

PYC2601

(473080)

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PERSONALITY THEORIES

Duration 2 Hours

60 Marks

EXAMINERS .
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SECOND

Closed book examination.

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This paper consists of 18 pages plus instructions for completion of a mark reading sheet

Please complete the attendance register on the back page, tear off and hand to the invigilator.

This paper consists of 60 multiple-choice questions which must be answered on the mark reading sheet

After completing your answers, you must hand in the following

- (i) The mark reading sheet
- (ii) This examination paper (All the pages must be handed in)

ENSURE THAT YOU HAVE WRITTEN YOUR STUDENT NUMBER, MODULE CODE AND UNIQUE NUMBER ON THE MARK READING SHEET

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

The id is selfish and unrealistic and pursues the (a)____. This means that the id (b)____. The id also functions according to (c)____, which means that it is incapable of reflection and planning. The only form of drive satisfaction it is capable of is (d)____.

- | | | |
|-----|-------------------------------|--|
| (1) | (a) pleasure principle | (b) wants to satisfy its drives immediately |
| | (c) the primary process | (d) wish fulfilment |
| (2) | (a) primary process | (b) desires immediate object choice |
| | (c) the pleasure principle | (d) object choice |
| (3) | (a) wish fulfilment principle | (b) wants to satisfy its drives immediately |
| | (c) the primary process | (d) cathexis and anticathexis |
| (4) | (a) pleasure principle | (b) wants to satisfy sexual drives before any others |
| | (c) the secondary process | (d) wish fulfilment |

QUESTION 2

Freud divides life drives into two types, namely (a)____, which ensure the continued existence of the (b)____, and (c)____, which ensure the continued existence of the (d)____.

- | | | | | |
|-----|-----------------|-------------------|---------------------|---------------------|
| (1) | (a) eros drives | (b) species | (c) thanatos drives | (d) death drive |
| (2) | (a) id drives | (b) primary needs | (c) ego drives | (d) secondary needs |
| (3) | (a) ego drives | (b) ego | (c) sexual drives | (d) id |
| (4) | (a) ego drives | (b) individual | (c) sexual drives | (d) species |

QUESTION 3

Peter got out of the wrong side of the bed one morning. He was feeling highly irritable and attacked everybody verbally. During the day he accused his wife, children and colleagues of being impatient and of attacking him verbally all the time. What defence mechanism is Peter using according to Freud?

- (1) Projection
- (2) Rationalisation
- (3) Displacement
- (4) Reaction formation

QUESTION 4

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

- (1) displacement and identification
- (2) displacement and sublimation
- (3) reaction formation and sublimation
- (4) identification and rationalisation

QUESTION 5

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

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

QUESTION 6

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

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

QUESTION 7

A patient who has been undergoing psychoanalysis for quite a number of years suddenly no longer turns up for appointments. When the receptionist telephones her she is most surprised and says she had forgotten completely about the appointments. To what would Freud attribute the forgetfulness of this patient?

- (1) Displacement
- (2) Resistance
- (3) Transference
- (4) Distortion

QUESTION 8

When Dr Freud is introduced as **Dr Fraud**, which unconscious process is at work here?

- (1) Projection
- (2) Reaction formation.
- (3) Parapraxis
- (4) Repression

QUESTION 9

The personality type that Freud regarded as closest to the optimal or ideal state of development, is characterised by a

- (a) lack of any sexual or moral conflict
- (b) lack of fixations at pre-genital stages
- (c) strong ego and a not too strict superego
- (d) satisfactory sexual relationship with someone of the opposite sex

The correct answer is

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

QUESTION 10

In the face of a pathological outbreak of crime and violence such as we are experiencing in South Africa today, Freud most probably would have suggested that we

- (a) provide socially acceptable avenues for the discharge of aggressive energies in the promotion of, for example, competitive types of sport
- (b) strengthen moral prescriptions against violence to make its expression less acceptable
- (c) view these phenomena as the healthy release of the death drive and as conducive to society in the long run
- (d) come to terms with the fact that the aggressive inclination is part of human nature and that we can only hope to curb but never to eliminate it

The correct answer is

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

QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

QUESTION 11

Marlize is a very good athlete. According to Bandura's theory, practising hard and always giving her best, are behaviours specifically motivated by

- (1) external rewards which she receives directly after an athletic performance
- (2) her objective to transcend her biological and environmental constraints and to be the best she can be
- (3) the intrapersonal drives she brings into the situation
- (4) her expectations regarding the consequences of her behaviour and self-evaluation

QUESTION 12

Jack's Mathematics teacher clearly indicates the sections that he should study for his Mathematics examination. However, Jack decides to learn the sections he thinks are important. Unfortunately, he fails his examination at the end of the year. He realises that he has only himself to blame and decides that in future he will pay more attention to what his teacher highlights. According to Rotter, Jack has (a)____, which means that Jack (b)_____

- (1) (a) an external locus of control
(b) believes that his life is controlled by circumstances beyond his control
- (2) (a) an internal locus of control
(b) believes that his decisions influence his life negatively or positively
- (3) (a) low self-efficacy
(b) has little confidence in his teacher
- (4) (a) a self-reflective capability
(b) now believes that his teacher knows best

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QUESTION 13

Susan plays hockey for her school=s first team. The coach of the provincial team observes her play, and invites her to play for the provincial team. Susan declines the offer because she does not think that she is good enough. According to Bandura=s theory, (a)___ plays an important role in Susan=s decision. This means that (b)___

- (1) (a) self-regulation
(b) Susan has to regulate her behaviour. If she plays for the provincial team, she will neglect her school team.
- (2) (a) expectancy
(b) Susan=s schoolmates expect her to play for their team.
- (3) (a) self-efficacy
(b) Susan does not have confidence in her ability to play hockey well enough for the provincial team.
- (4) (a) internal locus of control
(b) Susan does not allow an external person like the coach, to decide for her what she should or should not do.

Read the following story carefully and in terms of Bandura=s theory answer Questions 14 to 17, which are based on this story.

Siphiwe plays sweeper for his school=s first soccer team. He is coached by the former famous Bafana Bafana player, Lucas Radebe. Siphiwe=s younger brother, Solly, attends all the practice sessions with their father, Mr Radebe, who is very proud of his team, takes pains with them and demonstrates all the important moves, which the team copies faithfully. He pays special attention to Siphiwe and points out that his aerial passes to his forwards are inaccurate, verging on sloppy. Mr Radebe shows Siphiwe a special technique to use. Siphiwe practises very hard every day and gets it right within a week. He is very proud of himself when he is chosen for the provincial team of his age group. His father is so excited about Siphiwe=s achievement that he buys him the most sought-after soccer ball on the market. His younger brother, Solly, is beside himself with excitement and proud about his elder brother=s achievement. He wishes he was old enough to play soccer so that he can also get a soccer ball like Siphiwe. One day Mr Radebe is late for the practice session, and some of the children start playing in his absence. Solly begs them to let him play too, and to everybody=s surprise, little Solly flawlessly uses the special passing technique Mr Radebe taught Siphiwe. Solly grins all over his face with pride.

QUESTION 14

What kind(s) of learning, according to Bandura=s theory is/are involved in the elder brother Siphiwe=s learning process?

- (1) Observational learning
- (2) Direct learning and self-regulation.
- (3) Observational learning and direct learning
- (4) Observational learning, direct learning and self-regulation

QUESTION 15

In terms of Bandura=s theory, who serves as the model/s in the learning process of Solly, the younger brother?

- (1) Siphiwe and their father
- (2) Siphiwe and Mr Radebe
- (3) Siphiwe
- (4) Mr Radebe

QUESTION 16

Who serves as the reinforcing agent/s in the learning process of Sphiwe, the elder brother?

- (1) His father
- (2) Mr Radebe
- (3) His father and Mr Radebe
- (4) His brother and his teammates

QUESTION 17

The fact that Mr Radebe admonishes Sphiwe for his sloppy aerial passes serves as (a)___ for Sphiwe, but as (b)___ for Solly, the younger brother

- | | | |
|-----|------------------------------|---------------------------------|
| (1) | (a) direct punishment | (b) vicarious punishment |
| (2) | (a) external self-punishment | (b) direct punishment |
| (3) | (a) vicarious punishment | (b) vicarious punishment |
| (4) | (a) direct punishment | (b) external self-reinforcement |

QUESTION 18

One morning, as Kim=s father is driving her to school, he notices a dog lying on the side of the road. He stops and approaches the dog which is very badly wounded. He returns to the boot of his car and fetches a box into which he can put the dog. He gently picks the dog up and places it in the box. He takes the dog to the vet who is very impressed at Kim=s father=s kindness. When Emily, one of Kim=s friends, falls off the jungle gym at school, Kim is the first one to reach her. She gently helps her up and takes her to the teacher. In terms of social cognitive learning theory, Kim=s kindness to others who are in need is an example of

- (1) imitation
- (2) counter-imitation
- (3) modelling
- (4) generalisation

QUESTION 19

Which of the following persons is an optimally functioning person according to *the* social cognitive learning approach?

- (a) Peter succeeds in producing behaviour which meets his own standards
- (b) John sees himself as he really is and his self concept is in accordance with his actual potential.
- (c) Joe neither overestimates nor underestimates his own abilities
- (d) Mary has an internal locus of control, a feature which is regarded as desirable in her culture

The correct answer is

- (1) Peter
- (2) John
- (3) Peter, Joe and Mary
- (4) Peter and Joe

QUESTION 20

According to the social cognitive learning approach, people develop characteristic styles in their attempts to explain the events in their environments. Identify the styles used by Stephen: Stephen has lost his job. He blames himself for it and feels that he is a complete failure [(a) a/an ___ style]. He believes that he is too bad tempered and impatient to keep any job, and that he will always be like that [(b) a ___ style]. His whole life is disrupted, and he believes that he will also lose his house, his car and his wife [(c) a ___ style].

- (1) (a) external (b) global (c) limited
 (2) (a) internal (b) stable (c) global
 (3) (a) helpless (b) transient (c) global
 (4) (a) internal (b) stable (c) helpless

QUESTION 21

Which of the following statements most accurately explain Maslow=s view of the person?

- (a) An individual has the potential to reach his or her highest level of functioning.
 (b) An individual has an active will to develop, grow and reach his or her true potential.
 (c) Human behaviour can be explained in terms of need gratification since this largely forms the basis for growth and self-actualisation.
 (d) Human behaviour is goal-directed and an individual is viewed as the central figure in the actualisation of his or her own potential.

The correct answer is

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

Read the passage that follows and answer Questions 22 and 23

The petrol attendants working for the local petrol station have always felt safe and secure in their work. However, the station is now under new management. The new manager feels that the station has too many employees and is working at a loss. He has devised a plan to reduce the working days for all of them, which results in salary reductions. Over and above that, a point system has been introduced, meaning that the lower the performance points one scores, the higher the chance for one to be retrenched. This unstable structure, has left them feeling very helpless and insecure, and they fear that they will lose their jobs.

QUESTION 22

On which level of Maslow=s hierarchy of needs are the petrol attendants= needs presently dominant?

- (1) Physiological needs
 (2) Safety needs
 (3) The need to belong
 (4) The need for self-esteem

QUESTION 23

In terms of Maslow=s theory, the workers= efforts to maintain high performance points, as an attempt to ensure their jobs, best describe which one of the following categories of motives?

- (1) Self-realisation motives/motivation
- (2) Growth motives/motivation
- (3) Deficiency motives/motivation.
- (4) Survival motives/motivation

QUESTION 24

Nancy is a successful business woman She is confident, at peace with herself, satisfied with her life and comfortable with who she is Which one of the following characteristics from Maslow=s criteria for optimal functioning fits with the above scenario?

- (1) Exclusiveness
- (2) Self-acceptance
- (3) The democratic character structure
- (4) Task involvement

QUESTION 25

Lerato was nominated the best accountant in her company As a result of this, she was offered the position of chief accountant at one of the top companies in Cape Town She however, turned the post down Her reason being that she did not think she was qualified enough to handle the company=s demands In terms of Maslow=s theory, do you think that Lerato will be able to reach her true potential or not?

- (2) Yes, this is an indication that Lerato has self-knowledge and self-insight into her own capabilities, and as such, does not want to overstretch herself
- (3) No, she underestimates her own abilities and talents, which will make it difficult for her to realise her true potential
- (4) Yes, Lerato=s refusal of the job offer reflects her honesty and lack of pretence These are important qualities necessary for one to self-actualise
- (5) No, she does not seem to want to develop her career and this reflects on how she handles her life demands in general A self-actualiser needs to take risks

QUESTION 26

According to Maslow, an individual who functions optimally is someone who

- (a) has overcome the restrictions of the environment and is able to satisfy his or her needs on all four lower levels of the hierarchy on a regular basis
- (b) does not pay particular attention to the moral and ethical codes of society but abides by his or her own rules
- (c) has accepted the responsibility of self-actualisation and has become the best person that she or he can be
- (d) has self-knowledge and self-insight, and observes and recognises reality for what it is

The correct answer is

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

QUESTION 27

Which of the following statements most accurately explain Maslow's view on psychopathology?

- (a) Psychopathology results from the failure of the environment to provide for an individual's basic needs
- (b) Unfulfilled basic needs will reach pathological levels only in a person to whom these needs represent some form of deficiency in their lives
- (c) Over-gratification of needs can lead to pathology
- (d) Unfulfilled meta-needs could lead to pathological conditions called meta-pathologies

The correct answer is

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

Read the following story and answer Questions 28 to 30.

Tsholofelo is a 24 year old woman. Both her parents passed away in a tragic accident when she was only 6 years old. She was left with her grandmother who passed away when Tsholofelo was 11 years old. From then on, she was passed on from one family to the other, and as a result she never had a stable sense of belonging with any of the families involved. At the age of 23 she married a very loving, caring and supportive man. Although she acknowledges that there is mutual love and caring between the two of them, she feels inadequate in her role as a wife and she feels that she is not good enough for her husband.

QUESTION 28

According to Maslow's hierarchy of needs, Tsholofelo's feelings of inadequacy could be attributed to

- (a) the frustration of her need for love and belonging as a child
- (b) ungratified safety needs when growing up
- (c) unfulfilled self-esteem needs when growing up
- (d) ungratified physiological needs as a child

The correct answer is

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

QUESTION 29

In terms of Maslow's theory, Tsholofelo is presently functioning at the level of her ____ needs

- (1) self-esteem, and affiliation and love
- (2) self-esteem
- (3) affiliation and love
- (4) security

QUESTION 30

In line with Maslow's theory, which of the following would you regard as the optimal therapeutic consideration/s when dealing with Tsholofelo=s situation?

- (a) The therapist should create a therapeutic relationship within which the therapist shows respect for Tsholofelo=s innate character
- (b) The therapist=s main task is to create a trusting environment within which Tsholofelo will be able to discover and re-discover meaning in her life
- (c) The therapist should assume the role of a facilitator who will guide Tsholofelo towards gaining insight into her own deficient needs so that she can discover her true potential

The correct answer is

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

QUESTION 31

In which one of the following ways would your response to your partner be the most correct in accordance with Rogers= view of the person?

- (1) You constantly remind your partner how you would like him to interact with your parents, as you know that his own constructive tendencies lead him to want them to like him too
- (2) You trust that your partner will make the best choices for herself at work and so you refrain from offering anything but your support and acceptance of the choices she makes
- (3) You know that your partner is a sensitive person by nature and so you find the most tactful way to share with him any criticisms you may have of his actions.
- (4) You point out to your partner the ways in which she restricts and limits your freedom, as ultimately the significant others in your environment should always facilitate your ability to realise your true potential

QUESTION 32

In the table below, Column A lists the structural components of the personality and Column B the explanations of each. From the alternatives below select the correct combinations of the items in these two columns.

Column A. Structural elements	Column B. Explanations
(a) The organism	(d) A relatively stable pattern of integrated perceptions, which is also flexible and changeable
(b) The phenomenal field	(e) The central figure that interacts constantly with the dynamically changing world
(c) The self-concept	(f) The totality of a person's perceptions and experiences

The correct answer is

- (1) [(a) & (f)], [(b) & (e)], [(c) & (d)]
- (2) [(a) & (d)], [(b) & (e)], [(c) & (f)]
- (3) [(a) & (e)], [(b) & (f)], [(c) & (d)]
- (4) [(a) & (f)], [(b) & (d)], [(c) & (e)]

QUESTION 33

Pumi wants to be a good mother. Her view of a good mother is of someone who dedicates all of her time and energy to her child. While she would love to continue her studies in art, as she really wants to become a professional painter, she decides to give this up in order to devote herself to her newly born baby. According to Rogers' view on the actualising and self-actualising tendencies, Pumi is

- (1) realising her true womanly potential as a mother and therefore demonstrates the actualising tendency
- (2) striving for the utmost development of her potential and therefore demonstrates the self-actualising tendency
- (3) acting upon her view of what a good mother should be and therefore demonstrates the self-actualising tendency
- (4) realising only part of her total potential and therefore demonstrates the actualising tendency

QUESTION 34

Tracey has a burning desire to be a jockey, but follows her father's advice that this is not a career for a woman and studies to become a doctor instead. According to Rogers, it is possible that whenever Tracey goes near horses she may

- (1) become consciously aware of the incongruence that exists between her concept of herself as a doctor and her actual desire to be a jockey
- (2) deny or distort her desire to be a jockey in order to make it fit with her concept of herself as a doctor
- (3) deny or distort her desire to be a jockey so that a state of congruence can exist between her self concept and organismic potential
- (4) become consciously aware that her concept of herself as a doctor can also accommodate her desire to be a jockey

QUESTION 35

Julia sees herself as a competent person who is afraid of nothing. Experiences that make her fearful are therefore very threatening to her self concept, and she picks up these experience on the unconscious level through the process of (a) _____. When she is hijacked she can no longer (b) _____ her fearful feelings, with the result being that she is now able to (c) _____ fearful experiences at the (d) _____ level.

Select the alternative below that most accurately completes the vignette according to Rogers' theory

- | | | | |
|-----------------------|---------------|----------------------------|----------------|
| (1) (a) denial | (b) symbolise | (c) consciously experience | (d) subception |
| (2) (a) symbolization | (b) deny | (c) subcept | (d) conscious |
| (3) (a) subception | (b) deny | (c) symbolise | (d) conscious |
| (4) (a) subception | (b) symbolise | (c) deny | (d) conscious |

QUESTION 36

Ruth=s mother regards Ruth as being her own person and allows Ruth to act on her own preferences and needs Her grandmother however thinks that her mother spoils her far too much and that Ruth is being disadvantaged by not being taught enough self-discipline Which one of the following statements according to Rogers= theory comments the most accurately on this situation?

- (1) Ruth=s mother loves her unconditionally and provides her with conditions of worth that ensure her personal growth
- (2) Ruth=s grandmother loves her unconditionally and demonstrates this through her concern that the lack of discipline in Ruth=s life may inhibit her from realising her full potential
- (3) Ruth=s mother loves her conditionally as she imposes no limits on her allowing her the freedom to be who she is
- (4) Ruth=s grandmother loves her conditionally as there are aspects of Ruth=s behaviour that she feels the need to limit, thereby imposing conditions of worth on Ruth

QUESTION 37

Which one of the following statements according to Rogers= theory is the most accurate?

- (1) It is not what the significant other says or does, but how you perceive it that makes the difference
- (2) Unconditional positive regard implies acceptance of the person and his or her behaviour
- (3) Approval or disapproval is only conveyed verbally
- (4) The more conditional positive regard a person receives, the less he or she incorporates conditions of worth into his or her self concept

QUESTION 38

In her book, *The Journey*, Brandon Bays describes the personal journey in which she heals herself from a tumour without surgery At times in this experience, she had to dare not to take her doctor=s advice in order to continue to listen to and believe in what her body was telling her it required her to do Which one of Rogers= characteristics of the fully functioning person best describes Brandon=s actions?

- (1) Basic cautiousness and restraint
- (2) Freedom from responsibility
- (3) Increasing organismic trust
- (4) Defending against conformity

QUESTION 39

Nwabisa has incorporated the belief into her self concept that a good student is one who studies for a minimum of 12 hours during the exams and does not take breaks to socialise until exams are finished Half way through her exam timetable she becomes very ill and her doctor advises that she should cut back on her workload if she wants to avoid a complete nervous breakdown and possible hospitalisation In which of the following does Nwabisa=s responses accord with Rogers= views on psychopathology?

- (a) Nwabisa is able to remain open to her doctor=s advice without feeling that her self concept as a good student is being threatened. She reduces her hours of study and ensures that she builds in some time for socialising.
- (b) Nwabisa doubts that her doctor=s belief that she will have a nervous breakdown applies to her, as she knows that she has a lot of capacity to keep going even under very difficult circumstances.
- (c) Nwabisa follows her doctor=s advice and cuts back on her work schedule, but begins to feel very tense and anxious.
- (d) Nwabisa also prides herself on being a good patient and takes her doctor=s advice very seriously by cancelling her exams all together, telling herself that she needs to rest properly if she is going to recover.

The correct answer is

- (1) (a), (b) & (d)
- (2) (b), (c) & (d)
- (3) (a), (b) & (c)
- (4) None of the above

QUESTION 40

Thoko comes to see you for therapy as she is feeling lost and confused at this point in her life. She explains to you, that for her whole life, she has always had a clear sense of the direction in which she was heading, as from a young age she had always wanted to be a performing artist just like her mother. In the last while however her work has begun to feel very unfulfilling and she does not know with what to fill this emerging void. How would you, as a Rogenian therapist, approach Thoko=s dilemma?

- (1) You would use the vantage point as an external observer of the situation to point out to Thoko the inaccuracies and distortions in her perception of the situation.
- (2) You would view the situation from Thoko=s frame of reference, in order to understand how she sees the situation for herself before conveying your empathic understanding.
- (3) You would consider how Thoko=s mother may feel if her daughter should leave the profession they have shared and convey your understanding of this to Thoko in a congruent and unconditional manner.
- (4) You would adopt a passive and laissez-faire stance and reflect Thoko=s feelings and thoughts back to her.

QUESTION 41

Frankl believes that a person's behaviour is motivated by

- (1) will-to-meaning
- (2) will-to-pleasure
- (3) will-to-power
- (4) will-to-actualisation

QUESTION 42

According to Frankl's view of the person, **self-transcendence** is one of the most important characteristics of being human. Which of the following statements describe self-transcendence?

- (a) A person has the ability to reach out to something larger and higher than him/herself.
- (b) A person has the ability to rise above him/herself and his/her circumstances.
- (c) Self-transcendence can only be reached when a person forgets about him/herself and reaches out to the outside world.

The correct answer is

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

QUESTION 43

Concerning the development of the personality, Frankl believes that the (a)_____ dimension is the core of the personality. This dimension develops (b)_____

- | | |
|-------------------|---|
| (a) psychological | (b) during childhood |
| (a) spiritual | (b) from birth and is complete in adolescence |
| (a) spiritual | (b) throughout life, but it is already present at birth |
| (a) physical | (b) throughout life |

QUESTION 44

Zanzelle is a single mother with four children and she has an extremely difficult life. She has no job and recently her shack burned down. With no shelter, no money and very little food, her circumstances look very bleak. According to Frankl's theory, Zanzelle

- (1) is unlikely to find meaning in her life until her needs for safety and security have been met.
- (2) may be unable to find pleasure and happiness because her life has no purpose.
- (3) is unlikely to find meaning in her life because she has no freedom of choice in her current circumstances.
- (4) may still be able to find meaning in her life despite her tragic circumstances.

QUESTION 45

According to Frankl, suffering is inevitable in life. When we are unable to change a tragic situation, we can

- (1) make our suffering more bearable by changing our attitudes towards suffering and pain.
- (2) avoid suffering by choosing to be responsible.
- (3) avoid suffering through self-actualisation.
- (4) make our suffering more bearable by changing other people's attitudes towards our situation.

QUESTION 46

John is a wealthy retired business man who describes himself as being addicted to pleasure. He lives the "high life" - spending large sums of money on beautiful women, gambling, and holidays in exotic places. According to Frankl's theory, John's life

- (1) demonstrates his will to meaning because he has found pleasure and happiness.
- (2) is an existential vacuum because John is motivated primarily by the will to pleasure.
- (3) has meaning because he exercises freedom of choice.
- (4) demonstrates an unfulfilled will to meaning because John has not achieved self-actualisation.

QUESTION 47

One of the characteristics of people suffering from collective noögenic neurosis, is **conformism**. Which one of the following people would you call a conformist?

- (1) John is aware that man's freedom of will is limited by ethical rules which make demands on him from outside
- (2) Susan's need for acceptance by others is greater than her need for finding meaning in her life
- (3) Peter does not want to be different from other people, and he avoids his personal responsibilities in the process
- (4) Mary see herself as a helpless victim of life

QUESTION 48

A logotherapist gives the following advice to a girl who blushes continuously whenever she comes into contact with people at her workplace "Make a point of blushing even redder, and for a longer time than ever before, whenever somebody enters your office " The technique that the therapist uses here, is called (a)_____ which means that the girl (b)_____

- (1) (a) de-reflection
(b) has more time to reflect over the problem when she has the inclination to blush
- (2) (a) logotherapy
(b) should learn to find meaning in her life, despite her blushing
- (3) (a) paradoxical intention
(b) should perform the opposite behaviour of what she intended to do
- (4) (a) self-transcendence
(b) must rise above her blushing problem

QUESTION 49

The logotherapy technique of de-reflection entails

- (1) reasoning logically with a patient in an effort to convince him/her that there is meaning in life
- (2) advising the patient to act out his/her symptoms or to do precisely that which he/she fears
- (3) using confrontation to help the patient view his/her situation differently
- (4) encouraging the patient to ignore his/her problems by concentrating on things external to him/herself

QUESTION 50

According to Frankl, the person is an open system. He means that the person

- (a) has freedom of will
- (b) is not a slave to his drives, needs or circumstances, but that he can rise above them
- (c) has self-awareness and a conscience
- (d) exists mainly on a psychological dimension

The correct answer is

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

QUESTION 51

Do you think that it is relevant for South Africans to study the African perspective?

- (1) It is not really relevant as well-researched Western personality theories have already been developed to explain and describe human behaviour
- (2) It is relevant in South Africa to study the African perspective only, as first-world ideas do not really apply to Africa
- (3) It is relevant as most Africans are located on a continuum between a Western and a traditional African orientation, and knowledge of both perspectives would therefore be important
- (4) It is not relevant. If the people of Africa want to be part of the First World, they should incorporate Western Psychology into their thinking

QUESTION 52

The African view of humankind and worldview is based on

- (1) a holistic sense of interconnectedness between humans, God and nature, where humans are the centre of the universe from which all can be understood and explained
- (2) the focus on individuals in terms of their uniqueness as humans, and their development in terms of optimal or pathological functioning
- (3) rootedness in the past, staying in natural rhythm with time, and striving towards the future
- (4) the human as a complete, separate psychological entity who is the centre of his or her own subjective universe

QUESTION 53

The practice of spilling beer as a gift to the ancestors by traditional Africans at feasts to ensure that the ancestors will intercede on their behalf, refers to the (a) ___ cosmos, which is the domain where (b) ___

- | | | |
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| (1) | (a) macro- | (b) sorcerers and genies reign |
| (2) | (a) macro- | (b) one reaches God through ancestors who are intermediaries |
| (3) | (a) meso- | (b) the survival of the community is emphasised |
| (4) | (a) micro- | (b) ancestors and spirits of specific people can be found |

QUESTION 54

The interweaving of the traditional African=s identity with the identity of his or her family, clan, and tribe, refers to the (a) ___ cosmos, which is the sphere (b) ___

- | | | |
|-----|------------|--|
| (1) | (a) macro- | (b) where the individual feels immersed in an all-pervasive religious feeling |
| (2) | (a) meso- | (b) that emphasises the survival of the community |
| (3) | (a) micro- | (b) of the individual=s everyday life determined by the macro- and meso-cosmos |
| (4) | (a) macro- | (b) where one reaches God through ancestors who are intermediaries |

QUESTION 55

A traditional African named Peter contracts HIV/AIDS. In terms of the African perspective, to what is he most likely to attribute this sickness?

- (1) Peter might attribute this sickness to the meso-cosmos. He therefore denies personal responsibility.
- (2) Peter might attribute this sickness to the macro-cosmos. He therefore assumes personal responsibility.
- (3) Peter might attribute this sickness to the micro-cosmos. He therefore assumes personal responsibility.
- (4) Peter might attribute this sickness to the micro-cosmos. He therefore denies personal responsibility.

QUESTION 56

Monica is the sole breadwinner in her family. Her salary pays for her younger brother's school fees, the rent, food, and clothing. In turn, Monica's mother does her washing and she has a nice plate of food waiting for her when she arrives home.

In terms of the African perspective, this example illustrates the values of

- (1) cooperation, interdependence and collective responsibility
- (2) individual rights, independence, and competition
- (3) sympathy, individual survival and personal responsibility
- (4) individuality, uniqueness, and responsibility

QUESTION 57

In terms of the African perspective, cognitive functioning relies strongly on intuition and emotion, rather than rationality alone, and is affected by the collective way of life. Which one of the following examples best illustrates this?

- (1) Mapule chooses the subjects at school that will benefit her in pursuing her goal of becoming a doctor.
- (2) Puleng wants to become a computer programmer, but as she is an obedient daughter, she becomes a teacher which is her parents' choice.
- (3) (3) Lebo has confidence in her abilities to become an accountant which is the career she follows successfully.
- (d) Sindiwe gives away her baby's clothes even though she herself is pregnant again because her cousin's baby is in need of them now.

QUESTION 58

How is time conceptualised in the traditional African perspective? Time is conceptualised in terms of the

- (1) past, present and future
- (2) past, present and virtually no future
- (3) past and present
- (4) present and virtually no future

QUESTION 59

According to Pasteur and Toldson, optimal functioning from an African perspective, refers to

- (a) the harmonious interaction of the analytical and creative hemispheres of the brain
- (b) a collective existence which offers a sense of security to Africans
- (c) direct and immediate expression to all contents of the consciousness through cultural activities
- (d) the accentuation of the individual's uniqueness and potentials

The correct answer is

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

QUESTION 60

Which one of the following statements is correct in terms of traditional Africans and modern Westerners?

- (1) Whereas members of a traditional African family would pool their salaries in order to survive, members of a modern Western family would probably each keep their salaries for themselves
- (2) Whereas modern Westerners would plan for their future by saving money, taking life insurance, and investing in pensions for example, traditional Africans, directed by their fear of the end of the world, would plan for their future by investing in the health of their souls
- (3) Traditional Africans tend to be more stressed out than their Western counterparts because of their more intuitive approach to life
- (4) Westerners place emphasis on the individual whereas traditional Africans place emphasis on the survival of the fittest

PART 1 (GENERAL/ALGEMEEN) DEEL 1

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IMPORTANT

- USE ONLY AN HB PENCIL TO COMPLETE THIS SHEET
- MARK LIKE THIS. ➡
- CHECK THAT YOUR INITIALS AND SURNAME HAS BEEN FILLED IN CORRECTLY
- ENTER YOUR STUDENT NUMBER FROM LEFT TO RIGHT
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PART 2 (ANSWERS/ANTWOORDE) DEEL 2

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