

Tutorial letter 202/1/2018

Personality Theories

PYC2601

Semester 1

Department of Psychology

Feedback on Assignment 02

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Dear Student

1 INTRODUCTION

In this tutorial letter, we will discuss the following:

- Feedback on Assignment 02

2 FEEDBACK ON ASSIGNMENT 02

2.1 General comments on Assignment 02

We were pleased that many students submitted Assignment 02. The aim of Assignment 02 was to help students to work through the second part of the syllabus. Students who submitted Assignment 02 will receive a computer printout containing the following information:

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

If you submitted your assignment on time and have not yet received such a printout, please contact our Assignment Section by email assign@unisa.ac.za or send a sms to 43584. You will find a summary of the correct answers of Assignment 02 in Table 1.

IMPORTANT NOTICE:

Please be reminded that, as per the announcements placed on MyUnisa, students using the 5th edition of the prescribed book **MUST NOT** study the chapter on the African Perspectives as it appears in the 5th edition. The prescribed chapter for the African Perspectives is the chapter from the 4th edition of the prescribed book and must be prepared for examination purposes. The 4th edition chapter on the African Perspectives is available as a PDF document in the Additional Resources folder on the PYC2601 module page on MyUnisa.

TABLE 1

ANSWERS TO ASSIGNMENT 02

QUESTION	ANSWER
ROGERS: 1 2 3 4 5	4 2 2 3 1
FRANKL: 6 7 8 9 10	2 1 4 4 3
AFRICAN PERSPECTIVES: 11 12 13 14 15	2 1 4 3 3

2.2 Feedback on the questions in Assignment 02

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

Questions on Rogers' theory

Question 1

In terms of Rogers' theory, the self concept

- (1) is that fixed structure of personality which makes it possible for the individual to exercise freedom of choice.
- (2) is fixed which allows an individual to experience a sense of continuity throughout the lifespan.
- (3) is similar to the ideal self.
- (4) is a representation of the value that individuals attach to themselves.

Feedback on Question 1

Alternative 4 is the correct answer. According to Rogers the self-concept is part of the phenomenal field and it forms an important part of the structure of personality. Rogers describes a psychologically adjusted person as someone whose individual experiences are or can be assimilated at a symbolic level in relation to the self-concept. According to Rogers, freedom of choice is one of the characteristics of an optimally functioning individual. However, the self-concept does not necessarily make it possible for one to exercise freedom of choice. It is only when an individual's self-concept is in accordance with his actual potential that he will become an optimally functioning individual, which includes the ability to exercise one's freedom of choice. Furthermore, Rogers states clearly that the self-concept is a fluid and changing gestalt and although it consists of relatively stable pattern of integrated perceptions, it is nonetheless flexible and changeable. Alternatives 1 and 2 are therefore incorrect. Alternative 3 is also incorrect: Rogers' theory states that in the psychologically healthy person the self-concept corresponds with the ideal self but this would not be the case in psychologically unhealthy people.

Read the following story carefully and then answers questions 2 and 3 in terms of Rogers' theory.

Samuel sees himself as a good son who could not possibly be attracted to the activities of some of his peers, such as smoking dagga. Samuel has included the value of his father of "if you are a good son you will not be attracted to socially unacceptable activities" in his view of what a good son should be. When Samuel enters high school, he experiences the intense wish to "break loose" and to experiment with dagga with his peers.

Question 2

According to Rogers' theory, Samuel

- (a) received unconditional positive regard from his father.
- (b) received conditional positive regard from his father.
- (c) incorporated a condition of worth into his self-concept.
- (d) is likely to become a fully functioning person.

The correct answer is:

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

Feedback on Question 2

It is evident in the scenario that Samuel's father set conditions for him in terms of what a good son "looks like". Samuel has then incorporated his father's condition of acceptance of him as a good son into how he sees himself. Samuel therefore received conditional regard from his father and incorporated this condition of worth into his self-concept. When engaging with his peers he experienced an intense need to break loose and experiment with dagga, which is incongruent with his self-concept. If he continues to function in this incongruent state, it is unlikely that he will become a fully functioning individual. Alternatives (b) and (c) are correct; which means option 2 is the correct answer.

Question 3

In terms of Rogers' theory, Samuel is likely to function

- (1) congruently because he will tend to behave in accordance with his self-concept.
- (2) incongruently because his self-concept differs from his organismic experiences.
- (3) congruently because his self-concept and true organismic potential are in accordance with one another.
- (4) incongruently because his wish to experiment with dagga is in line with his self-concept.

Feedback on Question 3

Considering that Samuel had incorporated his father's condition of worth (namely that a good son is not attracted to socially undesirable activities such as smoking dagga) into his self-concept his functioning would likely not be congruent. Option 1 is therefore incorrect. His self-concept (that of being a good son who is not attracted to undesirable activities) is at odds with his organismic experience (the desire to experiment with dagga). He would thus be unable to admit to this unwanted desire and to function congruently. Option 3 is therefore incorrect. Option 4 is also incorrect because congruent functioning (and not incongruent functioning) is present when a person's organismic experience is in line with his/her self-concept, which is not the case with Samuel. Option 2 is therefore the correct answer: Samuel is likely to function incongruently because his self-concept differs from his organismic experience.

Question 4

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

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

The correct answer is:

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

Feedback on Question 4

Rogers described the phenomenal field as "a representation of the totality of a person's perceptions and experiences" and these include objects and events outside the person and the person's inner experiences as well as the meanings attached to them. The phenomenal field would therefore not include events which he does not attend to. Alternative (d) is therefore incorrect. The correct answer is option 3.

Question 5

According to Rogers, the **actualisation tendency** is the need to behave and develop according to one's (a)_____ whereas **self-actualisation** is the need to behave and develop according to one's (b)_____.

- | | |
|-------------------------------------|-------------------------------|
| (1) (a) true potential | (b) self-concept |
| (2) (a) innate self-concept | (b) acquired abilities |
| (3) (a) unconscious view of oneself | (b) conscious view of oneself |
| (4) (a) conscious view of oneself | (b) innate abilities. |

Feedback on Question 5

Alternatives 2, 3 and 4 are not in line with Rogers' explanation of the self-actualisation and the actualising tendencies. He stressed that the self-actualising tendency is a subsidiary of the actualising tendency. The actualising tendency is regarded as the overriding motive where organisms grow and maintain themselves in order to become all they can be. Alternative 1 is therefore the correct answer.

Questions on Frankl's theory

Question 6

Frankl believed that youngsters often do not reach optimal levels of development because they

- (a) are given responsibilities at a time when they need to have fun.
- (b) want to live only for today, without any goals or visions for the future.
- (c) so easily capitulate to peer and other outside pressures.
- (d) live in an existential vacuum, with too few challenges and goals.

The correct answer is:

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

Feedback on Question 6

Frankl mentioned that people's lack of courage to respond to their challenges of life and to exercise their freedom responsibly is one of the reasons why people may not reach optimal development. For youngsters to reach optimal development, they need to handle their freedom (including having fun) more responsibly. Option (a) above is therefore incorrect as a descriptor for optimally functioning individuals. Optimally functioning people are characterised by their ability to plan, to have future goals, not falling into the trap of conformism and to rise above the challenges of life. Their lives are purposeful and meaningful. The correct answer therefore is alternative (2) which includes options (b), (c) and (d).

Read the following story carefully and answer Questions 7 to 10.

When Anna received the devastating news that she had cancer, she immediately phoned those close to her and in this way, mobilized her social network. When she went for treatment at the clinic, she also connected with other sufferers and created a community of sufferers that gave those who were suffering the feeling that they were not alone. In reaching out to them, she found meaning in her own suffering. She was also able to focus on her 'blessings'. When she looked at other sufferers who were having a far worse time than her. She sought knowledge through reading about cancer and healing, and followed a healthy diet plan. She also sought to know why she became ill. She believed that it was due to issues in the past that she had not dealt with properly. She now took the opportunity she was given to deal with those issues and believed her cancer would not return. She now lives her life as a cancer survivor and has made many plans for her future.

Question 7

In terms of Frankl's theory regarding the freedom to be responsible, which of the following statements is/are true of Anna?

- (a) As a human being, she constantly faced choices in terms of her attitude towards her diagnosis of cancer and her experience of it.
- (b) She felt compelled to behave positively when she found out that she had cancer.
- (c) She would have to bear the consequences of the choices that she made towards her diagnosis of cancer and her experience of it.
- (d) Although she is primarily a spiritual being, her freedom of choice is nonetheless curtailed by her environment and heredity.

The correct answer is:

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

Feedback on Question 7

According to existentialist philosophers, human beings have freedom and responsibility. Whichever circumstances we face, we have the freedom to be responsible, we have the freedom of choice, we are not compelled to behave in any particular way and we can be held responsible for our choices because we have a free will. Over and above that, we cannot ascribe our actions to the influences of the environment. Consequently, option (b) does not fit with Frankl's explanation of the freedom to be responsible. The correct answer therefore is alternative (1) which includes options (a), (c) and (d).

Question 8

In terms of Frankl's belief that humans live on a level beyond animal existence, Anna can

- (a) live her life purposefully even though she has cancer.
- (b) take up the challenge that her cancer has presented to her.
- (c) rise above her present situation and do something about it.
- (d) change her environment by making choices.

The correct answer is:

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

Feedback on Question 8

Frankl contends that we have the freedom to rise above our circumstances and to experience and find meaning in life. We are constantly faced with challenges to live our lives purposefully and meaningfully. Contrary to other theorists' postulations, Frankl believes that we have the choice to change our environment and as mentioned in the previous question, we cannot ascribe our actions to the influence of the environment because we have the freedom to choose how we allow those influences to impact on us. All the four options (a) – (d) capture the essence of what Frankl meant by human beings' ability to live beyond animal existence. Alternative (4) is therefore the correct answer.

Question 9

In terms of Frankl's theory, which of the following statements are true regarding Anna's will to meaning?

- (a) Cancer gave Anna's life meaning.
- (b) She took up the challenge to be victorious despite her cancer by being proactive in many areas of her life.
- (c) She wants to become healthy again and uses her will to carry on believing that she will survive cancer, and she dismisses any negative thoughts.
- (d) If her illness deteriorates, she may be hampered in her search for meaning as her physical survival might then become her priority.

The correct answer is:

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

Feedback on Question 9

According to Frankl, illness may temporarily hamper an individual's search for meaning. In this case, Anna would then strive to become healthy again in order to resume life with her loved ones. She would however, be exercising her freedom to choose what to focus on and will not be acting out of pressure. She would also take up the challenge to become well again since she made a choice to become victorious despite her circumstances. It is also evident in the scenario that she is not entertaining negative thoughts and that she has found meaning and purpose in her life. All the options provided above are accurate in terms of Frankl's explanation of the "will to meaning". Alternative (4) is therefore the correct answer.

Question 10

In terms of Frankl's theory, it is possible to assume that Anna has attained optimal development because

- (a) she exercised her freedom of will and found meaning in her life.
- (b) she accepted the factuality of life and her actions are self-determining.
- (c) she lives her life in terms of self-transcendence.
- (d) she is actively future directed and therefore would regard death as a failure.

The correct answer is:

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

Feedback on Question 10

Anna has clearly exercised her freedom of will and she has found meaning in her life, her actions are self-determining, she is future directed and she does not seem to be threatened by death. She is actively involved in activities that give meaning to her life, for example, she initiated a community of sufferers so that they do not feel that they are alone. Based on this, Anna seems to have attained optimal development. Consequently, options (a), (b) and (c) are correct in terms of Frankl's description of optimally functioning individuals. Option (d) is incorrect since there is no evidence that she is threatened by death. Alternative (3) is therefore the correct answer.

Questions on the African Perspectives**Question 11**

Sow highlights the importance of honoring the ancestral spirits by traditional Africans. This domain is referred to as the _____.

- (1) micro-cosmos
- (2) meso-cosmos
- (3) macro-cosmos

Feedback on Question 11

The correct answer is Alternative (2): The meso-cosmos is the domain of the ancestors, together with malignant spirits and sorcerers whereas the macro-cosmos refers to the domain in which God is encountered and the micro-cosmos refers to the domain of the individual in his/her everyday collective existence.

Question 12

A domain that is characterised by the collective existence of traditional Africans is explained by Sow as the

- (1) micro-cosmos
- (2) meso-cosmos
- (3) macro-cosmos

Feedback on Question 12

The correct answer is Alternative (1). (See the feedback on Question 11 above.)

Question 13

According to Sogolo, one of the differences between the cognitive functioning of traditional black Africans and Westerners is that

- (1) both Westerners and Africans have a two-dimensional concept of time.
- (2) the Africans do not make any reference to time because of the influence of celestial forces.
- (3) Westerners believe only in the macro-cosmic functioning of the universe, while traditional Africans believe in the micro-, meso- and macro-cosmic functioning of the universe.
- (4) Westerners cognitive functioning is anchored in rationality, while black Africans make allowance for intuition and emotions.

Feedback on Question 13

Sogolo states that Westerners have a linear concept of time with an infinite past, a present and an infinite future. This is contrary to the African view of time, which is two-dimensional with a long history, a present and virtually no future. Alternatives (1) and (2) are therefore incorrect since they do not provide accurate depictions of the Westerner's or the African's concept of time. Alternative (3) is also incorrect since Westerners' functioning is rooted within both the macro and micro-cosmic orders. The correct answer is therefore Alternative (4).

Question 14

According to Nobles, the European ethos rests on the principle/s of (a) _____, while the traditional African ethos rests on (b) _____.

- | | |
|--|-----------------------------------|
| (1) (a) intelligence | (b) wisdom |
| (2) (a) physical purity | (b) emotional purity |
| (3) (a) the survival of the individual | (b) the survival of the community |
| (4) (a) role modelling | (b) submissiveness |

Feedback on Question 14

Nobles stresses that the European ethos rests on the principle of individual survival, as opposed to the survival of the community, which is more the stance of the African ethos. Alternative (3) is therefore the correct answer.

Question 15

According to the traditional African perspective, ill-health refers to

- (1) inappropriate use of defence mechanism.
- (2) incongruent self concept.
- (3) a state of fragmentation and disintegration.
- (4) an imbalance in biochemical structures.

Feedback on Question 15

The African perspective views illness as a state of disharmony. Illness is also seen when the power of the universe is disrupted. Ill-health is furthermore viewed as a state of fragmentation and disintegration. Alternative (3) is therefore the correct answer.

2.3 In conclusion

Now that you have read through this tutorial letter containing feedback on the questions in Assignment 02, we hope that you feel even more confident to tackle the multiple-choice questions in Assignment 03. Remember that Assignment 03 is a self assessment assignment **and should NOT be submitted**. In case you have not noticed yet, feedback on Assignment 03 is provided in Tutorial Letter 101/2017. The purpose of Assignment 03 is to give you an opportunity to re-visit all the six theories in preparation for the exam. We also hope that the feedback we have provided has clarified the theories for you.

Please note that the information regarding the assessment plan, the examination system and the marking policy is provided in Tutorial Letter 101/2017. You are also reminded that the examination paper will be 2 hours long and will comprise 60 multiple-choice questions on all six prescribed theories, with 10 questions from each theory.

We wish you everything of the best

YOUR LECTURERS FOR PERSONALITY THEORIES