



Tutorial letter 201/1/2017

Personality Theories PYC2601

Semester 1

Department of Psychology

<p>Feedback on Assignment 01</p>

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Dear Student

1 INTRODUCTION

In this tutorial letter, we will discuss the following:

- The answering of multiple-choice questions
- Feedback on Assignment 01.

2 THE ANSWERING OF MULTIPLE-CHOICE QUESTIONS

We hope that the following will help you to answer the multiple-choice questions in this module.

- Our aim in using the multiple-choice question approach is to examine how well you have understood the personality theories. While it is important for you to be able to study the facts of each theory and recall them in the exam, it is equally vital that you are able to understand what these facts mean. Hence you need to be able to apply your understanding of the facts of each theory to everyday life. Multiple-choice questions therefore require as much insight, recall and understanding as paragraph questions. Do not be fooled into believing that this is an easier, or for that matter, more difficult way, to be examined.
- In addition to factually oriented questions, you will notice that we also frequently use stories in order to test your understanding of the theories. It is our experience that students need to apply both their knowledge and understanding of a particular theory, in order to answer the question within the context of the story.
- We do not simply write a story for the story's sake. Rather, a story is written with a particular theory in mind. For example, some of the stories written with Freud's theory in mind might centre on the inevitable and on-going conflict between the forbidden drives of the id and the societal expectations internalised in the superego. Stories written within the context of Bandura's theory might focus on its interactional nature, and the three types of learning and their corresponding reinforcements or punishments, for example.
- The story may test your knowledge and understanding of a particular aspect of a theory, that is the view of the person underlying the theory; the structure, dynamics, and development of personality; optimal and pathological functioning; psychotherapy; and the interpretation and handling of aggression; or test your integrated understanding of more than one section.

- A useful strategy that you may apply in order to get into 'multiple-choice question' mode, is to observe what is going on around you and discuss with a friend how you think the different theorists would explain or interpret that observation. In addition as you study each section of the theory, experiment with formulating your own multiple-choice question/s on that section. The secret is to try and see through the eyes of that theorist.
- Another important element to bear in mind is that you should read the stem of a multiple-choice question carefully. By the stem we mean that section in which the story is laid out and/or the question that requires answering is posed. The answer that you select should be correct in terms of the information required in the stem.
- For each multiple-choice question therefore, you are provided with 4 alternative answers/unless otherwise specified. The answer you select should fit with the stem and not the theory in general. An alternative may for example contain correct information about the theory, but not answer the particular question. Additional advice that we can share with you on selecting the correct alternative is that sometimes the alternatives contain some correct information and some incorrect information. On other occasions the alternative may only contain a part truth. You can immediately rule out such alternatives, as an answer cannot be half correct and half incorrect! It has to be completely correct. In addition, information, such as the concepts used in a particular question, may actually fit better with a theory other than the one on which the question is based. Look carefully at the terminology. For example, *drive satisfaction*, belongs to Freud's theory and would be incorrect if used as an alternative in one of the questions based on one of the other prescribed theories.

3 FEEDBACK ON ASSIGNMENT 01

1. General comments on Assignment 01

We were pleased that most students submitted Assignment 01. Assignment 01 contributes 50% towards your year mark. Assignment 02 further contributes 50% towards your year mark. The aim of Assignment 01 was to help students to work through the first three theories of the syllabus. Students who submitted Assignment 01 will receive a computer printout containing the following information:

- (a) The correct answers
- (b) Your own answers and
- (c) The mark you obtained.

If you submitted your assignment on time and have not yet received such a printout, please contact our Assignment Section by email them at assign@unisa.ac.za or send a sms to 43584. You will find a summary of the correct answers of Assignment 01 in Table 1.

TABLE 1

ANSWERS TO ASSIGNMENT 01

QUESTION	ANSWER
FREUD: 1 2 3 4 5	4 1 2 4 1
SOCIAL COGNITIVE APPROACH: 6 7 8 9 10	1 2 2 4 4
MASLOW: 11 12 13 14 15	3 4 2 2 1

2. Feedback on the questions in Assignment 01

Each question will now be discussed. The correct alternative will be identified and an explanation will be provided on why it is correct.

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

Which of the following statement/s about the development of the ego is/are **INCORRECT**, according to Freud's theory?

- (a) The ego begins to develop during the first year of life and is fully developed by the age of six.
- (b) The ego begins to develop during the first year of life and continues to do so throughout a person's life.
- (c) The ego begins to develop during the genital stage and continues to do so throughout the remainder of a person's life.
- (d) The ego begins to develop during the first year of life and continues to do so provided the individual does not become fixated at a particular stage.

The correct answer is:

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

- (3) (c) & (d)
- (4) (a), (c) & (d)

FEEDBACK ON QUESTION 1

Freud has made it very clear in his theory that the ego begins to develop during the first year of life and continues to change throughout a person's life because it learns through experience, learns new ways of drive satisfaction, and learns to adapt to changing id drives and circumstances in physical and social reality. Therefore, the correct alternative is (4) since you were requested to choose the incorrect statement/s.

QUESTION 2

Last week Tuesday things went terribly wrong for Ntswaki at work. When she got home she attacked her husband and their children verbally for no apparent reason. The following day she accused them of being mean and inconsiderate. What defence mechanism was Ntswaki using according to Freud?

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

FEEDBACK ON QUESTION 2

Ntswaki was mean towards her husband and children and in turn accused them of being mean towards her. Freud described projection as an attempt to keep unconscious psychic material unconscious by subjectively changing the focus to the drives of other people. This makes alternative (1) the correct answer since the stem of the question fits with the description outlined in the above scenario. Refer to the prescribed book and check how rationalization, displacement and reaction formation are described for further clarity on why those cannot be chosen as the correct answers.

QUESTION 3

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

- (1) Displacement and identification
- (2) Displacement and sublimation
- (3) Reaction formation and sublimation
- (4) Identification and rationalisation

FEEDBACK ON QUESTION 3

Displacement is described as a way of finding a substitute for the object that society's moral codes forbid and using the substitute object for drive satisfaction. The psychic energy that was invested in the forbidden object is thus displaced to the substitute object. The relative success of displacement is due to the fact that excess energy can be directed to a substitute object, for

example, a child could be weaned onto a bottle. Although the bottle may not completely substitute the pleasure of sucking the mother's breast, but it reduces the excess energy to manageable levels. If excess energy is reduced by finding displacement objects or actions which are regarded as socially or culturally viable, this process is referred to as sublimation. An example could be a form of anger and /or aggression management implemented through punching a boxing bag to release the excess energy. Compared to other listed defence mechanisms above (check the prescribed book for full descriptions), displacement and sublimation are regarded as effective means of reducing excess energy. Alternative (2) is therefore the correct answer.

QUESTION 4

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

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

FEEDBACK ON QUESTION 4

Freud describes anxiety as the ego's reaction to danger, and it is as a result of the conflict between the id's forbidden drives and the superego's moral codes. Reality anxiety is a reaction to actual or real dangers in the external environment, whereas with neurotic and moral anxiety the reaction to the threat comes from within and the origin of anxiety is mostly partially or wholly unconscious. Read the relevant section in the prescribed book for a detailed description of neurotic and moral anxiety. Looking at the above scenario, it is clear that Margie's anxiety does not stem from the real dangers within the environment. Alternative (4) is therefore the correct answer.

QUESTION 5

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

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

FEEDBACK ON QUESTION 5

Freud describes an anal personality as personality traits such as excessive neatness, thriftiness and obstinacy or their opposites, such as being messy and disorganized. Anal personality is a result of fixation or partial fixation in the anal stage. Mr Wilson's

methodological, organized and meticulous traits are examples of having an anal personality. Alternative (1) is therefore the correct option.

QUESTIONS ON THE SOCIAL COGNITIVE THEORY

QUESTION 6

Which one of the following statements concerning **observational learning** is **INCORRECT**?

- (1) Learning takes place through active elimination or weakening of undesirable behaviour by means of aversive counter-conditioning.
- (2) Behaviour is acquired when the observer observes the model's behaviour and regards the results of that behaviour positively.
- (3) Observational learning entails vicarious reinforcement, which means that the observer's responses are positively reinforced.
- (4) The imitation of behaviour is determined by the consequences of the model's behaviour, and the observer's cognitive processes.

FEEDBACK ON QUESTION 6

The prescribed book provides a thorough explanation of observational learning. With this in mind, it is clear that alternatives (2), (3) and (4) are correct. Aversive counter-conditioning is not in line with Bandura's theory and terminology and therefore makes alternative (1) incorrect. Since you were requested to choose an incorrect statement, alternative (1) is the correct option.

QUESTION 7

Boitumelo has just been informed about the death of her sister. Immediately after that, she is called to the office by her manager, who knows nothing about her situation. Her manager informs her that she has been promoted to a senior position (that she has been looking forward to for many years but could not be promoted due to limited opportunities for upward mobility in her firm). To her manager's surprise, Boitumelo shows no signs of excitement but instead just shakes her manager's hand, thanks him and leaves the office.

In terms of the **social cognitive learning theory**, **reciprocal determinism** is clearly indicated in this story. This means that

- (1) regardless of the situation, people show a set pattern of individual differences.
- (2) there is an interaction between the person, the situation and the person's behaviour.
- (3) differences in behaviour are chiefly or exclusively attributed to the influence of the situation.
- (4) all behaviour and learning can be explained without any reference to needs or conscious experiences.

FEEDBACK ON QUESTION 7

Bandura regards reciprocal determinism as the result of an interaction between personal environmental and behavioral determinants. Based on this description, it is clear that alternatives (1), (3) and (4) do not satisfactorily fit in with Bandura's idea of reciprocal

determinism. Alternative (2) then becomes the correct option since it is aligned with the description.

QUESTION 8

Simon belittles his wife, Kim, in front of their friends. Instead of the support that Simon expects from the men, they side with his wife instead, and Simon feels rather embarrassed at his behaviour. Barry, who witnesses this, decides never to humiliate his wife in front of others. In terms of social cognitive learning theory, Barry's decision is an example of

- (1) imitation.
- (2) counter-imitation
- (3) modelling.
- (4) punishment.

Counter-imitation applies in situations where the observers do the opposite of what they have observed in the model. It may be as a result of vicarious reinforcement where the observer sees the model being punished. As a result, the observer will then behave differently to avoid punishment. In this scenario, Barry decides not to humiliate his wife in front of others to avoid disfavor and embarrassment. The correct option is (2).

QUESTION 9

According to the social cognitive learning approach, an optimally developed person is someone who

- (a) has a realistic self-efficacy perception.
- (b) recognises the factors that are relevant for effective functioning within a particular situation.
- (c) is able to regulate own behavior by using own standards.
- (d) demonstrates behavior that fits a specific cultural context

The correct answer is:

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

FEEDBACK ON QUESTION 9

The description of an optimally developed person is outlined fully in the prescribed book. With that in mind, it is pretty obvious that all the above listed statements are correct. Alternative (4) is therefore the correct option.

QUESTION 10

Which person/s function/s optimally according to **the social cognitive learning approach**?

- (a) Clare learned most of her behaviour through observational learning and she functions only by receiving positive 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 through effective use of defense mechanisms.
- (d) Mary demonstrates respect for the standards held by members of her society.

The answer is:

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

With your understanding of optimal development still clear in your mind, one cannot function by only receiving positive reinforcements, which rules Clare out as an optimally developed person. Most of the concepts used in alternative (3) are foreign to the social cognitive learning framework and therefore cannot be correct in this case. Optimally functioning individuals do not rely on defense mechanisms to learn and grow. This then rules out Doreen as an optimally functioning person. John and Mary can be classified as optimally functioning individuals according to Bandura's explanation of the concept of optimal development. Alternative (4) is therefore the correct answer.

QUESTIONS ON MASLOW'S THEORY

QUESTION 11

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.

FEEDBACK ON QUESTION 11

Maslow stressed that self-actualising individuals are characterized by amongst others, the ability to observe reality more accurately. This means that, accurate observation assists them to make informed and accurate decision in reaching their goals, as opposed to using any means available to them as suggested by statement (2). Self-actualisers know when to disengage from social encounters and to enjoy isolation and privacy, as opposed to being in constant contact with other people as suggested by statement (1). Furthermore, self-actualisers are democratic in the widest sense of the word, which is in direct contrast with what statement (4) suggests. Yes, indeed, self-actualisers are described amongst others as individuals who function relatively independently of their physical and social environment and depend on their own potential to grow. Alternative (3) is therefore the correct option.

QUESTION 12

According to Maslow, the person who functions optimally

- (a) can meet his or her deficiency needs regularly.
- (b) has accepted the responsibility of self actualisation.
- (c) is functioning at the level of self-actualisation.

The correct answer is:

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

FEEDBACK ON QUESTION 12

The description of an optimally developed person is outlined fully in the prescribed book. With that in mind, it is obvious that all the above listed statements are correct. Alternative (4) is therefore the correct option.

QUESTION 13

According to Maslow, self-actualisation is not always attained because

- (a) most people evade responsibilities and shy away from the challenge to realise their talents and work towards self-actualisation.
- (b) the social environment can place obstructions in the way of a person's growth towards self-actualisation.
- (c) it is a developmental achievement which only exceptional people attain. The ordinary person does not feel the need to function on the higher levels of self-actualisation.
- (d) most people have poor self-knowledge and do not know what they are capable of and consequently fail to realise their potential.

The correct answer is:

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

Maslow emphasized that it is every individual's ultimate goal to reach his or her true potential. Furthermore, the tendency towards self-actualisation is the tendency that underlies all behavior. It is then not true to say that ordinary people do not have the need to function on the higher level of self-actualisation. Read the relevant sections in prescribed book to get more clarity on why statements (a), (b) and (d) are correct. Alternative (2) is therefore the correct answer.

QUESTION 14

Maslow believes that meta-needs

- (a) must be fulfilled to ensure maximal growth
- (b) unlike basic needs, are not innate
- (c) if unfulfilled, can also lead to pathological conditions
- (d) refer to self-actualisation

The correct answer is:

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

FEEDBACK ON QUESTION 14

Maslow stated very clearly that meta-needs are innate, just like basic needs and they also need to be fulfilled to ensure maximal growth. Self-actualization encompasses the meta-needs and when these needs are not met or fulfilled, they may lead to pathological conditions. In line with this explanation, all the above listed statements are correct except for statement (b). Therefore, (2) is the correct alternative.

QUESTION 15

Which one of the following statements relating to Maslow's conceptualisation of self-actualisation, is **INCORRECT**?

- (1) The fulfilment of basic needs will lead to the next step, namely, the achievement of self-actualisation.
- (2) Self-actualisation is a growth need which leads to fully-functioning, goal oriented being.
- (3) Even though self-actualisation has been achieved, a severe set-back in life may cause regression to a lower level of need.
- (4) A person may have fulfilled every deficiency need, yet feel restless and unhappy.

FEEDBACK ON QUESTION 15

Although Maslow acknowledges that fulfilment of basic needs **is a step towards** self-actualization, it does not automatically ensure fulfilment of meta-needs. Gratification of basic needs does not automatically solve all life challenges. This means that gratification of needs is not a given that one will achieve self-actualization, a lot needs to be in place, for example there are additional life tasks that need to be taken care of. Compared to other statements, alternative (1) is partially correct/ is incomplete in a true sense of Maslow's conceptualization of self-actualisation. Given the explanation provided above, it is therefore ruled out in terms of Maslow's idea of self-actualisation. Since you were requested to identify the incorrect statement, alternative (1) is then the correct option.

END OF ASSIGNMENT 01 FOR FIRST SEMESTER

4. CONCLUSION

Now that you have read through this tutorial letter containing hints on answering multiple-choice questions and feedback on the questions in Assignment 01, we hope that you feel more confident to tackle the multiple-choice questions in the examination as well. We also hope that the feedback we have provided has clarified the theories for you. We wish you everything of the best.

YOUR LECTURERS FOR PERSONALITY THEORIES