

**PYC2601**

( 489047)

May/June 2017

**PERSONALITY THEORIES**

Duration 2 Hours

60 Marks

**EXAMINERS -**  
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SECOND

**Closed book examination**

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

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

After completing your answers, you must hand in the following

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

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

[TURN OVER]

**Instructions**

Answer the following multiple choice questions on the mark reading sheet

Read the instructions for completing the mark reading sheet **before** answering the questions

Please make sure that you have indicated the correct **UNIQUE PAPER NUMBER** on your mark reading sheet

Use only a **SOFT PENCIL** to answer the questions

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

Freud can be regarded as a conflict theorist because

- 1 he was in constant conflict with followers of his theory who broke away to formulate their own theories
- 2 according to his theory, man is caught up in constant conflict between his drives and the moral demands of society.
- 3 conflict is a necessary aspect in our lives for us to survive
- 4 we experience conflict as a result of our inability to use effective defence mechanisms

**QUESTION 2**

Freud divides drives into two main categories, namely (a) - - - - - and (b) - - - - -

- 1 (a) ego drives (b) sexual drives
- 2 (a) life drives (b) death drives
- 3 (a) life drives (b) impetus
- 4 (a) conflict drives (b) ego drives

**QUESTION 3**

The following are statements about functioning of the id according to Freud's theory Choose the correct combination of answers to answer the questions

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 any reflection and planning The only form of drive satisfaction of which the id is capable 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) cathexis
- 3 (a) wish fulfilment principle (b) wants to satisfy its drives immediately  
(c) the primary process (d) cathexis and anticathexis
- 4 (a) the pleasure principle (b) wants to satisfy sexual drives before any others  
(c) the secondary process (d) wish fulfilment

[TURN OVER]

**QUESTION 4**

Bongani likes watching hair raising action movies as well as engaging in life threatening activities like car racing. He finds pleasure in the thrill, the rush and the sense of adventure and mastery he experiences during these activities. In terms of Freud's theory, Bongani's enjoyment of these sports represents a way of satisfying his

- 1 ego drives.
- 2 sexual and death drives
- 3 death drive
- 4 conflict drive

**QUESTION 5**

According to Freud's psychoanalytic theory, fixation or partial fixation in the phallic stage might lead to  
-----

- 1 sexual adaptation problems
- 2 complete regression to the oral phase
- 3 conflict with authority
- 4 punitive superego

**QUESTION 6**

Moreki likes spending his money on unnecessary items and complains to a friend that his wife is extravagant with money. He blames her bitterly whenever they run short of financial resources and there is a need to buy something in the house. Contrary to his allegation, his wife is in fact the one who makes sure that the family's money is spent wisely. She is heartbroken because she is aware that he is the one who is often unable to account for his expenditure. In terms of Freud's theory, which defence mechanism is Moreki using?

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

**QUESTION 7**

The Dikobe's family was hijacked on their way home from a wedding ceremony. Their only child, Mogale, was shot during the incident and died on the spot. Mrs Dikobe is unconsciously blocking the memory of the incident from entering her consciousness because the experience is too painful for her to handle. Which defence mechanism/s is she using in this process?

- 1 Denial and resistance
- 2 Sublimation
- 3 Repression
- 4 Reaction formation

[TURN OVER]

**QUESTION 8**

Motshabi watches a horror movie on TV. During her sleep she dreams of the robbery incident almost similar to the one she watched on TV. She then wakes up in the middle of the night and recalls a dream she just had. She writes it down so as to remember it in the morning. According to Freud's theory, which aspect of her dream did she write down?

- 1 The unconscious thoughts
- 2 The manifest content
- 3 The symbolic aspects
- 4 The latent content

**QUESTION 9**

Which of the following statements is **CORRECT** in terms of Freud's theory?

- 1 Freud offered very clear distinctions between the id, ego and superego and placed more emphasis on the functions of the ego.
- 2 Freud focused on the nature and quality of the individual's interpersonal relationships and placed more emphasis on the role of the total social environment.
- 3 In Freud's theory, the ego deals with the conflicts between the id and the superego.
- 4 Freud's approach in therapy does not use interpretation to uncover the nature of the client's underlying problems.

**QUESTION 10**

Which of the following statements is **INCORRECT** in terms of Freud's theory?  
(NB Mark the **wrong** statement.)

- 1 According to Freud the personality is fully developed by about the sixth year of life.
- 2 Freud expounded a psychosexual theory of development.
- 3 According to Freud, individuals do not experience conflicts between drives within the psyche and the norms of society.
- 4 Freud's theory makes provision for the spontaneous recovery of developmental problems.

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

Which one of the following statements about Bandura's theory is **CORRECT**?

- 1 Drive satisfaction is an important aspect of human functioning.
- 2 Behaviour is not determined by the environment.
- 3 An individual has a degree of freedom in determining his or her own behaviour.
- 4 Bandura does not take cognitive processes into account in explaining human behaviour.

[TURN OVER]

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

Monica is the best ballet dancer in her team. Their weekly practice lessons are conducted by an internationally acclaimed ballet dancer Sophy McGee whom they all admire and hold in high regard. Monica's younger sister, Brenda, accompanies her to the practice lessons without fail. Sophy gives attention to the whole team but she focuses more on Monica. Although Sophy reprimands Monica about her faulty posture, she is very proud of her progress. She takes pains with demonstrating and making certain that Monica copies and performs her steps at a very high professional level. Monica's mastery earned her credits when she was chosen to represent her school at the regional competition. Brenda and the team congratulated her for her excellence. She was over the moon with her achievement and she felt very proud of herself. Her parents rewarded her with an expensive pair of ballet shoes that she had desired to own for a long time. The younger sister, Brenda, is beside herself with excitement and pride about her elder sister's achievement. At the regional competition, Brenda surprised everyone when she unexpectedly took to the stage and flawlessly demonstrated all the steps that her sister was taught during the practice sessions. She grinned with pride when she received a standing ovation from the observers.

#### QUESTION 12

What kind(s) of learning, according to Bandura's theory, are involved in the elder sister Monica's learning process?

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

#### QUESTION 13

Who serve(s) as the model(s) in the learning process of Brenda, the younger sister?

- 1 Sophy and Monica
- 2 The ballet team
- 3 Monica
- 4 Sophy

#### QUESTION 14

The fact that the dancers admire and hold Sophy in high regard increases the likelihood that they will model her steps. This factor, which influences observational learning, is coupled with

- 1 the results of the model's behaviour
- 2 the status of the model
- 3 the qualities of the observer
- 4 self-efficacy

[TURN OVER]

**QUESTION 15**

Who serve(s) as the reinforcing agent(s) in the learning process of Monica, the elder sister?

- 1 Her parents
- 2 Sophy
- 3 Sophy, the ballet team and her (Monica's) parents
- 4 The ballet team

**QUESTION 16**

The fact that Sophy admonishes Monica for her faulty posture serves as (a) - - - - for Monica, but as (b) - - - - for Brenda, the younger sister

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

**QUESTION 17**

Peter is a member of a soccer team. His coach uses the principles of social learning theory to improve his team's soccer-playing skills, for example, he gives Peter a new soccer jersey when he plays well and he takes his team to games when the South African Bafana-Bafana soccer team is playing. When the team wins they reward themselves by eating out. Despite all this, however, Peter believes that he simply does not have the talent to play well, and his game does not improve.

According to Bandura's theory Peter's **lack of progress** is attributable to a lack of

- 1 direct learning
- 2 self-regulation
- 3 self-efficacy
- 4 observational learning

**QUESTION 18**

Linda and Susan saw their teacher issuing a detention card to their friend for not listening in class. Linda and Susan were so afraid of their parents' reaction should they get detention that they decided not to sit next to one another in class any more so that they could pay better attention. In terms of Bandura's theory, it can be said that

- 1 Linda and Susan were vicariously reinforced by observing their friend in class
- 2 the friend's punishment led to counter imitation by Linda and Susan
- 3 Linda and Susan were negatively reinforced by the teacher's behaviour
- 4 the status of the model has decreased in the eyes of Linda and Susan

[TURN OVER]

**QUESTION 19**

Martin feels very pleased with himself for passing his driving test at the first attempt. Having promised to reward himself if he passed the test, he treats himself to a new pair of shoes. His parents are also delighted and they buy him a car radio.

Bandura would refer to Martin feeling pleased with himself as (a) - - - -, to the fact that he treated himself to a present as (b) - - - -, and to his parents' reaction as (c) - - - -.

- 1 (a) internal self-reinforcement, (b) external self-reinforcement, (c) vicarious reinforcement from his parents
- 2 (a) internal self-reinforcement, (b) vicarious reinforcement, (c) external self-reinforcement
- 3 (a) self-efficacy, (b) internal self-reinforcement, (c) direct reinforcement of his behaviour
- 4 (a) internal self-reinforcement, (b) external self-reinforcement, (c) direct reinforcement of his behaviour

**QUESTION 20**

Peter is busy reading a comic book and refuses to play soccer despite all his young brother's pleas. Later that afternoon, Peter regrets being so nasty and makes a resolution to play with his brother the next day. In terms of the social cognitive learning approach, Peter is learning through (a) - - - - and is experiencing (b) - - - -.

- 1 (a) direct experience (b) external punishment
- 2 (a) self-regulation (b) internal self-punishment
- 3 (a) observational learning (b) vicarious punishment
- 4 (a) direct experience (b) external self-punishment

**QUESTIONS ON ROGERS' THEORY**

Read the following story and answer Questions 21 and 22 in terms of Rogers' theory.

Jane is always doing things for others. Even when she has her own needs, she puts them aside for the benefit of others. She behaves as if her needs do not count and believes that she will be a worthy person only if she sacrifices herself for others.

**QUESTION 21**

In terms of Rogers' theory, Jane's tendency to *do things for others* can be described as

- 1 an inherited personality characteristic
- 2 a condition of worth
- 3 a step towards the actualisation of her true potential
- 4 indicative of a mature and fully functioning person

[TURN OVER]

**QUESTION 22**

In terms of Rogers' theory, the following statement concerning Jane is true

- 1 Jane is behaving according to her self-concept which includes the introjected values of others
- 2 Jane is trusting in her organismic valuing process
- 3 Jane will actualise her potential and become a fully functioning person
- 4 Jane's potential is congruent with her self-concept

**QUESTION 23**

According to Rogers' theory, the organism's basic motive is to develop capabilities in ways that maintain or enhance the organism to become what the organism can be. This refers to the

- 1 self-concept
- 2 need for positive regard
- 3 actualising tendency
- 4 self-developing tendency

Read the following story and answer Questions 24, 25 and 26 in terms of Rogers' theory.

Samuel's potential lies in becoming a doctor, and that is what he wants to become. However, Samuel's parents expect him to become involved in the family business. After leaving school, Samuel goes into the family business. He fails to achieve success and blames it on the harsh economic climate.

**QUESTION 24**

Whereas Samuel's potential to become a doctor refers to his (a) - - - -, his decision to go into the family business refers to behaviour consistent with his (b) - - - -.

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 (a) true organismic potential | (b) own personal values       |
| 2 (a) self-concept              | (b) true organismic potential |
| 3 (a) actualising tendency      | (b) need for positive regard  |
| 4 (a) true organismic potential | (b) self-concept              |

**QUESTION 25**

According to Rogers' theory, Samuel fails to actualise his potential because

1. his need for positive regard has overridden the actualising tendency
2. his organismic valuing process has taken precedence over his present value system
3. the environment, in this case, the harsh economic climate, was unfavourable
4. he behaved according to his actualising tendency instead of his self-actualising tendency

[TURN OVER]



**QUESTION 26**

According to Rogers, the excuse that Samuel gave for his failure to achieve success in the family business refers to the defence mechanism of

- 1 displacement
- 2 projection
- 3 distortion
- 4 denial

**QUESTION 27**

In terms of Rogers' theory, the self-concept

- 1 is present at birth and unfolds as an individual interacts with his or her environment
- 2 is not present at birth but develops as the individual interacts with his or her social environment
- 3 is the ideal self that the individual strives towards
- 4 is fixed which allows an individual to experience a sense of continuity throughout the lifespan

**QUESTION 28**

According to Rogers, the individual's phenomenal field consists of - - - -

- (a) his subjective interpretation of external objects and events
- (b) his emotional experiences
- (c) events imagined even if not physically present
- (d) events in his environment which he does not attend to

The correct answer is

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

**QUESTION 29**

According to Rogers, the need for positive regard from others refers to (a) - - - - whereas the need for positive self-regard entails (b) - - - -

- 1 (a) one's need for approval, appreciation, love, admiration and respect  
(b) the need to feel good about oneself
- 2 (a) a good relationship with others  
(b) an acquired positive self esteem
- 3 (a) a positive internal locus of control  
(b) a positive internal locus of control
- 4 (a) a realistic view of oneself  
(b) the actualisation of the self-concept

[TURN OVER]

**QUESTION 30**

Lisa begins to mix with the wrong crowd of friends whom her parents know are taking drugs. Her parents voice their concerns and state that whilst they disapprove of her choice of friends, they still love her.

According to Rogers's theory Lisa experiences - - - - from her parents.

1. unconditional positive regard
2. conditional positive regard
3. positive self regard
4. positive regard

**QUESTIONS ON MASLOW'S THEORY**

Read the following story and then answer **Questions 31 to 34** 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 31**

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

[TURN OVER]

**QUESTION 32**

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

**QUESTION 33**

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 34**

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 35**

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)

[TURN OVER]

**QUESTION 36**

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.

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 37**

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)

[TURN OVER]

**QUESTION 38**

Read the following extract from *Mamphela Ramphela'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

Read the following story and then answer **Questions 39 and 40**

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 39**

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

[TURN OVER]

**QUESTION 40**

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)

**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)

[TURN OVER]

**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                                     |

**QUESTION 44**

Moipone is a single mother with two children and her life is full of challenges. 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, Moipone - - - -

- 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**

Botsang is a successful retired professional boxer who finds pleasure in entertaining his friends. He lives the "high life" - spending large sums of money on beautiful women, gambling, and holidays in exotic places. According to Frankl's theory, Botsang's life

- 1 demonstrates his will to meaning because he has found pleasure and happiness
- 2 is an existential vacuum because Botsang 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 Botsang has not achieved self-actualisation

[TURN OVER]

**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 see herself as a helpless victim of life

**QUESTION 48**

Leon decided to see a counsellor. He feels that things in his life are out of control, that there is no purpose in his life and that he is the victim of forces which are beyond his control. Leon feels that he can only do what everyone else is doing, and that is to just drift along. He believes that if there were structures in place which would direct people in general they could just follow the system and all their problems would be solved. According to Frankl's theory, Leon is suffering from

- 1 collective neurosis
- 2 neurotic anxiety
- 3 emptiness
- 4 speed mania

**QUESTION 49**

According to Frankl all human beings are distinguished from other species because of the (a) - - - - dimension, which refers to (b) - - - -

- |   |              |                           |
|---|--------------|---------------------------|
| 1 | (a) neurotic | (b) the freedom to choose |
| 2 | (a) meaning  | (b) our conscience        |
| 3 | (a) noogenic | (b) the spiritual         |
| 4 | (a) meaning  | (b) the freedom to be     |

**QUESTION 50**

Joan is the only one in her family who survived a fatal accident. At the age of ten years she faces life as an orphan. In order to survive her potential difficult circumstances, Joan's existence should be guided by her - - - - which Frankl describes as deeper than any other human motivation

- 1 unshakeable belief that God exists
- 2 will to meaning
- 3 self-awareness
- 4 spiritual core

[TURN OVER]



**QUESTIONS ON THE AFRICAN PERSPECTIVES**

Read the following story and then answer **Questions 51 to 60**

Tulani Ndlovu is an 18 year old matric pupil who lives with his mother, sister and younger brother in Mamelodi, Pretoria. Three years ago in February his family and friends noticed changes in his behaviour. He became a lot quieter, stopped hanging out with his friends and often spoke to himself as if there was someone else in the room. When his mother asked him who he was talking to, he used to say that it was the spirit of his brother, who had died in a gang fight four years ago in February. When Tulani disappeared from home for five days and was found by a relative in Johannesburg walking the streets, his mother decided it was time to consult a sangoma.

The sangoma spent time talking to Tulani and sitting with him quietly in order to get a sense of what could be wrong. He spent time talking to the ancestors and studying what the bones revealed. All of this led him to believe that Tulani had been bewitched by the same gangster who had killed his brother. He told Mrs Ndlovu that it was these experiences from the past that were affecting Tulani today. The sangoma gave Tulani a muti, which he was to take at sunrise and sunset until it was finished and told the family they had to make a sacrifice to the ancestors and ask them for their guidance and protection in this matter. When Mrs Ndlovu returned home her neighbours came to help her prepare for the sacrificial ceremony to the ancestors. After this Tulani seemed to get better for a while. However, when he again started to withdraw and talk to himself his mother decided this time to consult a psychiatrist.

The psychiatrist formulated a diagnosis by asking Tulani a number of structured questions and administering numerous medical tests. The results proved to him that Tulani's condition met all the diagnostic criteria of schizophrenia. He explained that the boy's strange behaviour resulted from his hallucinations and delusions and were a sign that he had lost touch with reality. Tulani was booked into a psychiatric hospital, where he was given medication every eight hours. He had to see a psychiatrist in therapy once a week, who would often tell him that his ability to sense his brother's spirit was false and illogical. After six months in the hospital Tulani was discharged, with instructions to continue his medication for the next three months and attend the local clinic every three months for the next two years to renew his medication, where after he had to return to the hospital for a check-up.

**QUESTION 51**

The African view of humankind and world view 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 a 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

[TURN OVER]

**QUESTION 52**

Which one of the following statements about the sangoma's and psychiatrist's explanations of Tulani's behaviour, would you consider to be the most accurate?

- 1 The psychiatrist's westernised understanding is better than the sangoma's traditional view, as it is based on empirical research
- 2 The sangoma's traditional perspective is better than the psychiatrist's westernised view, as his understanding of Tulani's behaviour is based on the African personality theory
- 3 The two views need to be considered together, as to consider only one view and not the other would be reductionistic
- 4 The two views need to be considered together, as according to Nobles a failure to take the western perspective into account would be a form of scientific colonialism

**QUESTION 53**

According to the sangoma's traditional African perspective, Tulani's behaviour can be understood as the result of his being bewitched. On which cosmic level(s) would the forces responsible for his bewitchment be located?

- 1 The macro-cosmos
- 2 The meso-cosmos
- 3 The meso- and micro-cosmos
- 4 The micro-cosmos

**QUESTION 54**

The sangoma's explanation of Tulani's behaviour as located in the external process of bewitchment, points to the traditional African perspective's view that Tulani is

- 1 responsible for the cause of his behaviour and is dependent on the sangoma to heal him
2. responsible for the cause of his behaviour and is dependent on God to heal him
- 3 not responsible for the cause of his behaviour and is dependent on the psychiatrist's medication to reverse the power of the spell in his own mind in order to be healed
- 4 not responsible for the cause of his behaviour and is dependent on the good will of his ancestors to heal him

**QUESTION 55**

Complete the following sentence with the options that fit best with the story

The psychiatrist's explanation and treatment of Tulani's behaviour is based on the eastern *value(s)* of (a) - - - - -, whereas the sangoma's is based on the traditional African *value(s)* of (b) - - - - -

- |   |                                   |                                        |
|---|-----------------------------------|----------------------------------------|
| 1 | (a) competition                   | (b) co-operation                       |
| 2 | (a) separateness and independence | (b) co-operateness and interdependence |
| 3 | (a) sameness                      | (b) uniqueness                         |
| 4 | (a) control over nature           | (b) one with nature                    |

[TURN OVER]

**QUESTION 56**

The sangoma's recommendation that the Ndlovu family make an offering to the ancestors reflects the traditional African belief that

- a humankind has fallen and therefore cannot approach God directly
- b the ancestors function as an intervening medium between humankind and a transcended God
- c the goodwill of the ancestors is necessary for the daily well-being of the community
- d the ancestors fulfill the same function and meaning in their religious system as God does in the western framework

The correct answer is

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

**QUESTION 57**

Which one of the following statements most accurately describes the difference between the traditional African and Western approach to cognitive functioning, as illustrated by the sangoma's and psychiatrist's understanding of Tulani's problem?

- 1 The sangoma used his intuitive ability rather than his cognitive capabilities, while the psychiatrist relied on his cognitive functioning to reach an understanding
- 2 The sangoma's intuitive understanding was based on the Cartesian principle of "I think therefore I am", whereas the psychiatrist's rational understanding stemmed from the western belief in the logic of the heart
- 3 The sangoma's and psychiatrist's approach to the problem both demonstrate cognitive functioning, with the sangoma preferring the intuitive mode and the psychiatrist the rational mode
- 4 The rational cognitive approach adopted by the psychiatrist allowed for a more accurate understanding of Tulani's problem than the sangoma's intuitive cognitive approach

**QUESTION 58**

The way the sangoma instructed Tulani to take his muti, portrays an understanding of time as (a) - - - -, which is characteristic of traditional Africans, whereas the psychiatrist's prescription on how Tulani should take his medication demonstrates an understanding of time as (b) - - - - which is characteristic of Westerners

- |                                                        |                              |
|--------------------------------------------------------|------------------------------|
| 1 (a) determined by the natural rhythm of the universe | (b) a mathematical construct |
| 2 (a) future oriented                                  | (b) present focused          |
| 3 (a) linear                                           | (b) two dimensional          |
| 4 (a) a commodity that needs to be created             | (b) future focused           |

[TURN OVER]

**QUESTION 59**

If the sangoma were to adopt Pasteur and Toldson's understanding of mental health and optimal functioning, he may explain the reason for Tulani's difficulties as stemming from

- a the balanced use of his right and left brain hemispheres, leading to an increase in his need to find logical reasons for his brother's death
- b his withdrawal from collective existence, leaving him unable to control his weaknesses as an individual
- c his inability to repress the memory of his brother in his unconscious
- d his failure to give direct and immediate expression to his grief at the time of his brother's death

The correct answer is

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

**QUESTION 60**

Tulani is referred to you for psychotherapy, as you are practicing within the framework of the traditional African world view. What would you consider to be an optimal outcome for Tulani in therapy?

- 1 Therapy will be successful when Tulani is able to function as an autonomous, independent human being
- 2 Your aim will be to increase his analysis of the circumstances surrounding his brother's death
- 3. The aim of therapy should be to break Tulani's withdrawal so that he can draw strength from his collective existence
- 4 You believe Tulani will be cured when his right brain capacity for synchrony and harmony has been increased over his left brain tendency to seek answers for his brother's death

**TOTAL = [60 marks]**

PART 1 (GENERAL/ALGEMEEN) DEEL 1

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STUDIE EENHEID by PSY100-X

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For use by examination invigilator

Vir gebruik deur eksamenopsiener

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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

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2. MERK AS VOLG
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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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## MARK READING SHEET INSTRUCTIONS

Your mark reading sheet is marked by computer and should therefore be filled in thoroughly and correctly

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Instruction numbers ❶ to ❿ refer to spaces on your mark reading sheet which you should fill in as follows

- ❶ Write your paper code in these eight squares, for instance

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- ❷ The paper number pertains only to first-level courses consisting of two papers

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- ❸ Fill in your initials and surname
- ❹ Fill in the date of the examination
- ❺ Fill in the name of the examination centre
- ❻ WRITE the digits of your student number HORIZONTALLY (from left to right). Begin by filling in the first digit of your student number in the first square on the left, then fill in the other digits, each one in a separate square
- ❼ In each vertical column mark the digit that corresponds to the digit in your student number as follows [-]
- ❽ WRITE your unique paper number HORIZONTALLY
- NB Your unique paper number appears at the top of your examination paper and consists only of digits (e.g. 403326)
- ❾ In each vertical column mark the digit that corresponds to the digit number in your unique paper number as follows [-]
- ❿ Question numbers 1 to 140 indicate corresponding question numbers in your examination paper. The five spaces with digits 1 to 5 next to each question number indicate an alternative answer to each question. The spaces of which the number correspond to the answer you have chosen for each question and should be marked as follows [-]

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Examination period

Student number

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This is to certify that I have read the rules governing the examinations as set out on the inside cover of this examination answer book and in the examination instructions

That the information supplied by me in this answer book is correct and valid

I undertake to adhere to the procedures, rules and regulations of the University of South Africa as published in the official brochures

Signature of candidate

ID Number

Batch No  
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Signature of invigilator

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Signature of candidate

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