

## Part 1 of 3 - Chapter 13 Theory

### Question 1 of 15

1.0 Points

Which of the following involves a qualitative analysis of personality data?

- A. Controlled experiments
- B. A scientifically constructed personality test
- C. Factor analysis
- D. The interpretation of communication

[Reset Selection](#)

### Question 2 of 15

1.0 Points

The \_\_\_\_\_ context should be considered when administering psychometric assessments, in order to conform to the regulations stipulated in the Employment Equity Act No. 55 of 1998.

- A. work
- B. cultural
- C. managerial
- D. systemic

[Reset Selection](#)

### Question 3 of 15

1.0 Points

What other term is used to describe psychodynamic theories?

- A. Gestalt psychology
- B. Third force
- C. Depth psychology
- D. Genetic psychology

[Reset Selection](#)

### Question 4 of 15

1.0 Points

T-data of a candidate can be gathered by conducting \_\_\_\_\_.

- A. interviews with family members of the candidate
- B. interviews with the candidate
- C. standardised tests or experiments
- D. observations of the candidate's colleagues

[Reset Selection](#)

**Question 5 of 15**

1.0 Points

In the \_\_\_\_\_ perspectives there is less emphasis on the individual and more emphasis on the holistic nature of things, such as the individual being part of the community.

- A. Western and Asian
- B. African and European
- C. Asian and American
- D. African and Asian

**Part 2 of 3 - Chapter 13 Application and Insight****Question 6 of 15**

1.0 Points

How would the psychosocial paradigm explain Mike's feelings and behaviour?

- A. Mike has a low self-esteem. He struggles to maintain good relationships with other people and to fulfil various life roles.
- B. There is not a good fit between Mike and his job.
- C. Mike experiences distortion in his mental, physical, and spiritual domain.
- D. Mike might have a dominant parasympathetic autonomic nervous system which causes a lack of drive and low motivation.

[Reset Selection](#)**Question 7 of 15**

1.0 Points

When studying personality, Simon always relates cultural phenomena to people's conscious and unconscious needs and conflict. Simon most probably approaches personality from the \_\_\_\_\_ perspective/s.

- A. African and Asian
- B. humanistic
- C. behaviourist
- D. psychodynamic

[Reset Selection](#)**Question 8 of 15**

1.0 Points

The \_\_\_\_\_ perspective considers personality to entail certain neuro-psychic structures that exist in a people and which shape and direct behaviour.

- A. cognitive
- B. trait
- C. psycho-social

D. humanistic

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

Mike has a low self-esteem. He struggles to maintain good relationships with other people and fulfill various life roles (work, helping teenage children into adulthood). He is experiencing a midlife crisis. This description of Mike relates to the \_\_\_\_\_ perspective on personality.

A. psychoanalytic

B. psychosocial

C. humanist

D. behaviourist

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

The \_\_\_\_\_ approach is more concerned with the uniqueness of experience and individualism, while the \_\_\_\_\_ approach emphasises collectivism and the interrelatedness of people.

A. humanistic; African

B. humanistic; Western

C. cognitive; African

D. cognitive; Western

[Reset Selection](#)

**Part 3 of 3 - Chapter 13 Case Study**

Read this case study and answer the questions that follows based on your understanding of the case study and the theory.

Julius is currently experiencing some uncertainty and stress in his job. His thinking and discourse about his situation is as follows:

"I am now forced to do administrative work in the building section, a job which I did not apply for, but was placed in a year ago after having applied unsuccessfully for a position as a project manager in the building section. There were many applicants across gender and race lines to fill two positions as building project managers. I do not understand what the HR people mean when they talk about the "right attributes and competencies", which I should possess in order to fulfil the job requirements in a project manager's position. They tried to explain to me some scores and indications, which they got from certain tests and questionnaires, which did not make a lot of sense. I am sure that I am the right person for such a managerial job. In my rural community, others tell me that I am ready to lead and direct people, because I am old enough, and have been appointed to be a leader in various areas of the community. During the selection by the HR-department, they did not ask me about my background and experience.

Also, for some time now my supervisor Sepho, a much younger person, and I have not seen eye to eye. I feel misunderstood, misused, and angry, because I know I am good at what I do, even if I am not enthusiastic about administrative tasks. I think I have good reason to be late at work some days; I must attend to my elderly mother and my two young children before coming to work, and I must travel quite a

distance. I feel that I am treated differently from other male employees. Initially it was no problem, but now Sepho also has problems with my acting on my beliefs and dreams; I believe I get messages from my subjective mind and past history, aspects that I cannot ignore. Because of this, Sepho believes that I do not have enough discipline in my work team, because I will rather avoid conflict and try to solve problems by discussion and negotiation. However, I do believe in labour disputes and peaceful actions to get the best for all employees and people, which we were taught in our community life.”

**Question 11 of 15**

1.0 Points

Julius may subconsciously (and even consciously) relate to historical or cultural beliefs, and even rebel against authority. However, he knows that it is not acceptable to challenge authority. Some of Julius’s experiences may relate to what other people may consider maladjusted, as he hears voices in his mind.

This is a description of Julius' behaviour based on the \_\_\_\_\_ theory.

- A. Psychodynamic
- B. Behaviourist or learning
- C. Humanistic
- D. Trait

[Reset Selection](#)

**Question 12 of 15**

1.0 Points

It seems as if Julius is used to, or has acquired, certain attitudes and behaviours, for example, with regard to authority of younger persons, and doing things according to community influences. It seems that his work ethic may differ from practices in other environments, for example, one can’t be late or absent for any reason.

This is a description of Julius' behaviour based on the \_\_\_\_\_ theory.

- A. Psychodynamic theories
- B. Psychosocial
- C. Biological and evolutionary
- D. Behaviourist or learning theories

[Reset Selection](#)

**Question 13 of 15**

1.0 Points

Julius does not feel wanted, respected, and appreciated as a whole person. He wants his unique experiences in his reality to be recognised, he wants to express his own uniqueness, and his need for self-determination and self-actualisation.

This is a description of Julius' behaviour based on the \_\_\_\_\_ theory.

- A. Trait
- B. Humanistic
- C. Psychodynamic
- D. Cognitive or social-cognitive

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

Julius seems to be uninformed about requirements utilised in a more Western and modern world of work. He generalises his community work to more formal workplaces, and has false expectations of being able to do any work. His discourse suggests characteristics that could cause some difficulties in the workplace: these may be a lack of insight, rebelliousness, anger, rigidity, possible submissiveness in certain situations, and not being open to information, other experiences, and the ideas of other people.

This is a description of Julius' behaviour based on the \_\_\_\_\_ theory.

- A. Psychodynamic
- B. Humanistic
- C. Trait
- D. Biological or evolutionary

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

An important personal construct of Julius is his beliefs that his community life determines who he is and how he behaves. Positive constructs are a sense of self-efficacy and hardiness in his beliefs that he can face challenges, and that he would be able to do even more complex tasks. These positive internal dispositions must possibly be facilitated to be more realistic and adapted to his attributes at the moment.

This is a description of Julius' behaviour based on the \_\_\_\_\_ theory.

- A. Humanistic
- B. Psychosocial
- C. Biological or evolutionary
- D. Cognitive or social-cognitive

[Reset Selection](#)

### Part 1 of 3 - Chapter 14 Theory

#### Question 1 of 15

1.0 Points

Each psychosexual stage in Freud's theory has certain tasks that need to be resolved before a person can progress to the next stage. If a person does not properly resolve the tasks in a certain stage, the result is known as \_\_\_\_\_.

- A. failure
- B. inferiority
- C. latency
- D. fixation

[Reset Selection](#)

#### Question 2 of 15

1.0 Points

Unlike Freud, \_\_\_\_\_ believed that people could overcome their instincts and the impact of their past on their present life, by improving through growth.

- A. Klein
- B. Erikson
- C. Jung
- D. Adler

[Reset Selection](#)

#### Question 3 of 15

1.0 Points

Psychodynamic thought is a method used to study conflict \_\_\_\_\_.

- A. within teams
- B. by means of experiments
- C. by means of narrative analysis
- D. within systems

[Reset Selection](#)

**Question 4 of 15**

1.0 Points

The unconscious motivation to overcome feelings of inferiority belong to the theorist \_\_\_\_\_.

- A. Freud
- B. Fromm
- C. Jung
- D. Adler

[Reset Selection](#)

**Question 5 of 15**

1.0 Points

Freud argued that human sexuality should be taken into account in \_\_\_\_\_ stage/s of development.

- A. the early childhood
- B. all
- C. the adulthood
- D. the adolescent

[Reset Selection](#)

**Part 2 of 3 - Chapter 14 Application and Insight**

**Question 6 of 15**

1.0 Points

According to psychoanalysis, aggression can be explained by the \_\_\_\_\_ drive, while empowerment can be explained by the \_\_\_\_\_ drive.

- A. life; death
- B. reality; death
- C. life; reality
- D. death; life

[Reset Selection](#)

**Question 7 of 15**

1.0 Points

In Freud's stages of psychosexual development the genital stage is characterized by children beginning to explore romantic stages, which is during adolescent age. From the point of view of Eriksons stages of psychosocial development what would this stage be? Erikson views this stage as \_\_\_\_\_.

- A. Autonomy vs doubt

- B. Initiative vs guilt
- C. Identity vs inferiority
- D. Identity vs role confusion

[Reset Selection](#)

**Question 8 of 15**

1.0 Points

Sharon was one of two children. Her mother showed more affection for her sister. Sharon hated her mother, and adored her father. The result is that Sharon developed an inferiority complex. She has a very dominant personality, and criticises everybody – the government, her boss, her husband and her children. She is trying to overcome her inferiority by making herself superior to others. This description of Sharon relates to aspects found in the \_\_\_\_\_ perspective on personality.

- A. humanistic
- B. behaviouristic
- C. psychoanalytic
- D. cognitive

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

Prudence has just left her manager's office after a performance review where her manager told Prudence that she has ensure that the reports for sales are taken down to their offices promptly at nine every morning without fail or she will suffer the consequences. Prudence is fuming and thinks that she will show her manager, she will not be shoved around; she will not take the reports down in the morning! Based on the structural model of personality which component of personality is at play in Prudence?

- A. Superego
- B. Shadow
- C. Ego
- D. Id

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

Which part of the personality guides a person who apologises profusely after bumping another's car?

- A. The ego
- B. The anima
- C. The superego



D. The id

[Reset Selection](#)

### Part 3 of 3 - Chapter 14 Case Study

Vuyu and Rupert

Vuyu approaches his manager, Rupert, about a salary increase as he thinks an increase and a promotion is overdue. He tries to hide his anger and frustration, and carefully explains that he has achieved all his goals set for the year and excelled at a number of them. It is important to him to enjoy, become his whole self, and be creative.

Rupert is sceptical. From his experience, he feels that this is a politically motivated request and that if he concedes he will have to grant an increase to all his workers.

Vuyu tells his colleagues that he thinks Rupert is bossy and against people like him making progress. He feels that Rupert often treats him like a child and does not allow him to act independently in his work. He sulks and takes sick leave for a couple of days.

Rupert decides to have a firm, fatherly talk with him, because Vuyu behaves similarly every time he does not get his way.

#### Question 11 of 15

1.0 Points

Vuyu withdraws from the situation by being absent and by sulking. This is a defense mechanism known as \_\_\_\_\_.

- A. regression
- B. repression
- C. fantasy
- D. rationalisation

[Reset Selection](#)

#### Question 12 of 15

1.0 Points

Vuyo does not trust his manager, which might indicate fixation at the \_\_\_\_\_ stage, when referring to Freud's psychosexual stages.

- A. anal
- B. phallic
- C. oral
- D. genital

[Reset Selection](#)

#### Question 13 of 15

1.0 Points

Freud would reason that Vuyu's behaviour is aimed at satisfying unfulfilled needs and desires that originated in childhood. His argumentative nature might sprout from conflict during the \_\_\_\_\_ stage.

- A. anal
- B. phallic
- C. genital
- D. oral

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

Based on Freud's psychosexual stages, when Vuyo sulks and withdraws by being absent, it might indicate a lack of \_\_\_\_\_, related to the \_\_\_\_\_ stage.

- A. control; oral
- B. trust; phallic
- C. trust; genital
- D. control; anal

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

Adler would state that Vuyu's behaviour is aimed at overcoming feelings of \_\_\_\_\_; the "will to power" principle.

- A. superiority
- B. inferiority
- C. guilt
- D. anxiety

[Reset Selection](#)

## Part 1 of 3 - Chapter 15 Theory

### Question 1 of 15

1.0 Points

Expectancies refer to \_\_\_\_\_.

- A. what others expect of you
- B. what you expect of others
- C. praise you receive after the completion of a task
- D. the rewards you think you will get if you behave in a specific way
- E. the valence of a reward

[Reset Selection](#)

### Question 2 of 15

1.0 Points

\_\_\_\_\_ conditioning occurs when a response is caused by a specific identifiable stimulus. Such responses are mostly \_\_\_\_\_.

- A. Classical; automatic
- B. Classical; learned
- C. Operant; learned
- D. Operant; automatic
- E. Classical; shaped

[Reset Selection](#)

### Question 3 of 15

1.0 Points

\_\_\_\_\_ conditioning occurs when a response is caused by a specific identifiable stimulus. Such responses are mostly \_\_\_\_\_.

- A. Operant; automatic
- B. Operant; learned
- C. Classical; learned
- D. Classical; automatic

[Reset Selection](#)

### Question 4 of 15

1.0 Points

Wearing a white lab coats is part of the behavioural profile that can be associated with medical doctors in most movies. Which of the following terms best describes the tendency to associate doctors with white coats?

- A. Signature situations
- B. Generalised expectancy
- C. Reciprocal determinism
- D. Psychological situations

[Reset Selection](#)

**Question 5 of 15**

1.0 Points

\_\_\_\_\_ is the simplest form of learning and motivated behaviour.

- A. Conditioning
- B. Habituation
- C. Reinforcement
- D. Homeostasis

[Reset Selection](#)

**Part 2 of 3 - Chapter 15 Insight & Application**

**Question 6 of 15**

1.0 Points

The concept reciprocal determinism refers to \_\_\_\_\_.

- A. the influence of personal attributes, situations and behaviours on personality
- B. the mutual influence of hereditary and environmental influences on personality
- C. the determining influence of non-conscious and conscious factors on personality
- D. the influence of cognitive and emotional factors on personality

[Reset Selection](#)

**Question 7 of 15**

1.0 Points

Social –cognitive behaviourist theories explain behaviour deficiencies or psychological disorders as incorrect learning or reinforcement because of \_\_\_\_\_.

- A. mental representations
- B. partial reinforcement
- C. emotional arousal
- D. aversive reactions

[Reset Selection](#)

**Question 8 of 15**

1.0 Points

Learning which happens when the association between stimuli and responses depends on other people's behaviour in the same situation, is known as \_\_\_\_\_ learning.

- A. operant
- B. critical
- C. vicarious
- D. self-guided

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

When Thabo prepares to go to school in the morning, he goes through a sequence of reactions referred to as \_\_\_\_\_.

- A. reinforcement
- B. instrumental behaviour
- C. operant behaviour
- D. respondent behaviour
- E. response tendencies

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

Select the concepts which, according to behaviourist theories, can be said to be primarily central to human motivation.

- A. Reinforcement and rewarding
- B. Drive reduction and operants
- C. Habituation and habits
- D. Conditioning and homeostasis

[Reset Selection](#)

**Part 3 of 3 - Chapter 15 Case Study**

Phillip

Phillip is studying computer science. He attends all his classes and does his homework diligently. He schedules time to study, and warns his family not to expect too much of him while he is studying for a test, as he wants to focus and do well. His parents are supportive and understanding. His mother is a lawyer and his father is a teacher, and they too often have to catch up on work in the evenings.

Phillip has high expectations for himself. He believes that if he does well, he will find a job that is interesting and challenging. His lecturers praise him for his dedication and good results. Phillip believes

that studying does not only take place in the classroom, and he is eager to read magazines and other articles related to computer science. Even though his parents are not experts in his field, he likes telling them what he has learned that is interesting or mind-boggling.

Phillip has many friends and he likes spending time with them. They like enticing him to go out when he has to study, but he does not give in. When he feels he deserves a break, Philip will go out with his friends.

**Question 11 of 15**

1.0 Points

Based on the to the S-R relationship from the behaviourist perspective, Phillip is praised for his diligence (\_\_\_\_\_), which reinforces his behaviour (\_\_\_\_\_).

- A. stimulus; response
- B. response; stimulus
- C. reward; response
- D. response; reward

[Reset Selection](#)

**Question 12 of 15**

1.0 Points

Phillip could subconsciously think that he has to study and achieve well, because both his parents are high achievers. At the same time his behaviour is influenced by the visible and conscious environment. In behaviourism, this is known as \_\_\_\_\_, which is the behaviourists' view of unconscious processes.

- A. the unconscious
- B. parallel processing
- C. stimulus
- D. response

[Reset Selection](#)

**Question 13 of 15**

1.0 Points

Phillip has learnt from his parents when they are working at home. This is an example of \_\_\_\_\_.

- A. stimulus learning
- B. response learning
- C. reward learning
- D. observational learning

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

The behaviourist perspective does not focus on personality characteristics, but rather perceives personality as responses that are \_\_\_\_\_.

- A. inherited

- B. culturally based
- C. learned
- D. trait based

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

In the S-O-R equation, which symbol represents the environment?

- A. None
- B. S
- C. O
- D. R

[Reset Selection](#)

## Part 1 of 3 - Chapter 16 Theory

### Question 1 of 15

1.0 Points

Which of the following is a factor indicated by both the Three-Factor and Five-Factor Models of personality?

- A. Conscientiousness - lack of direction
- B. Tough-mindedness- psychotism
- C. Submissiveness - dominance
- D. Extraversion - introversion

[Reset Selection](#)

### Question 2 of 15

1.0 Points

The \_\_\_\_\_ theory has made an immense contribution to the use of psychological assessment when selecting employees.

- A. trait
- B. cognitive
- C. behaviouristic
- D. humanistic

[Reset Selection](#)

### Question 3 of 15

1.0 Points

Cattell believed that people's general intelligence is largely \_\_\_\_\_, and termed it \_\_\_\_\_ general intelligence.

- A. inherited; fluid
- B. inherited; crystallised
- C. learned; fluid
- D. learned; crystallised

[Reset Selection](#)



**Question 4 of 15**

1.0 Points

The functions thinking, feeling, sensing, and intuition together with introversion and extraversion, form the basis of the \_\_\_\_\_.

- A. 16PF questionnaire
- B. MBTI
- C. Five-factor Model
- D. Three-factor Model

[Reset Selection](#)**Question 5 of 15**

1.0 Points

According to Allport and Cattell, \_\_\_\_\_ traits are fundamental and determine personality structure and the way in which other traits are manifested.

- A. surface
- B. source
- C. common
- D. unique

[Reset Selection](#)**Part 2 of 3 - Chapter 16 Application and Insight****Question 6 of 15**

1.0 Points

At work, Charl is eager to perform, but has difficulty in his social interactions. He quite often has strong emotional reactions and is sometimes difficult to work with due to his over-emphasis on detail. From a trait perspective using the FFM of personality Charl most probably manifests symptoms of a \_\_\_\_\_ personality disorder.

- A. narcissistic
- B. optimal
- C. neurotic
- D. compulsive

[Reset Selection](#)**Question 7 of 15**

1.0 Points

If you believe that personality consists of more or less consistent psycho-physical systems in the person that determine behaviour in general and in specific situations, you are using a \_\_\_\_\_ approach to define personality.

- A. behaviourist
- B. cognitive

- C. trait
- D. humanistic

[Reset Selection](#)

**Question 8 of 15**

1.0 Points

Why are trait and style concepts similar to concepts such as id, ego, super-ego, as well as self-concepts and responses, habits and constructs? These concepts \_\_\_\_\_.

- A. all represent trait descriptions of personality
- B. are concepts used to define personality development and adjustment
- C. are dimensional or structural concepts used to describe what personality is
- D. are used to describe factor or psychometric models of personality

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

An important assumption according to trait psychology is that \_\_\_\_\_.

- A. more or less enduring traits provide people with an identifiable personality profile across time and situations
- B. traits recognisable in people are foremost learned behaviour influenced by the environment
- C. genetic factors may only have a determining effect with regard to intellectual personality traits.
- D. traits are not influenced by situations because of the consistency in traits

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

Angie always emphasises preciseness and cleanliness in her personal and work life. However, she is so concerned with this, that it hinders good relationships and the timeous execution of tasks. This is described as a \_\_\_\_\_ trait.

- A. central personal disposition
- B. surface
- C. source
- D. cardinal

[Reset Selection](#)

**Part 3 of 3 - Chapter 16: Case study**

Read this case study carefully, considering it from the trait psychology perspective and then answer the questions that follow.

**Personality in the work context**

I work with a group of people that are very interesting. I have got to know them so well that I can predict how each of them will react in different situations.

Take for instance Amos. If I had to describe him, I would say that he is intelligent, hardworking and trustworthy. On the other hand, he can be very emotional. I would say he thinks with his emotions and not his brain. Amos complains about everything, but does nothing to resolve issues. When Amos gets upset, he talks louder and louder, and the more he talks, the more uptight he gets. At times, I find him exhausting. From what I hear, it is not any better at home.

Barney's door is always closed. When people knock on the door, he does not answer. I sometimes wonder what he is up to behind closed doors all the time. Even though we work flexitime, he always takes lunch between one and two, and leaves the office at exactly four o'clock. I have noticed that his desk is extremely tidy.

Lorna is so loud, but it is interesting to listen to her. She is energetic, full of ideas, and always enthusiastic. She calls a spade a spade and has strong opinions about everything. She calls herself a "stirrer". In conflict situations, she will listen to others, but also does not hesitate to express her feelings. However, she will always focus on finding a solution for a problem.

Enoch is very competitive. He makes sure others know about his achievements, and he works harder than anyone else. He is a go-getter and has enormous leadership potential, but he is impatient and tense. He must work on his people skills, because he tends to dominate others. He gets things done though, and that is a blessing.

**Question 11 of 15**

1.0 Points

When I list the following traits based on Eysenck's Three Factor Model, which person in the case study am I describing?

Introverted, perfectionist (not impulsive), obsessive

- A. Amos
- B. Barney
- C. Lorna
- D. Enoch

[Reset Selection](#)

**Question 12 of 15**

1.0 Points

When I list the following traits based on Eysenck's Three Factor Model, which person in the case study am I describing?

Extroverted, active, sociable, risk-taking, assertive, expressive, creative

- A. Amos
- B. Barney
- C. Enoch
- D. Lorna

[Reset Selection](#)

**Question 13 of 15**

1.0 Points

When I list the following traits based on Eysenck's Three Factor Model, which person in the case study am I describing?

Extroverted, achievement-oriented, aggressive, anxious, lacking reflection

- A. Barney
- B. Amos
- C. Enoch
- D. Lorna

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

Based on the Five Factor Model, which person is emotionally stable?

- A. Amos
- B. Barney
- C. Lorna
- D. Enoch

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

Based on the Five factor model, would you say Barney is open to experience or more closed?

- A. Open
- B. Closed
- C. I have no idea
- D. He is both

[Reset Selection](#)

## Part 1 of 3 - Chapter 17 Theory

### Question 1 of 15

1.0 Points

In humanistic theory, the term "meta needs" refer to \_\_\_\_\_.

- A. feelings of excitement based on achieving or experiencing something
- B. basic physiological and safety needs
- C. motivation because of living or being
- D. growth or being-needs in people

[Reset Selection](#)

### Question 2 of 15

1.0 Points

The humanists explain motivation in terms of finding \_\_\_\_\_ in life and achieving \_\_\_\_\_.

- A. physical perfection; self- transcendence
- B. meaning; self-actualisation
- C. financial success; self-actualisation
- D. acceptance from others; self- transcendence

[Reset Selection](#)

### Question 3 of 15

1.0 Points

\_\_\_\_\_ psychology views being a person as a continuous rational process and a combination of all personal experiences and choices.

- A. Psychodynamic
- B. Humanistic
- C. Cognitive
- D. Trait

[Reset Selection](#)

**Question 4 of 15**

1.0 Points

Rogers considers \_\_\_\_\_ to be a directional and constructive motive that energises all striving behaviours, and which is biologically energised.

- A. self-actualisation
- B. self-awareness
- C. self-esteem
- D. self-identity

[Reset Selection](#)**Question 5 of 15**

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

[Reset Selection](#)**Part 2 of 3 - Chapter 17 Application and Insight****Question 6 of 15**

1.0 Points

The behaviouristic perspective believes that people are \_\_\_\_\_ the environment, while the humanistic approach believes that people \_\_\_\_\_ the environment.

- A. controlled by; can transcend
- B. able to transcend; are controlled by
- C. focused on; ignore
- D. developed by; can generally ignore

[Reset Selection](#)**Question 7 of 15**

1.0 Points

Self-efficacy relates best to\_\_\_\_\_.

- A. an external locus of control
- B. expectancies of incompetence
- C. an internal locus of control
- D. a lack of self-regulation

[Reset Selection](#)

**Question 8 of 15**

1.0 Points

Humanistic views of the self-concept \_\_\_\_\_.

- A. are similar to those of Freud and Jung
- B. characterise it as an autonomous structure or process
- C. characterise it as related to unconscious life experiences
- D. are similar to Watson's view of the self-concept

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

Which one of the concepts given below, which emphasise the positive and healthy nature of personality, explains the behaviour and attitude of the person in the following example? "My grandfather loves telling us stories about life and its lessons – he sees this as imparting a lifetime of learning to a younger generation."

- A. Self-actualisation
- B. Self-realising
- C. Self-acceptance
- D. Emotional integration

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

Maslow and Rogers agreed that people strive for growth towards \_\_\_\_\_.

- A. positive regard
- B. self-actualisation
- C. belonging
- D. will to meaning

[Reset Selection](#)

**Part 3 of 3 - Chapter 17 Case Study**

Read the following case study and approach it from the humanistic perspective, then answer the questions that follow based on humanism.

My parents were very poor and worked as labourers on various farms in rural areas. I was the youngest of ten children. Since my youth I have dreamt of studying and becoming famous, but my parents and family could not financially support me. The government and social dispensation in those days did not support the development of black people, so adequate schooling, bursaries, and new developments in knowledge and technology were hard to come by. I was the only one of my brothers and sisters who achieved a Grade 12 qualification. I scarcely remember my childhood, except

for some flashes in my mind and dreams of my very strict parents and the pain of hard work, humiliation, and unfair treatment in society.

However, despite a permanent limp from a car accident, I persisted, worked in various jobs to assist my family and saved money for my tertiary studies, which I always wanted to pursue. I studied through a distance-learning institution, and became a teacher. I joined a political party that advanced the interests of disadvantaged groups, in which I currently serve as a branch leader. I married at twenty-eight, had two children, and became a school principal at forty-five.

Currently, at the age of 61, in a new political and social context, and now divorced, I work as the deputy minister of education in government where I feel I can contribute to the good of all people. My children have their own jobs and families. I often miss them, since I know that as a mother I was often absent and a strict disciplinarian. Because I had to succeed, I did not always get along well with my husband, children, and other people; I often have feelings of guilt and remorse about this.

However, now I have better and calmer relationships with my children and family, enjoy being around my grandchildren, and have friends in all racial groups. I have good general health. I have a quiet satisfaction and pride in the knowledge of having provided better opportunities to my children than the opportunities I had. I still hope to be famous, promoted further, or, at least, in a position to assist young people in their lives and careers. However, I now must think about and prepare for possible retirement in about ten years.

**Question 11 of 15**

1.0 Points

In time, it seems that she succeeded in becoming a more acceptable parent to her children. This can be explained as a frustrated need for bonding or affiliation (\_\_\_\_), or to be accepted unconditionally (\_\_\_\_).

- A. Rogers; Maslow
- B. Maslow; Rogers
- C. Kelly; Maslow
- D. Maslow; Kelly

[Reset Selection](#)

**Question 12 of 15**

1.0 Points

Based on the previous question, what would you say is meant by the term "conditional positive regard"?

- A. It means that a person is only loved if they meets certain requirements or conditions.
- B. It means that people have an intrinsic ability to grow by choosing and achieving what they want.
- C. It means that people can strive beyond their circumstances to grow and find meaning in life.
- D. It means that people make choices and take responsibility for those choices.

[Reset Selection](#)

**Question 13 of 15**

1.0 Points



According to Frankl, which three values can make life meaningful?

- A. Primary, secondary and low level values
- B. Monetary and esthetic values
- C. Creative, experiential, and attitude values
- D. physiological, love and belonging values

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

Maslow believes that people are motivated by \_\_\_\_\_ needs. Frankl believes they are motivated by their \_\_\_\_\_.

- A. monetary; unconscious
- B. sexual; drive for success
- C. growth; will to meaning
- D. unconscious; financial success

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

Emily's experiences are evidence of being \_\_\_\_\_ in her thinking, emotions, and behaviour, in order to become self-reliant and be able to cope with the demands and challenges of life.

- A. fixated
- B. independent
- C. selfless
- D. self-regulated

[Reset Selection](#)

### Part 1 of 3 - Chapter 19 Theory

#### Question 1 of 15

1.0 Points

According to the theory related to the Wheel of Wellness, which one of the following options does not belong in the description of life tasks proposed in this model?

- A. spirituality
- B. love
- C. self-actualisation
- D. friendship

[Reset Selection](#)

#### Question 2 of 15

1.0 Points

Within the construct of \_\_\_\_\_, eudaimonic happiness is used to describe well-being subjectively experienced and can be defined as having the presence of pleasure and absence of pain

- A. happiness
- B. hope and optimism
- C. virtues
- D. wisdom

[Reset Selection](#)

#### Question 3 of 15

1.0 Points

\_\_\_\_\_ focuses on the origins of health and well-being. In terms of this approach, in a group or organisation one might ask "What is working?" or "What things are excellent?" instead of focusing on mistakes.

- A. The pathogenic orientation
- B. Fortigenesis
- C. Salutogenesis
- D. Benefit-finding

[Reset Selection](#)

**Question 4 of 15**

1.0 Points

Who is the the founder of salutogenesis?

- A. Seligman
- B. Strümpfer
- C. Antonovsky
- D. Tellegen

[Reset Selection](#)

**Question 5 of 15**

1.0 Points

With regard to psychological and social well-being, the term "social actualisation" is defined as \_\_\_\_\_.

- A. a person experiencing the community as logical and predictable
- B. a sense of direction towards specific goals
- C. establishing conditions which can be managed
- D. assisting society in achieving its potential

[Reset Selection](#)

**Part 2 of 3 - Chapter 19 Application and Insight**

**Question 6 of 15**

1.0 Points

Based on Antonovsky's concept of salutogenesis, counsellors will try to facilitate awareness within employees who experience emotional and other problems in order to find the power within themselves and in their environments which they may have utilised in the past and in other circumstances to enable them to function and perform well. This process of having resistance in difficult times can be referred to as \_\_\_\_\_.

- A. learned resourcefulness
- B. non-specific action
- C. thought-action tendency
- D. generalised resistance resource

[Reset Selection](#)

**Question 7 of 15**

1.0 Points

Which one of the concepts of psychological and social well-being in the four alternatives explains the behaviour and attitude of the person in the following example? "Martha is very creative in her thinking and has great confidence in her opinions, even if they are different from the way most other people think."

- A. Social actualisation
- B. Autonomy

C. Social integration

D. Purpose in life

[Reset Selection](#)

**Question 8 of 15**

1.0 Points

Cindy experiences her life as a continuous process of development, because she is open to new experiences and she wants to develop her own potential. This is a facet of psychological well-being known as \_\_\_\_\_.

A. autonomy

B. purpose in life

C. personal growth

D. self-acceptance

[Reset Selection](#)

**Question 9 of 15**

1.0 Points

Tommy experiences his job as mostly negative and difficult and he often has to obtain help from his colleagues or other sources in order to do his work. When he fails or gets in trouble, he tends to blame other persons or circumstances. Tommy's work orientation is probably influenced by his \_\_\_\_\_.

A. locus of control

B. experiential self-control

C. meaning-destroying behaviours

D. anticipatory coping

[Reset Selection](#)

**Question 10 of 15**

1.0 Points

Sarah experiences problems in her life. But, Instead of blaming others and demonstrating learned helplessness, she made choices about her reaction to her situation, which is a contribution from the \_\_\_\_\_ perspective to positive psychology.

A. humanistic

B. psychoanalytical

C. cognitive

D. behaviourism

[Reset Selection](#)

**Part 3 of 3 - Chapter 19 Case Study**

Read the following case study focusing on the psychological well-being and positive psychological aspects and then answer the questions that follow.

In the movie *About a Boy*, Will Freeman (played by Hugh Grant) plays the role of a womaniser who does not have to work, because he lives off the generous royalties from a Christmas jingle that his late father composed. He lives in a modern apartment in London, which is equipped with the best of everything. He is free to do what he wants to do and

spends most of his time (when not chasing women), eating, watching TV and videos and playing billiards. It looks like the perfect life.

What Will won't acknowledge is that he is lonely and without anybody to connect with. He lives his days by measuring time in units (watching a video: four units, haircut: two units) in order to pass the time. Then, he gets the idea to pretend that he is a single parent and joins a single-parent support group in order to find a date (thinking single mothers are desperate). In the process Will crosses paths with a poor family, consisting of an ex-hippy woman with mental problems and her teenage son who is taking care of her.

**Question 11 of 15**

1.0 Points

Will has a \_\_\_\_\_ life, in which he strives for short-term happiness (chasing women) and escapism (watching television).

- A. good
- B. hedonistic
- C. eudaimonic
- D. selfless

[Reset Selection](#)

**Question 12 of 15**

1.0 Points

Will obviously lacks wisdom as a virtue, because \_\_\_\_\_.

- A. he has little self-control as he indulges in materialistic things
- B. despite his money, he is not involved in his community nor does he demonstrate leadership potential
- C. he is a loner who does not have a high regard for others – especially for women
- D. he is not curious and does not exercise critical thinking

[Reset Selection](#)

**Question 13 of 15**

1.0 Points

Will does not have transcendence as a virtue, because \_\_\_\_\_.

- A. he is not curious and does not exercise critical thinking.
- B. despite his means, he is not involved in his community nor does he demonstrate leadership potential.
- C. he is caught up in his situation and does not have peak experiences, flow, or a sense of purpose or faith.
- D. he is a loner who does not have a high regard for others – especially for women.

[Reset Selection](#)

**Question 14 of 15**

1.0 Points

Positive psychology encourages psychologists to focus their attention on the positive aspects of psychological health and employee well-being only.

True

False

[Reset Selection](#)

**Question 15 of 15**

1.0 Points

Humanistic psychology can be considered as the foundation of positive psychology.

True

False