4 Assignment 4 64190

Part 1 of 14 - Chapter 13 Theory 4.0 Points

Question 1 of 50   1.0 Points

There are a number of theories and frameworks, or paradigms that account for personality. The
_____ theories/approaches postulate that the structures and functioning of personality are
determined by unconscious forces and based on both primitive or irrational and sophisticated
elements.

   A. psychodynamic or psychoanalytic

   B. humanistic, phenomenological and existential
   C. cognitive and social cognitive
   D. behaviourist or learning

Answer Key: A

Feedback: Yes! This description relates to the psychodynamic or psychoanalytical theories. See
section 13.3.1

Question 2 of 50   1.0 Points

The _____ approach utilises narrative analysis as a research technique.

   A. cognitive

B. psychosocial
C. trait
D. biological

Answer Key: B

Feedback: Good! Social constructionism and narrative psychology present an alternative theoretical approach to scientific behavioural research. In this respect discourse/narrative analysis is used as a research technique. See section 13.3.7

1.0 Points

A psychologist applies an intensive qualitative analysis of an individual and uses a subjective means of assessment. The approach being used here is called the _____ approach.

A. clinical

B. statistical
C. experimental
D. objective

Answer Key: A

Feedback: Good! The clinical approach emphasises an intensive analysis of the individual and the uniqueness of behaviour. This approach uses subjective means of assessment and relies strongly on qualitative sources of information (for example, projective techniques and narrative analysis). See section 13.6.5

1.0 Points

What other term is used to describe psychodynamic theories?

A. Gestalt psychology

B. Third force

C. Depth psychology

D. Genetic psychology

Answer Key: C

Feedback: Well done! Psychodynamic and psychoanalytic theories form part of depth psychology, as it relates to unconscious aspects seated deep within people. See section 13.3.1

Part 2 of 14 - Chapter 13 Application 4.0 Points

1.0 Points

Mike does not experience meaning in life. This description of Mike relates to the _____ perspective on personality.

A. psychoanalytic

B. behaviourist

C. humanist

D. cognitive

Answer Key: C

Feedback: Good work! The words "meaning in life" should immediately alert you to think of

humanism. See section 13.3.3

1.0 Points

In a court case a person who is considered to be well adjusted in life with no evidence of previous transgressions, is sentenced to a term of community service after having seriously and aggressively assaulted one of his employees. In your estimation this scenario would rather be referred to as _____.

  A. a personality disorder

  B. a faulty learning disorder

  C. a self-concept problem

  D. a normal personality pathology

Answer Key: D

Feedback: Well done! In this scenario, there is no evidence of prior mental illness or disturbance in behaviour. The person probably just had a bad day and a lapse of judgment. Thus, the personality is probably normal and the occurrence is a one-time event. See section 13.6.4

1.0 Points

In order to understand her, it is important to consider how Susan experiences her world, her efforts to express her own uniqueness, and her need for self-determination. This description of Susan relates to the _____ perspective on personality.

  A. psychodynamic

  B. behaviourist

  C. humanist

  D. trait

Answer Key: C

Feedback: Good! The moment you see worlds related to own experience, uniqueness and self-determination, you should be reminded of humanism. See section 13.3.3

1.0 Points

In the work context, employees on the same levels and in similar jobs respond and perform differently with regard to their relationships with co-workers and their own behaviour and moods. Some people handle criticism well, whilst others struggle to accept when they are wrong. This refers to _____.

A. self-regulation

B. relational schemas

C. emotional intelligence

D. contextual experiences

Answer Key: C

Feedback: Yes! Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. What is your level of emotional intelligence? You can perform this quick survey by copying this link into your browser: http://www.ihhp.com/free-eq-quiz/ if you're curious - note that it's not a psychometric test, but it should give you an idea of what is involved in emotional intelligence. See Section 13.3.5

Part 3 of 14 - Chapter 14 Theory 4.0 Points

1.0 Points

Freud's notion of the _____, refers to those experiences that are not easy to recall and which form the largest part of the mind.

A. conscious

B. preconscious

C. unconscious

D. superego

Answer Key: C

Feedback: Section 14.4

1.0 Points

The ____, which is regulated by the ____ principle, is found in the consciousness and directs the selection of socially acceptable and appropriate behaviours.

A. ego; reality

B. id; morality

C. ego; pleasure

D. id; reality

Answer Key: B

1.0 Points

According to Freud, the three levels of psychic awareness in the human mind are represented by the following concepts, processes or structures, namely _____.

A. unconscious, conscious and pre-conscious

B. super-ego, unconscious and conscious

C. archetypes, conscious and persona

D. shadow, ego and unconscious

Answer Key: A

Feedback: Prescribed book, section 14.4

1.0 Points

The Johari-window (a technique for improved understanding of the self and communication), states that the best situation is when all or a lot is _____.

A. unknown to the self and others

B. unknown to the self and others

C. known to the self and others

D. known to others, unknown to the self

Answer Key: C

Feedback: Ch 14, sect 14.4

1.0 Points

The superego has two sub-systems: a consciousness that punishes behaviour and the _____ that rewards it.

  A. id

  B. ego

  C. pleasure principle

  D. biological drive

Answer Key: B

Feedback: Good! The superego develops as a result of contact with cultural beliefs. It functions as a suppressor of pleasure activity. It is an internal morality governing ideas on what is right and wrong. The superego has two subsystems: a conscious that punishes behaviour and the ego that rewards it. See section 14.5

1.0 Points

According to certain psychodynamic perspectives, across their lives or in certain situations, people tend to either consider others in a positive or negative way or as combinations of these positive or negative perceptions. These behaviours are related to _____.

  A. internal and external morality

  B. fixation and archetypes

  C. paranoid schizoid and depressive stances

D. a sense of inferiority and defence anxiety

Answer Key: C

Feedback: Yes! Klein demonstrated that early development consists of two distinct, but overlapping, developmental positions, i.e. the paranoid-schizoid and depressive positions. The depression position involves incorporating images of the good and bad. When self-esteem is threatened, a person moves back to the paranoid-schizoid position. See section 14.6

In your organisation it is clear that some employees' ways of thinking and doing and how others perceive them, may be the result of universal "social or behaviour genetics", or how people are influenced by past and historical experiences. Which of the following concepts related to psychodynamic theory, best describes this phenomenon?

A. Archetypes

B. Internal morality

C. Regression

D. Persona

Answer Key: A

Feedback: Good! Jung's personal unconscious resembles a blend of Freud's unconscious and preconscious. The collective unconscious was an extension of Freud's unconscious. Jung believed that the collective unconscious contained archetypes, which are culturally inherited predispositions to perceive, act and think in certain ways. See section 14.5

Question 16 of 50 1.0 Points

Allport utilises the concept of _____, which refers to fundamental underlying and motivational structures and defines a person's personality.

A. cardinal traits

B. proprium traits

C. central traits

D. common traits

Answer Key: C

Feedback: Chapter 16, textbook, section 16.6.2

Question 17 of 50 1.0 Points

Allport conceptualised _____ traits as pervasive, strong characteristics evident in some people, like being "as wise a Solomon."

A. unique

B. source

C. cardinal

D. common

Answer Key: C

1.0 Points

_____ states that personality, the situation and resultant behaviours contribute collaboratively to personal consistency in behaviour.

  A. Interactionism

  B. Trait consistency

  C. Situationism

  D. Individualism

Answer Key: A

Feedback: Chapter 16, textbook, section 16.10.3

1.0 Points

In trait psychology, the term temperament refers to _____.

  A. an emotional or mood expression

  B. an approach to describe personality factors

  C. the predominance of certain types behaviour over other types

  D. the innate energy underlying behaviour

Answer Key: A

Feedback: Section 16.9

Question 20 of 50 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

Answer Key: D

Feedback: Section 16.9

Question 21 of 50 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

Answer Key: A

Feedback: Prescribed book, section 16.3

1.0 Points

Franco runs his business in an authoritarian manner. He is extremely competitive; quickly buying up any businesses that could remotely challenge him. His wife describes him as being obsessive when it comes to running his business and as a perfectionist. These traits clearly have a dominant influence on Franco's behaviour and are referred to as _____ traits.

A. common

B. central

C. cardinal

D. source

Answer Key: C

Feedback: These traits can be referred to as cardinal traits (p. 365 Section 16.6.2)

Part 7 of 14 - Chapter 17 Theory 4.0 Points

1.0 Points

In humanistic theory, the term "deficiency needs" refers 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

Answer Key: B

Feedback: Section 17.6.2

1.0 Points

The _____ approach in psychology has as its central idea the uniqueness of every person's context and frame of reference.

A. psychodynamic

B. socio-cognitive

C. behaviourist

D. humanist

Answer Key: D

Feedback: Section 17.2

1.0 Points

In humanistic theory, the term umwelt refers to _____.

A. people being in their world

B. aspects related to a specific culture

C. the study of people's conscious experiences

D. people's external world

Answer Key: D

Feedback: Section 17.2

1.0 Points

Rogers defined self-actualisation as_____.

A. having spiritual experiences

B. becoming a fully functioning person

C. having social experiences

D. optimising health and resilience

Answer Key: B

Part 8 of 14 - Chapter 17 Application 3.0 Points

In a performance management session a supervisor is impressed by a young student's hardiness and her belief in her dreams and capacities of becoming a veterinarian despite a physical disability and lack of funds. This student's motivation may arguably be best explained by her feelings and beliefs of being _____.

A. self-efficacious

B. self-actualised

C. self-transcendent

D. free-willed

Answer Key: A

Feedback: Section 17.4

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

Answer Key: A

Feedback: Personal hardiness (p. 389 Section 17.8)

Max is always fully engaged in his work and he seems to enjoy the tasks he has to do every day. His type of work performance could most likely be related to _____.

A. esteem needs

B. spiritual drive

C. a flow experience

D. a process of valuing self-experiences

Answer Key: C

Feedback: Chapter 17, textbook, section 17.6.2

Part 9 of 14 - Chapter 18 Theory 4.0 Points

In cognitive theory, the term "aggression" is defined as _____.

A. an identity crisis, with widespread changes in core roles

B. something that violates the core role

C. holding on to invalid constructs

D. anxiety, with an inability to accurately interpret situations

Answer Key: D

Question 31 of 50   1.0 Points

One of the categories of representation is _____ memory, which refers to abstract representations of the meanings of things, for example people's knowledge of mathematics or language comprehension

A. short term

B. sporadic

C. episodic

D. semantic

Answer Key: D

Feedback: Well done! Semantic memory refers to abstract representations of the meanings of things, for example people's knowledge of mathematics or language comprehension See section 18.1 of your prescribed book.

Question 32 of 50   1.0 Points

People create their own view of the world and they act according to this knowledge and perception. This is known as _____.

A. core constructs

B. personal constructs

C. common perceptions

D. information processing

Answer Key: B

Question 33 of 50 1.0 Points

A construct that allows individuals to change their opinions when new information arises which is relevant to the experience is called _____.

A. a propositional construct

B. a constellatory construct

C. encoding strategies

D. a pre-emptive construct

Answer Key: A

Part 10 of 14 - Chapter 18 Application 3.0 Points

Question 34 of 50 1.0 Points

Personality, according to cognitive psychologists like Kelly, is _____.

A. characterised by various personal constructs and how they are used to understand the world and others in order to anticipate and predict future events.

B. made up of a number of personal constructs which form the core of the self or personality.

C. defined as the core roles a person assumes or that is given to him/her by others.

D. recognisable and determined by the enduring consistency and validity of personal constructs in order to cope with life's requirements.

Answer Key: A

Feedback: Section 18.5

1.0 Points

Why, according to cognitive psychologists, do people experience psychological adjustment problems?

A. They cannot solve conflicts from their past traumatic experiences.

B. Their ways of thinking are not applicable to more or all situations and events.
C. They rely too much on defence mechanisms and C-P-C cycles.
D. They do not receive support and their basic social needs are not satisfied.

Answer Key: B

1.0 Points

One of your friends is implicated in a theft and you react by deciding not to make a judgement until enough information has been collected. This indicates the use of _____ in the C-P-C cycle of cognitive theory.

A. circumspection

B. pre-emption

C. control

D. choice

Answer Key: C

Feedback: Section 18.8.1

Part 11 of 14 - Chapter 19 Theory 4.0 Points

Question 37 of 50 1.0 Points

An individual who experiences life as meaningful and purpose-driven because of a sense of direction is displaying the _____ facet of psychological well-being.

A. self-acceptance

B. personal growth

C. purpose in life

D. environmental mastery

Answer Key: C

Question 38 of 50 1.0 Points

The processes of absorption, vigour and dedication are used to describe a certain type of involvement in executing a job or task, known as _____.

A. self-efficacy

B. flow

C. engagement

D. hardiness

Answer Key: C

Feedback: Section 19.5.5

1.0 Points

_____ allow people to rapidly respond to environmental threats with specific action tendencies to get out of harmful situations.

A. Positive emotions

B. Negative emotions

C. Thought-action tendency

D. Non-specific action tendency

Answer Key: B

Feedback: Negative emotions allow people to rapidly respond to environmental threats with specific action tendencies to get out of harmful situations. See section 19.3.2 in your prescribed book.

1.0 Points

Which of the following descriptions refer to relational resources?

A. Physical fitness

B. Financial resources

C. Relationships with others

D. Knowledge and skills

Answer Key: C

Feedback: Yes! Interpersonal or relational resources refer to things such as social support and relationships with colleagues. See section 19.4.1 of your prescribed book.

Part 12 of 14 - Chapter 19 Application 3.0 Points

1.0 Points

The nun Mother Teresa of Calcutta dedicated her life to caring for the poverty stricken in India. In contrast, a young man who has just had his first successful music album released is interested in attending several parties in Europe and in being noticed in the company of established celebrities.

Based on ideas about "the good life", it is evident that Mother Teresa of Calcutta experienced _____.

A. the pleasurable life

B. growth and development

C. hedonic pleasure

D. eudaimonic happiness

Answer Key: D

1.0 Points

Angela has a positive attitude about herself because she accepts herself and her past experiences. This facet of psychological well-being is known as _____.

A. self-acceptance

B. personal growth
C. purpose in life
D. autonomy

Answer Key: A

Feedback: Chapter 19, textbook, section 19.3.1

1.0 Points

Which personality theory is considered as the foundation of positive psychology?

A. Behaviourism

B. Cognitive theory
C. Psychodynamic theory
D. Humanism

Answer Key: D

Feedback: Humanistic psychology can be considered as the foundation of positive psychology. Maslow, Frankl, and Rogers emphasised positive aspects of psychology. Section 19.2

Part 13 of 14 - Chapter 20 Theory 4.0 Points

1.0 Points

_____ disorders were previously referred to as neuroses.

A. Stress

B. Personality

C. Anxiety

D. Mood

Answer Key: C

Feedback: Well done. Anxiety disorders were previously referred to as neuroses. See section 20.5.2 of the prescribed book.

1.0 Points

The _____ personality is characterised by social anxiety, fear of rejection, social withdrawal, low self-esteem, fear of criticism and will not easily form binding social relationships.

A. avoidant

B. paranoid

C. antisocial

D. borderline

Answer Key: A

Feedback: Well done! This statement describes the avoidant personality. See section 20.5.3 of the prescribed book.

1.0 Points

_____ disorders refer to patterns of behaviour in which the individual complains of vague physical problems, such as difficulty in breathing, or paralysis in a body part, without there being any proof or explanation of an actual organic cause and in context of a person presenting with a long and complex medical history.

A. Anxiety

B. Personality

C. Stress

D. Somatic

Answer Key: D

Feedback: Yes, somatic disorders refer to patterns of behaviour in which the individual complains of vague physical problems, such as difficulty in breathing, or paralysis in a body part, without there being any proof or explanation of an actual organic cause and in context of a person presenting with a long and complex medical history. See prescribed book section 20.5.6

1.0 Points

_____ disorders are sometimes referred to as character or social disorders.

A. Anxiety

B. Mood

C. Personality

D. Substance-abuse

Answer Key: C

Feedback: Well done! Personality disorders are sometimes referred to as character or social disorders. See section 20.5.3 of your prescribed book.

Part 14 of 14 - Chapter 20 Application 3.0 Points

Question 48 of 50   1.0 Points

You have been tasked by your manager to improve the working conditions of the department by using various health-promoting approaches. The employees have been complaining of exhaustion, depression as well as low job and life satisfaction. Which approach or model do you think might be most suited?

A. Job characteristics model

B. Demands-control model

C. Risk-management model

D. Demands and resources model

Answer Key: B

Feedback: The Demands-control model proposes that work and jobs must be designed in a way to minimize high job demands. (p. 467 Section 20.7)

1.0 Points

A student is experiencing symptoms of various physical problems such as asthma, migraines and cancer after these illnesses were discussed in class, even though the student does not suffer from any of these. This is an example of a type of _____ disorder.

A. somatoform

B. psychotic

C. mood

D. substance-related

Answer Key: A

Feedback: Chapter 20, textbook, section 20.5.6

1.0 Points

With regard to the CBS-concept in the explanation of psychological disorders or related symptoms, in West Africa people may refer to problems of thinking as _____ while in Malaysia identity diffusion and aggressive behaviours may be indicated by the concept of _____.

A. Zar; Phambana

B. Phambana; Zar

C. Amok; Brain fog

D. Brain fog; Amok

Answer Key: D

Feedback: Section 20.5.12

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Part 1 of 14 - Chapter 13 Theory 4.0 Points

Question 1 of 50 1.0 Points

Nobles (1991:299) differentiates the African world view from the Western view as basic orientations that facilitate differences in how people explain such things as nature, human behavior, personality, self, management styles, work and time orientations as well as how to solve conflict. Which one of the following ethos would explain the African view?

 A. Survival of the best and fittest and controlling nature

 B. Survival of the tribe and unity with nature

 C. Competition, individual rights and separateness

 D. Individuality, uniqueness and differences

Answer Key: B

Feedback: Good work! African psychology explains personality and personality development as purposeful behaviour, a unitary concept of interdependent physical, mental and spiritual dimensions in harmony with the values of history, ecology, nature and the laws of life. The basic natural ingredient of the human personality is spiritual.Section 13.3.9

The _____ personality theory is characterised by acquired, observable behaviours or responses as rewarded in the various environments in which people function.

 A. psychodynamic

 B. behaviouristic

 C. humanistic

 D. cognitive

Answer Key: B

Feedback: The behaviouristic personality theory is characterised by acquired, observable behaviours or responses as rewarded in the various environments in which people function. See section 13.3.2 in the prescribed book.

According to the _____ personality theory, human behaviour is characterised by enduring and consistent attributes in their behaviour.

A. psychodynamic

B. behaviouristic

C. trait

D. cognitive

Answer Key: C

Feedback: Good work! Human behaviour is characterised by enduring and consistent patterns behaviour described in concepts such as dispositions, dimensions, traits, factors and types. This approach is mainly emphasised in workplace applications, especially in the area of individual differences with a view to assess work competencies. See section 13.3.4

1.0 Points

The _____ theory is used to identify personality characteristics, such as friendliness, helpfulness, practical orientation, insecurity and values.

A. humanistic

B. behaviourist

C. social-cognitive

D. trait

Answer Key: D

Feedback: Well done! According to trait theory, human behaviour is characterised by enduring and consistent patterns behaviour described in concepts such as dispositions, dimensions, traits, factors and types. See section 13.3.4

Question 5 of 50 1.0 Points

If you were asked to explain how the concepts and assumptions related to the psychodynamic theory relates to your own life, which of the following strategies would be the most applicable?

 A. Explain the early childhood experiences that influence your current behaviour.

 B. Describe your current home and study environment, as well as the people in these environments, and how they impact on your behaviour.

 C. Indicate how you make your own choices in your striving to experience meaning.

 D. Explain the cultural customs which influence your behaviour.

Answer Key: A

Feedback: Well done! From a psychoanalysis viewpoint, the context of your country of origin and its history of conflict, as well as your demographics should be considered. Within you, there are many unconscious, or repressed, contents from your childhood that, if made more conscious, can contribute to a better understanding of yourself and others. Now, try to explain your own behaviour from all the different perspectives. See section 13.3.1

Question 6 of 50 1.0 Points

The fact that personality study uses or combines a broad base of psychological knowledge and concepts, as well as being utilised in many contexts and applications, can be referred to as a/an _____ function.

 A. determinant

 B. criterion

 C. integrator

 D. indigenous

Answer Key: C

Feedback: Well done! Personality study is an integrative discipline in the study of human behaviour, although not all psychological topics are covered in the study of personality. The variation in personality theory and in constructs may be necessary to reflect the richness of human individuality and cultural diversity in this world. See section 13.8

Question 7 of 50 1.0 Points

In the work context, employees on the same levels and in similar jobs respond and perform differently with regard to their relationships with co-workers and their own behaviour and moods. Some people handle criticism well, whilst others struggle to accept when they are wrong. This refers to _____.

A. self-regulation

B. relational schemas

C. emotional intelligence

D. contextual experiences

Answer Key: C

Feedback: Yes! Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. What is your level of emotional intelligence? You can perform this quick survey by copying this link into your browser: http://www.ihhp.com/free-eq-quiz/ if you're curious - note that it's not a psychometric test, but it should give you an idea of what is involved in emotional intelligence. See Section 13.3.5

Question 8 of 50 1.0 Points

Whereas the _____ theory sees personality as stable across time and situations, the _____ theory in contrast, states that people are continuously learning and situations can influence behaviour.

A. behaviourist; psychodynamic

B. psychodynamic; behaviourist
C. humanistic; behaviouristic
D. behaviouristic; humanistic

Answer Key: B

Feedback: The psychodynamic theory sees personality as stable across time and situations, whilst the behaviourist theory in contrast, states that people are continuously learning and situations can influence behaviour. See sections 13.3.1 and 13.3.2

Part 3 of 14 - Chapter 14 Theory 4.0 Points

1.0 Points

Freud viewed _____ as an important tool in curing neurosis.

A. behaviour change

B. fixation
C. transference
D. anxiety

Answer Key: C

Feedback: Section 14.8.2

Question 10 of 50   1.0 Points

According to Freud, the _____ is an evaluative agent that selects the behaviour that minimises pain while maximising pleasure.

A. id

B. ego
C. superego
D. suppressor

Answer Key: B

Feedback: Section 14.5

Question 11 of 50   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

Answer Key: B

Question 12 of 50 1.0 Points

According to Freud, in order to reduce tension, the _____ operates according to the pleasure principle whereby maximum pleasure is obtained through satisfying all needs.

A. id

B. ego
C. superego
D. evaluative agent

Answer Key: A

Feedback: Section 14.5

Part 4 of 14 - Chapter 14 Application 3.0 Points

Question 13 of 50 1.0 Points

At work, Jack tends to be very aggressive, always focusing on negative things, makes sarcastic remarks and generally seems very cynical about life. According to Freud's psychosexual stages and personality types, Jack probably has a/an _____ personality type.

A. anal-expulsive

B. oral-aggressive
C. anal-retentive
D. oral-dependent

Answer Key: B

Feedback: Well done! Jack displays behaviour linked to the oral-aggressive type: argumentative, pessimistic, "bitingly" sarcastic, cynical. See section 14.7, Table 14.3

1.0 Points

An effective psychodynamic approach in the management of ineffective team work, could be to facilitate team members to achieve one of the following outcomes; _____.

A. to use overcompensation to be energised and achieve team goals

B. to accept their own anxieties and stop blaming others
C. to utilise fantasy and intellectualisation to solve work problems
D. to explore other relationships and coalitions in the work team

Answer Key: B

Feedback: Here we will probably have to consider defense mechanisms, as people use these to make reality less threatening. If they rather accept their own faults and work together to stop blame-shifting, the team will be more effective. The other options do not relate to psychoanalysis. See section 14.6

1.0 Points

An adolescent, against his mother's wishes to first obtain his learner's license with the License department, and his father's warnings that he will obtain hefty fines if caught by the police,

continues to drive his new sports car because, according to him, he likes the feeling of speeding. The father's responses can be associated with the _____.

A. Ego

B. Super-ego

C. Shadow

D. Id

Answer Key: B

Feedback: The father's warnings can be related to the super-ego which functions on the morality principle. The father reminds the child to obey the laws of the country. The superego develops as a result of contact with cultural beliefs. It functions as a suppressor of pleasure activity. It is an internal morality governing ideas on what is right and wrong. See section 14.5

Part 5 of 14 - Chapter 16 Theory 4.0 Points

1.0 Points

In trait theory, the MBTI can be described as _____.

A. an approach to describe personality factors

B. an approach to describe emotional or mood expressions

C. an scale to measure personality type

D. an approach to indicate a body and emotional type

Answer Key: C

Feedback: Section 16.5.3

1.0 Points

The concept of psychofortology, refers to internal dispositions which denote a person's _____.

A. ability to use resources for wellness and optimal functioning

B. utilisation of strong cardinal traits to be self-assertive and resistant
C. ability to grow into a fully functioning and mature person
D. ability to develop a strong self-sentiment towards being autonomous

Answer Key: A

Feedback: Section 16.10

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

Answer Key: D

Feedback: Yes! Extraversion and introversion are used by both Models. See section 16.5.1.1 and section 16.5.1.3 in your prescribed book.

1.0 Points

According to trait/type psychology, _____.

 A. traits that are more or less enduring 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

Answer Key: A

Feedback: Chapter 16, textbook, section 16.5.3 - Trait theory purposes that traits that are more or less enduring provide people with an identifiable personality profile across time and situations. The other options are too limited to encompass trait theory.

Part 6 of 14 - Chapter 16 Application 3.0 Points

1.0 Points

Franco runs his business in an authoritarian manner. He is extremely competitive; quickly buying up any businesses that could remotely challenge him. His wife describes him as being obsessive when it comes to running his business and as a perfectionist. These traits clearly have a dominant influence on Franco's behaviour and are referred to as _____ traits.

A. common

B. central
C. cardinal
D. source

Answer Key: C

Feedback: These traits can be referred to as cardinal traits (p. 365 Section 16.6.2)

1.0 Points

David feels that co-worker relationships are not as important as task completion. Which conflict-management style as described by Blake and Mouton do you think David is most likely to use?

A. Problem-solving

B. Smoothing
C. Forcing
D. Withdrawal

Answer Key: C

Feedback: Yes! David will most likely use forcing, as he has a high concern for task execution and a low concern for people; he is not a team player. See section 16.5.3 in your prescribed book.

A personality style or personality type can best be described as _____.

A. special temperamental traits

B. traits determined by genetic factors

C. a combination of or multiple traits

D. traits determined by learning only

Answer Key: C

Feedback: Prescribed book, section 16.5

Part 7 of 14 - Chapter 17 Theory 4.0 Points

Phenomenology refers to a person's _____.

A. unique subjective experiences

B. unconscious feelings and needs

C. striving to survive

D. need to be accepted by others

Answer Key: A

1.0 Points

In Roger's theory the premise of "organism" refers to _____.

A. a pattern of conscious perceptions and values

B. the totality of experiences and perceptions

C. personality structure

D. the total individual

Answer Key: D

Feedback: Section 17.4

1.0 Points

According to Frankl, _____ is the strongest motivational force in people.

A. worth attached to the self

B. positive regard

C. the will to meaning

D. developing a healthy self-esteem

Answer Key: C

Feedback: Chapter 17, textbook, section 17.6.1 - Frankl believed that people have free will and can create their own meaning through their choices. Make sure you know the different theorists in humanism and what they contributed to the theory.

Question 26 of 50   1.0 Points

In humanistic theory, the term "flow experience" refers to _____.

A. committment and satisfaction through the completion of tasks or processes

B. feelings of excitement based on achieving or experiencing something

C. basic physiological and safety needs

D. motivation because of living or being

Answer Key: A

Feedback: Section 17.6.2

Part 8 of 14 - Chapter 17 Application 3.0 Points

Question 27 of 50   1.0 Points

Based on Rogers' theory, if a person is experiencing hardship and difficulty in life, they should seek support from others, so that they can grow and develop in an atmosphere of _____.

A. optimal stress

B. unconditional positive regard

C. conditional positive regard

D. competitiveness

Answer Key: B

Feedback: Correct! According to Rogers, individuals can only develop into fully functioning people if they experience unconditional positive regard, that is being regarded and accepted unconditionally in relationships, so that they feel worthy and are able to develop a complete self image. See prescribed book section 17.5

1.0 Points

Herman is always fully engaged in his work and he seems to enjoy the tasks he has to do every day. His type of work performance could most likely be related to _____.

A. optimism

B. a peak/flow experience

C. esteem needs

D. spiritual drive

Answer Key: B

Feedback: Chapter 17, textbook, section 17.6.2

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

Answer Key: A

Feedback: Personal hardiness (p. 389 Section 17.8)

Part 9 of 14 - Chapter 18 Theory 4.0 Points

1.0 Points

A suspended construct is similar to _____, but the difference is that one remembers what is structured and forgets what is unstructured, rather than remembering what is pleasant and forgetting what is unpleasant.

A. identification

B. reaction formation

C. submersion

D. repression

Answer Key: D

Feedback: Good! A suspended construct excludes particular elements from awareness because

particular constructs that would lead to the recall of particular experiences have not been devised. A suspended construct is similar to repression, but the difference is that one remembers what is structured and forgets what is unstructured, rather than remembering what is pleasant and forgetting what is unpleasant. See section 18.4.3.3 in your prescribed book.

1.0 Points

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

A. exposure/openness to new information

B. the fact that people differ in their interpretations of things

C. anticipating repetitions in events

D. the fact that people share similar meaning systems

Answer Key: B

Feedback: Section 18.5

1.0 Points

With regards to Kelly's belief that people are scientists, he believes that people are orientated towards the _____.

A. past

B. future

C. present

D. unconscious

Answer Key: B

Feedback: Yes! The view of the person as scientist suggests that people are future-oriented, as behaviour is directed by predictions of the future and changes from yesterday as constructs are tested and modified. See section 18.2 and the text box on page 394 of your prescribed book.

1.0 Points

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

A. humanistic

B. behaviouristic
C. psychodynamic
D. subjective

Answer Key: B

Feedback: Chapter 18, textbook, section 18.4.1

Part 10 of 14 - Chapter 18 Application 3.0 Points

1.0 Points

One of your friends is implicated in a theft and you react by choosing one construct for dealing with the situation, such as hearsay versus fact. This indicates the use of _____ in the C-P-C cycle of cognitive theory.

A. circumspection

B. pre-emption
C. control
D. choice

Answer Key: B

Feedback: Section 18.8.1

1.0 Points

During an exit interview an employee describes the strong points and weak points of the organisation and his supervisors. Using Kelly's ideas on personal constructs, the employee's perceptions can be explained by the _____ corollary.

A. fragmentation

B. choice
C. range
D. dichotomy

Answer Key: D

1.0 Points

How does Kelly explain the idea of defence mechanisms?

A. He is in agreement with psychoanalysis that defence mechanisms are mostly unconscious.

B. Kelly believes that people defend against unstructured and disconfirmed constructs
C. Kelly believes that people may have preverbal constructs to defend the self.
D. Kelly believes that people may resist acting according to core roles in order to defend themselves.

Answer Key: B

Feedback: Section 18.4.3

Part 11 of 14 - Chapter 19 Theory 4.0 Points

1.0 Points

Which one of the following is a personality repertoire which includes mainly three functions namely, regressive self-control, reformative self-control, and experiential self-control?

A. Self efficacy

B. Locus of control

C. Personal hardiness
D. Learned resourcefulness

Answer Key: D

Feedback: Chapter 19, textbook, section 19.5.4

1.0 Points

In the theory on psychological well-being, the term "temperance" refers to _____.

A. the enduring confidence to cope

B. positive, absorbed commitment
C. protected use of strengths
D. confidence in capacities to achieve, like self-efficacy

Answer Key: C

Feedback: Section 19.5.3

1.0 Points

Benefit-finding is a specific characteristic of the _____ paradigm.

A. salutogenic

B. humanistic
C. fortigenic
D. behaviourism

Answer Key: C

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

Answer Key: D

Feedback: Section 19.3.1

Part 12 of 14 - Chapter 19 Application 3.0 Points

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

Answer Key: A

Feedback: Incorrect By choosing how she would react to a situation, she employed humanistic concepts. See your prescribed book section 19.4.3.2 regarding previous and current contributions to positive psychology

1.0 Points

The concept of positive psychology is supported by _____.

A. psychoanalysts such as Freud

B. cognitive theorists such as Kelly and Miller
C. Alder, through his idea of striving for superiority
D. the behaviourist principle of environmental determination

Answer Key: C

1.0 Points

The nun Mother Teresa of Calcutta dedicated her life to caring for the poverty stricken in India. In contrast, a young man who has just had his first successful music album released is interested in attending several parties in Europe and in being noticed in the company of established celebrities.

Based on ideas about "the good life", it is evident that Mother Teresa of Calcutta experienced _____.

A. the pleasurable life

B. growth and development
C. hedonic pleasure

D. eudaimonic happiness

Answer Key: D

Question 44 of 50 1.0 Points

Uncertainty about future career development, a fear of ageing, and the questioning of self-esteem and the purpose of life at age 40 may lead to _____.

A. mid-life crisis

B. career maturity

C. career plateauing

D. vocational uncertainty

Answer Key: A

Feedback: The so-called "mid-life crisis" at the age of approximately 40 years is caused by people's uncertainty about future career development, a fear of ageing, the questioning of their self-esteem and the purpose of life. It is seen as the most important period of adjustment for some people (Bergh & Theron 2013, section 20.6.7).

Question 45 of 50 1.0 Points

Personality disorders characterised by dramatic, emotional or erratic behaviour include _____.

A. the narcissistic personality

B. the dependent personality
C. the obsessive-compulsive personality
D. the borderline personality

Answer Key: D

Feedback: That is not correct, the borderline personality is included in this group.

1.0 Points

Hebephrenic or disorganized schizophrenia is characterised by _____.

A. absurd and illogical delusions as well as delusions of grandeur or persecution.

B. motor-behaviour disorder that may involve extreme withdrawal and stupor (periods of total inactivity), or extreme forms of excitement and activity during which the person can also be dangerous.

C. severe disintegration of the personality, for example, total emotional blunting or inappropriate emotions, infantile and sometimes vulgar and bizarre reactions, as well as incoherent speech and thinking.

D. diminishing interest in life, decreased motivation, emotional blunting and social withdrawal.

Answer Key: C

Feedback: Yes, hebephrenic or disorganized schizophrenia is characterised by severe disintegration of the personality, for example, total emotional blunting or inappropriate emotions, infantile and sometimes vulgar and bizarre reactions, as well as incoherent speech and thinking. See section 20.5.7 in your prescribed book for the four types of schizophrenia.

In terms of dissociative disorders, dissociative fugue is described as _____.

A. memory loss of important information

B. travel to new locations, uncontrolled memory loss of information and identity

C. derealisation, detachment from own identity and body

D. assumption of two or more personalities

Answer Key: B

Feedback: Nope, dissociative fugue is described as travel to new locations, uncontrolled memory loss of information and identity. See section 20.5.6 of your prescribed book.

Part 14 of 14 - Chapter 20 Application 3.0 Points

The _____ personality, which exhibits patterns of over commitment to work, often refers to an individual who shows resilience and inner resources that will promote health.

A. Hardy type

B. Type A

C. Type B

D. Type C

Answer Key: A

Feedback: The hardy personality exhibits patterns of over commitment to work, often refers to an individual that shows resilience and inner resources that will promote health. (p. 459 Section 20.6.3)

1.0 Points

Richard manifests a strong sense of detachment and few emotions, difficulties in working with other employees, some strange thoughts and interpretations of things and his performance has been adversely affected. Richard may be diagnosed as _____.

A. schizoid or schizotypical personality disorder

B. antisocial or narcissistic personality disorder

C. borderline or dependent personality disorder

D. depersonalisation and dissociative fugue

Answer Key: A

Feedback: Section 20.5.3

1.0 Points

What is the difference between psychophysical and somatic disorders? In somatic disorders _____.

A. complaints are often related to the person feeling threatened by other people

B. complaints are related to identity confusion and delusions

C. complaints are related to sudden changes in feelings, differing between joy and sadness

D. complaints are artificial and fake with no logical or medical explanations

Answer Key: D

Feedback: Well done! Somatic disorders, like hypochondria, have no real medical basis for the symptoms experienced. See Chapter 20, textbook, section 20.5.6