

3 Assignment 03 (unique number 812658)

Part 1 of 1 -

Question 1 of 25

1.0 Points

A person may be intolerant towards people speaking a different language, or having a different religion, or not following certain customs. However, as that person grows older, he/she realises that people have more commonalities than differences, and becomes more accepting or understanding of the forces in a situation, and adjusts his/her construct accordingly. This is an example of a construct becoming _____.

- ☐ A. rigid
- ☐ B. permeable
- ☐ C. habitual
- ☐ D. unyielding

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Question 2 of 25

1.0 Points

According to Antonovsky, a _____ is any characteristic of the person, group, subculture or society that facilitates the avoidance or combating of a wide variety of stressors

- ☐ A. positive emotion
- ☐ B. generalised resistance resource
- ☐ C. well-being construct
- ☐ D. life stressor

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Question 3 of 25

1.0 Points

Agnes wants to join a book club. However, when she observes that the group members are older than her, she assumes that they might be boring, conservative, and uptight. In terms of the cognitive theory, this is an example of _____.

- ☐ A. a propositional construct
- ☐ B. a constellatory construct
- ☐ C. a fundamental postulate
- ☐ D. a pre-emptive construct

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Question 4 of 25

1.0 Points

Although she is quite successful, in her work ethic, Sarah does not distinguish between work and non-work roles, she is always competing, and always time and results driven. All of this makes her quite a difficult person to work and be with. Sarah demonstrates the behaviour and attributes described as _____.

- ☐ A. a Type A personality
- ☐ B. workaholism
- ☐ C. work addiction
- ☐ D. a hardy personality

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Question 5 of 25

1.0 Points

An approach or model which relates the level of physical and psychological adjustment to stress is referred to as the _____.

- ☐ A. Diagnostic Statistical Model
- ☐ B. General Adaptation Syndrome
- ☐ C. Diathesis Stress Model
- ☐ D. Conservation of Resources Model

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Question 6 of 25

1.0 Points

An individual who understands events in life and finds them controllable and meaningful is experiencing _____.

- ☐ A. a sense of coherence
- ☐ B. positive coping
- ☐ C. hardiness
- ☐ D. learned resourcefulness

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Question 7 of 25

1.0 Points

An older woman, who was trained as a community developer, dedicated her life to caring for those who were poverty-stricken in a South African township. In contrast, a young man, who has just had his first successful music album released, is interested in attending several parties in Johannesburg and in being noticed in the company of established celebrities.

Based on the scenario and considering happiness as explained in positive psychology, the old woman is experiencing _____ and the young man is experiencing _____.

- ☐ A. hedonism; eudaimonia
- ☐ B. short term satisfaction; long term satisfaction

- ☐ C. eudaimonia; hedonism
- ☐ D. no satisfaction; eudaimonia

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Question 8 of 25

1.0 Points

At work, Steven takes a long time to start tasks, or he repeatedly starts from scratch, and he seldom completes tasks in time, all of which cause problems in the delivery of products. His inability to start and finish tasks can be associated with _____ and from his explanations of why he is afraid to finish tasks and on time this employee has a _____ and probably does not want promotion or have his supervisor expect more of him.

- ☐ A. underachievement; fear of failure
- ☐ B. procrastination; fear of success
- ☐ C. production impediment; fear of success
- ☐ D. procrastination; fear of failure

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Question 9 of 25

1.0 Points

Axis II of the DSM-diagnostic system relates to _____.

- ☐ A. personality disorders and mental retardation
- ☐ B. clinical disorders and related clinical conditions
- ☐ C. general medical or physical problems
- ☐ D. psychosocial and environmental problems

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Question 10 of 25

1.0 Points

Bongani has a positive attitude about himself because he accepts himself and his past experiences. This facet of psychological well-being is known as _____.

- ☐ A. autonomy
- ☐ B. purpose in life
- ☐ C. personal growth
- ☐ D. self-acceptance

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Question 11 of 25

1.0 Points

David has just received feedback that he needs to improve his work performance as it is affecting the team negatively. David knows he has been less productive of late because of personal problems. He makes a mental note to work harder. Based on the humanist theory, which part of the self David is exhibiting?

- ☐ A. Self-identity
- ☐ B. Self-awareness
- ☐ C. High Self esteem
- ☐ D. Low self esteem

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Question 12 of 25

1.0 Points

Elton approaches his studies with behaviour marked by high levels of control, challenge and commitment. Which concept emphasising the positive and healthy nature of personality is he exhibiting?

- ☐ A. Personal hardiness
- ☐ B. Learned resourcefulness
- ☐ C. External locus of control
- ☐ D. Self-actualisation

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Question 13 of 25

1.0 Points

Graduateness consists of _____ holistic overarching attributes regarded as important trans-disciplinary enabling outcomes of university education.

- ☐ A. five
- ☐ B. four
- ☐ C. three
- ☐ D. two

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Question 14 of 25

1.0 Points

Greg is an engineer who cares about nature, loves his family and has good relationships with his colleagues and friends. He works very hard and gets good performance bonuses. However, Simon tends to always focus on the fact that Greg is an engineer, stating that he is unable to think outside the box and that he has a very limited view of the world based on his analytical thinking as an engineer. Greg feels judged by this. Based on humanist theory, why does Greg feel judged?

- ☐ A. Because Simon is not an engineer

- ☐ B. Personality is a Gestalt; an integration of social, physical, mental and psychosocial aspects
- ☐ C. Greg is ashamed of being an engineer
- ☐ D. Personality is usually based on one distinguishing aspect, such as one's work role.

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Question 15 of 25

1.0 Points

In cognitive theory, the term "commonality" refers to _____.

- ☐ A. the fact that people differ in their interpretations of things
- ☐ B. the fact that people share similar meaning systems
- ☐ C. the ability to change and adapt meanings
- ☐ D. conflicts between constructs

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Question 16 of 25

1.0 Points

Jason takes excessive sick leaves because he always complains of back pains, poor breathing and headaches. However, Jason's medical history does not explain the organic/physical cause of his condition. Jason may be suffering from _____ disorder.

- ☐ A. schizophrenic
- ☐ B. a delusional
- ☐ C. somatoform
- ☐ D. an anxiety

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Question 17 of 25

1.0 Points

Johan has just received his results from his last exam and is very disappointed. He can see that his results are a direct result of his sister forcing him to take her shopping on the day before the exam. Within the construct of salutogenesis, Johan's _____ attributes the outcome of the event as beyond his control.

- ☐ A. internal locus of control
- ☐ B. external locus of control
- ☐ C. manageability
- ☐ D. meaningfulness

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Question 18 of 25

1.0 Points

People will always ask questions about who they are and what they can become. This was Frankl's view as spiritual beings, which he based on the idea that people have an intrinsic _____.

- ☐ A. self- transcendence
- ☐ B. will to meaning
- ☐ C. positive regard
- ☐ D. self-concept

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Question 19 of 25

1.0 Points

The Humanistic approach to psychology is based on a number of theories. One of the main assumptions of humanistic approaches is that they view the person and their behaviour as a whole. This is known as _____.

- ☐ A. the self-concept, which is the integrating personality structure
- ☐ B. subjective or phenomenological experiences
- ☐ C. the intrinsic goodness and self-actualizing of people
- ☐ D. personality as a Gestalt or holistic phenomenon

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Question 20 of 25

1.0 Points

The _____ paradigm focuses on the origins of health and well-being, with the fundamental question being; "Why and how do people stay healthy in the face of stressful life events?"

- ☐ A. salutogenic
- ☐ B. pathogenic
- ☐ C. fortigenic
- ☐ D. positive

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Question 21 of 25

1.0 Points

The cognitive movement rejects the classical _____ view that people react passively to stimuli.

- ☐ A. humanistic
- ☐ B. behaviouristic
- ☐ C. psychodynamic
- ☐ D. subjective

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1.0 Points

The humanistic perspective perceives being a person and having a sense of self as a/an _____ process.

- ☐ A. responsive
- ☐ B. rational
- ☐ C. emotional
- ☐ D. demonstrative

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1.0 Points

Which corollary is concerned with an individual's freedom of choice?

- ☐ A. The dichotomy corollary
- ☐ B. The choice corollary
- ☐ C. The experience corollary
- ☐ D. The individuality corollary

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Question 24 of 25

1.0 Points

You regularly consult with companies on the advantages of cross-cultural learning for all employees and you have found that on ethnic, sexist and racist issues many employees across groups find it difficult to develop more flexible attitudes. In terms of cognitive assumptions one can understand this phenomenon best by applying the assumptions of the which one of the following constructs as proposed by Kelly?

- ☐ A. Pre-emptive constructs as they do not allow much new information
- ☐ B. The choice corollary because it enables people to use their freedom to act as they prefer.
- ☐ C. The organisation corollary in which these issues may be superordinate for some people.
- ☐ D. The range corollary which makes it difficult for individuals to include new or change existing schemata.

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Question 25 of 25

1.0 Points

_____ depressive disorders cannot be coupled to external events, and might be related to biologically and genetically based causes.

- ☐ A. Dysthymic
- ☐ B. Major



C. Endogenous



D. Bipolar

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