something to eat and a place to sleep.
- (4) The self-actualisation level, as their hardship makes them determined to succeed.

QUESTION 22

According to Maslow, the children's' effort to find food to eat and a place to sleep is a

- (1) deficiency motive, as it will result in an increase of tension.
- (2) growth motive, as the aim is to evade an unpleasant circumstance.
- (3) deficiency motive, as it relates to their basic survival needs.
- (4) growth motive, as it demands satisfaction on a regular basis.

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QUESTION 23

According to Maslow's hierarchy of needs, when Peter and Tracey move into the Centre and John remains on the street, it can be expected that

- (1) Peter and Tracey will begin to function on a higher level than John, as they are having more of their needs met regularly.
- (2) John will continue to function on a higher level than Peter and Tracey, as he is older.
- (3) Tracey will begin to function on a higher level than John and Peter, as girls generally develop faster than boys in the right environment.
- (4) All of them will continue to function on the same level for at least the first year.

QUESTION 24

According to Maslow's hierarchy of needs, we can expect that when Peter and Tracey move into the Centre they will

- (1) no longer experience their *lower order needs* as their affiliation and love needs will be met
- (2) struggle for longer than other children their age to move beyond the physiological need level, as they have been deprived for so long
- (3) still need to have their lower order needs regularly satisfied, even though they may begin to experience needs higher up in the hierarchy.
- (4) now be able to move up the hierarchy in accordance with their specified developmental stage, as their environment is more nurturing.

QUESTION 25

Which of the following statements about the need for self-esteem in Maslow's hierarchy is/are correct?

- (a) It matters less how one achieves the respect one needs than the fact that one receives it.
- (b) In order to be solid one's self-esteem should be based on one's actual worth and not on the opinions of others.
- (c) This need occurs after the need for safety and before the needs for love and affiliation in the hierarchy.
- (d) When a person's need for self-esteem is unfulfilled he/she may feel inferior, weak and helpless.

The correct answer is:

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

QUESTION 26

Vuzi was really enjoying life After making the many sacrifices needed to study hard and obtain his degree, he had just graduated from medical school. Before taking up a junior position in a very good practice he planned a two month trip overseas. A week before he was due to leave he was hijacked and brutally beaten one night on his way home. As a result of this Vuzi decided to postpone his overseas trip. He became withdrawn and did not go out with his friends anymore as he was scared to drive around Johannesburg at night

[TURN OVER]

According to Maslow's views on the functioning of the hierarchy, which one of the following statements would most accurately explain Vuzi's behaviour?

- (1) Before the hijacking Vuzi was overly confident and had stopped paying attention to the dangers of living in Johannesburg. As a result of his experience he now functions at a higher level in the hierarchy as he has learnt to take care of his safety needs.
- (2) Before the hijacking Vuzi was following the career of his choice and was functioning on the self-actualisation level. The hijacking however threatened his safety needs and he has as a result returned to a lower level of functioning. He will now have to work his way back up the hierarchy.
- (3) Before the hijacking Vuzi was following the career of his choice and was therefore functioning on the self-actualisation level. The hijacking threatened his safety needs and he has temporarily returned to a lower level of functioning. When he gets over his shock he will return to his previous level of functioning.
- (4) Before the hijacking Vuzi was only motivated by needs on the highest level of the hierarchy. As a result of the hijacking his behaviour is now affected by needs on more than one level of the hierarchy.

QUESTION 27

According to Maslow the self-actualiser is one who

- (a) is free from experiencing feelings of anxiety, guilt and conflict.
- (b) sees past the barriers that people erect, recognising reality for what it is.
- (c) laughs not only at the expense of others, but is also able to treat his/her own feelings of inferiority with lightness.
- (d) approaches life with the fresh naivety of a child.

The correct answer is:

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

QUESTION 28

Read the following extract from Mamphela Ramphele's (1995), *A Life*, and then answer the question.

His sensitivity to others shines through in every encounter he has with people. The mark of greatness in people often manifests itself in the respect with which they treat others irrespective of social status. Mr Mandela's respect for his captors as human beings was also obvious in the manner in which he acknowledged the warder at the door and requested him to warn him in case we overstepped our time limit. This respect was in turn rewarded in most cases by the deference which they showed him... (p. 201)

The respect for the humanity of his captors that Mr Mandela is said to demonstrate in this extract may be said to best illustrate Maslow's criterion of (a) _____ for optimal functioning as (b) _____

- (1) (a) spontaneity, simplicity and naturalness,
(b) he is able to see past the barriers his captors erect
- (2) (a) the consistent renewal of appreciation,
(b) his appreciation of their humanity shows that he does not tire of the simple, basic enjoyments in life.
- (3) (a) discriminating between means and goals,
(b) he has a strong moral code and knows the difference between right and wrong, good and evil
- (4) (a) social feeling,
(b) he is able to demonstrate a concern for humankind in general

[TURN OVER]

Read the following story and then answer **Questions 29 and 30**.

Jane's mother died when she was five years old. Her father was a very wealthy business man who began spending even more time at the office after his wife died. He did this on the advice of some of his equally wealthy friends, who said that losing himself in his work was the best way for a man to overcome such a loss. This however left Jane to care for herself from a very young age and home was therefore never a very warm and loving place for her. As a result she used to spend as much time as possible at her friend Emily's house. Here she felt part of a warm and happy family. Emily's parents owned a small café, which they were very proud of as it had taken a great risk on her father's part to resign from his job and use his pension money to start up the business. Jane admired Emily and often wished that she could be just like her. In this regard she regretted her own shyness in comparison to Emily's confident nature. Despite this however, their shared experiences led to a very firm bond being formed between the two girls, who remained close friends. No one therefore found it very surprising when they performed equally well at school, often sharing the prize for first place.

QUESTION 29

According to Maslow's views on self-actualisation, which one of the following statements would most accurately explain Jane's and Emily's equal success at school?

- (1) Emily is functioning below her potential, as her favourable home circumstances should lead her to achieve more than Jane.
- (2) While successful, Jane is still not realising her true talents, as her lower order needs are not being regularly satisfied.
- (3) Jane's ability to perform as well as Emily, despite her difficult home circumstances, indicates that she is functioning at the level of self-actualisation.
- (4) None of the above.

QUESTION 30

According to Maslow's views on self-actualisation, which of the following statements about Jane's and Emily's fathers would you consider the most accurate?

- (a) Jane's father's willingness to take the advice of his friends rather than follow his own course is a sign of the trusting nature of the self-actualiser.
- (b) Emily's father's courage to take a risk and start a new business is regarded as necessary for self-actualisation to occur.
- (c) Jane's father's following of the cultural stereotype that men can only grieve by losing themselves in their work is an example of the lack of integration that prevents self-actualisation.
- (d) Emily's father's decision to use all his pension money to start the new business seriously threatened his esteem needs, thereby blocking the path to self-actualisation

The correct answer is:

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

[TURN OVER]

QUESTIONS ON ROGERS' THEORY**QUESTION 31**

According to Rogers' theory, the newborn baby behaves according to

- (1) the wishes of others because the baby cannot yet make his or her own decisions
- (2) the undifferentiated phenomenal field.
- (3) his or her self concept.
- (4) the organismic evaluation process.

QUESTION 32

According to Rogers' theory, which one of the following statements regarding the actualising tendency is true?

- (1) The actualising tendency is caused by the presence of certain conditions which are necessary for the maintenance and growth of the organism - that is, the source of psychological growth lies outside the organism.
- (2) The actualising tendency resides within all living organisms - human, animals and even plants - and the actualisation of potential is realised only under certain conditions.
- (3) The actualising tendency refers to the organism's ability to transcend its potential and become more than it can possibly be.
- (4) The actualising tendency is present only in humans because only humans possess the ability to make their own choices which is a prerequisite for growth and maturity.

QUESTION 33

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 34, 35 and 36 in terms of Rogers' theory

Mary sees herself as a faithful wife who could not possibly be attracted to any other 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 34

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)

[TURN OVER]

QUESTION 35

In terms of Rogers' theory, Mary is likely to function

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

QUESTION 36

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.

QUESTION 37

Maria has studied Rogers' theory and wants to apply this knowledge to her own relationships. She decides to approve of anything that her children do. Which one of the following statements accurately depicts Maria's position?

- (1) Maria thoroughly understands Rogers' theory because she realises that a healthy relationship is founded on unconditional positive regard.
- (2) Maria thoroughly understands Rogers' theory because she thinks that only if she approves of anything that the children do, will they feel accepted
- (3) Maria does not show thorough understanding of Rogers' theory because she confuses conditional and unconditional positive regard.
- (4) Maria does not show thorough understanding of Rogers' theory because she confuses unconditional positive regard for the person, with acceptance of any kind of behaviour

QUESTION 38

According to Rogers' theory, what differentiates humans from other organisms?

- (1) Only humans possess the ability to actualise their potential, whereas plants and other animals do not share the actualising tendency with humans.
- (2) Only humans possess the potential for self-actualisation, whereas plants and other animals do not share the self-actualising tendency with humans.
- (3) Only humans possess a true organismic potential whereas plants and other animals do not have a genetic potential.
- (4) Only humans require favourable conditions for actualisation whereas plants and animals do not require certain conditions to be present.

[TURN OVER]

QUESTION 39

According to Rogers, organismic trust implies that the person

- (1) trusts him/herself when choosing behaviour appropriate to a specific situation.
- (2) trusts other people since human nature is inherently constructive.
- (3) trusts and is open to his/her conditions of worth
- (4) trusts and is open to all experiences.

QUESTION 40

Zinzi has the talent to become an artist. She enjoys sculpting and creates beautiful sculptures. She thinks of herself as an artist. Her parents feel that she should pursue a career in the mathematical field. She fails her mathematics tests and does not see herself as good in maths. Zinzi would be congruent if she decides to

- (1) become an artist.
- (2) become a mathematician.
- (3) ignore both her own interests and her parents' wishes.
- (4) find a career which integrates art and mathematics

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

Frankl believes that a person's behaviour is motivated by

- (1) will-to-meaning.
- (2) will-to-pleasure.
- (3) will-to-power
- (4) will-to-actualisation.

QUESTION 42

According to Frankl's view of the person, **self-transcendence** is one of the most important characteristics of being human. Which of the following statements describe self-transcendence?

- (a) A person has the ability to reach out to something larger and higher than him/herself.
- (b) A person has the ability to rise above him/herself and his/her circumstances.
- (c) Self-transcendence can only be reached when a person forgets about him/herself and reaches out to the outside world.

The correct answer is:

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

QUESTION 43

Concerning the development of the personality, Frankl believes that the (a)_____ dimension is the core of the personality. This dimension develops (b)_____

- | | |
|-----------------------|---|
| (1) (a) psychological | (b) during childhood |
| (2) (a) spiritual | (b) from birth and is complete in adolescence |
| (3) (a) spiritual | (b) throughout life, but it is already present at birth |
| (4) (a) physical | (b) throughout life |

[TURN OVER]

QUESTION 44

Zanzelle is a single mother with four children and she has an extremely difficult life. She has no job and recently her shack burned down. With no shelter, no money and very little food, her circumstances look very bleak. According to Frankl's theory, Zanzelle

- (1) is unlikely to find meaning in her life until her needs for safety and security have been met.
- (2) may be unable to find pleasure and happiness because her life has no purpose.
- (3) is unlikely to find meaning in her life because she has no freedom of choice in her current circumstances.
- (4) may still be able to find meaning in her life despite her tragic circumstances

QUESTION 45

According to Frankl, suffering is inevitable in life. When we are unable to change a tragic situation, we can

- (1) make our suffering more bearable by changing our attitudes towards suffering and pain.
- (2) avoid suffering by choosing to be responsible.
- (3) avoid suffering through self-actualisation.
- (4) make our suffering more bearable by changing other people's attitudes towards our situation.

QUESTION 46

John is a wealthy retired business man who describes himself as being addicted to pleasure. He lives the "high life" - spending large sums of money on beautiful women, gambling, and holidays in exotic places. According to Frankl's theory, John's life

- (1) demonstrates his will to meaning because he has found pleasure and happiness.
- (2) is an existential vacuum because John is motivated primarily by the will to pleasure.
- (3) has meaning because he exercises freedom of choice.
- (4) demonstrates an unfulfilled will to meaning because John has not achieved self-actualisation

QUESTION 47

One of the characteristics of people suffering from collective noogenic neurosis, is **conformism**. Which one of the following people would you call a conformist?

- (1) John is aware that man's freedom of will is limited by ethical rules which make demands on him from outside.
- (2) Susan's need for acceptance by others is greater than her need for finding meaning in her life.
- (3) Peter does not want to be different from other people, and he avoids his personal responsibilities in the process.
- (4) Mary sees herself as a helpless victim of life

QUESTION 48

According to Frankl, the person is an open system. He means that the person

- (a) has freedom of will.
- (b) is not a slave to his drives, needs or circumstances, but that he can rise above them.
- (c) has self-awareness and a conscience.
- (d) exists mainly on a psychological dimension.

[TURN OVER]

The correct answer is

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

QUESTION 49

In describing the person as a *spiritual being* Frankl essentially considers the person's

- (1) drive to survive.
- (2) freedom to choose.
- (3) religious tendency.
- (4) will to power.

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 capitulate to peer and other outside pressures.
- (d) live in an existential vacuum, with too few challenges and goals.

The correct answer is:

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

QUESTIONS ON THE AFRICAN PERSPECTIVES

QUESTION 51

The worldview of the traditional African is based on a

- (1) holistic and theocentric view.
- (2) holistic and person-oriented view.
- (3) holistic and anthropocentric view.
- (4) person-oriented and pantheistic view.

Read the following paragraph carefully and answer Questions 52 to 55.

Maggy does not believe in traditional African belief systems. Her family is not happy with her attitude because they believe that she is ignoring her culture. She is now having odd experiences like dreaming of her late great-grand mother (whom she did not know), asking her to become a sangoma. She made it clear to her family that she would not consider becoming a sangoma. In addition to the dream, she is experiencing headaches that do not seem to respond to treatment.

[TURN OVER]

QUESTION 52

In line with the traditional African beliefs, how would you expect Maggy's family to react to her dream? They might

- (1) interpret her dream on a symbolic level.
- (2) look at it more as a reflection of concrete reality.
- (3) view it tentatively since the person she dreamt of is not known to her
- (4) ignore her dream since interpretation of dreams is more a Western concept.

QUESTION 53

If someone ignores the demands of the ancestors like Maggy does, what would be the possible outcome in line with traditional African beliefs?

- (1) The ancestors might push her to change her attitude
- (2) She might not recover from her illness unless she responds to their call of becoming a sangoma.
- (3) The ancestors will try and use her parents to change her mind
- (4) There will be no effect on Maggy's life because she does not believe in traditional systems.

QUESTION 54

Based on the above story, Maggy's illness could be viewed by traditional Africans as

- (1) a reflection of disharmony between herself and the ancestors
- (2) a psychosomatic disorder.
- (3) an invasion of evil spirits caused by sorcerers
- (4) the outcome of witchcraft.

QUESTION 55

If Maggy was to consult a traditional African healer, he or she would probably

- (1) ask her to relate in detail the problem she is experiencing.
- (2) focus on the causal links of her illness.
- (3) help to restore and balance the power of the universe
- (4) focus less on her socio-cultural background, and rather on her symptoms.

QUESTION 56

How is the concept of time understood from an African perspective?

- (1) The focus is on the things that are currently happening or that have already happened and there is no reliance on the things that are still to happen.
- (2) The focus is on something that will happen in the natural rhythm of phenomena.
- (3) Traditional Africans do not believe in an infinite future but they emphasise rather long-term events.
- (4) Traditional Africans believe in the present and an infinite future.

Read the following paragraph carefully and answer Questions 57 to 59.

For most of Gadifele's life she has preferred to keep to herself and actively avoids social interactions. She seems indifferent and emotionally cold towards others. She also has a tendency of talking to herself, as if she is conversing with imaginary people. People in her community are deeply touched and very emotional about her problem. They think that she has been invaded by evil spirits.

[TURN OVER]

QUESTION 57

The meaning that the community has attached to Gadifele's problem could be explained by which of the following cosmic order/s?

- (1) Meso-cosmos.
- (2) Macro-cosmos.
- (3) Micro-cosmos.
- (4) Macro- and meso-cosmos.

QUESTION 58

Which one of the following most accurately reflects the cognitive functioning displayed by the community in the story?

- (1) Intuitive rationality.
- (2) Logic of the reason.
- (3) Analytical thinking.
- (4) Analytical and intuitive thinking.

QUESTION 59

If you were practicing within the framework of the traditional African worldview, which one of the following aims would fit with your therapeutic process during your intervention with Gadifele?

- (1) To help Gadifele to function as an autonomous, independent being.
- (2) To have an understanding of the limitations that her belief system imposes on her.
- (3) To provide an avenue to see herself as an integral part of her community and to understand the link between her behaviour and her belief system without necessarily avoiding responsibility for her behaviour.
- (4) To assist her, within her cultural context, to understand the cause of her behaviour without her necessarily taking responsibility for it.

QUESTION 60

Which of the following statement/s about the traditional African view on illness and psychopathology is/are correct?

- (a) Mental illness is accompanied by physical symptoms.
- (b) The emphasis is placed on the importance of harmony between the person's mind and the universe.
- (c) Mental disorders are seen as psychosomatic disorders
- (d) The ancestors play an important role in the causation of mental illness.

The correct answer is:

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

PART 1 (GENERAL/ALGEMEEN) DEEL 1

STUDY UNIT (e.g. PSYMB-X)
STUDIE-EENHEID (bv. PSYMB-X)

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PAPER NUMBER
VRAESTELNOMMER

2

STUDENT NUMBER
STUDENTENOMMER

6

7

INITIALS AND SURNAME
VOORLETTERS EN VAN

3

DATE OF EXAMINATION
DATUM VAN EKSAMEN

4

EXAMINATION CENTRE (E.G. PRETORIA)
EKSAMENSENTRUM (BV. PRETORIA)

5

UNIQUE PAPER NO.
UNIEKE VRAESTEL NR.

8

9

For use by examination invigilator
Vir gebruik deur eksamenopsiener

IMPORTANT

1. USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
2. MARK LIKE THIS.
3. CHECK THAT YOUR INITIALS AND SURNAME HAS BEEN FILLED IN CORRECTLY
4. ENTER YOUR STUDENT NUMBER FROM LEFT TO RIGHT
5. CHECK THAT YOUR STUDENT NUMBER HAS BEEN FILLED IN CORRECTLY
6. CHECK THAT THE UNIQUE NUMBER HAS BEEN FILLED IN CORRECTLY
7. CHECK THAT ONLY ONE ANSWER PER QUESTION HAS BEEN MARKED
8. DO NOT FOLD

BELANGRIK

1. GEBUIK SLEGS 'N HB-POTLOOD OM HIERDIE BLAD TE VOLTOOL
2. MERK AS VOLG.
3. KONTROLEER DAT U VOORLETTERS EN VAN REG INGEVUL IS.
4. VUL U STUDENTENOMMER VAN LINKS NA REGS IN.
5. KONTROLEER DAT U DIE KORREKTE STUDENTENOMMER VERSTREK HET
6. KONTROLEER DAT DIE UNIEKE NOMMER REG INGEVUL IS.
7. MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS.
8. MOENIE VOU NIE.

PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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