

**PYC2601**

( 470250)

October/November 2016

**PERSONALITY THEORIES**

Duration 2 Hours

60 Marks

**EXAMINERS**

FIRST

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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**

**[TURN OVER]**

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

Freud's theory is based on the assumption/s that human beings

- (a) determine their own personalities by the kind of moral choices they make
- (b) are driven by persistent forces in the psyche which are in conflict with the norms of society
- (c) function with the help of energy which is converted from a physical-biological form to psychic energy
- (d) try to experience drive satisfaction in a goal-directed and meaningful way

The correct answer is

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

**QUESTION 2**

Freud asserted that the id, ego and superego function on different levels of consciousness. In view of this contention, which one of the following statements is correct?

- (1) The id functions on the unconscious level, the ego on the preconscious level and the superego on the conscious level
- (2) The id functions on the unconscious and preconscious levels and the ego and superego on the conscious level
- (3) The id functions primarily on the unconscious level but also on the preconscious level, and the ego and superego function equally on all three levels of consciousness
- (4) The id functions primarily on the unconscious level but also on the preconscious level, and the ego and superego function on all three levels of consciousness, although not to the same extent

**QUESTION 3**

In Freudian terminology, cathexis refers to

- (1) the psychic energy that is transferred onto appropriate objects of drive satisfaction in a way that makes these objects attractive or desirable
- (2) a sexual climax
- (3) the release the ego experiences when it is freed from the conflicting interplay of the id, the physical reality and the superego
- (4) the cathartic relief of tension after a long build-up of tension due to delayed drive satisfaction

**QUESTION 4**

Thabo is faced with the conflict of sexually desiring his best friend's wife. According to Freud, the most effective strategy Thabo could employ to deal with this conflict is to

- (1) resist the temptation and repress his drive out of loyalty to his friend
- (2) fully satisfy his desire by secretly having sex with his best friend's wife
- (3) deny that he has any such desire by becoming convinced that his best friend's wife is actually quite unattractive
- (4) sublimate his desire for his best friend's wife by having sex with his own wife

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**QUESTION 5**

After the divorce of his parents and the trauma of being left with his penniless mother while his father took off with his mistress, five year old Johnny, who was toilet trained when he was two, began wetting his bed. The Freudian analyst, whom Johnny's mother consults for help, will most likely explain Johnny's behaviour as

- (1) regression and fixation as a result of feeling overwhelmed by anxiety
- (2) the repression of sexual feelings towards his mother now that the rival figure of the father is out of the way
- (3) the sublimation of aggressive feelings towards the father who left them
- (4) the projection of castration anxiety in the act of wetting his bed

**QUESTION 6**

A pastor has a frigid wife who refuses to have sexual relations with him. He preaches hellfire and damnation on everyone who commits adultery. He begins advocating a strict dress code for the women in his congregation - they have to wear long skirts and high-necked blouses with long sleeves. According to Freudian theory, the defence mechanism which best explains the pastor's behaviour is

- (1) regression
- (2) identification
- (3) rationalisation
- (4) reaction formation

**QUESTION 7**

Freud regards dreams as the royal road to the unconscious because

- (a) there is no other way that repressed material can be brought to light
- (b) dreams contain disguised wishes and desires which allow the analyst, by the method of free association, to uncover the underlying problems
- (c) during sleep the preconscious censoring of the ego is less effective than during the waking state, allowing forbidden but disguised desires to break through to consciousness

The correct answer is

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

**QUESTION 8**

A mother, who breastfed her baby, wants to return to work and starts feeding her baby from a bottle and then a cup in order to wean her. The baby begins to suck her thumb, blanket and pillow. According to psychoanalytic theory, this baby may

- (a) become fixated at the oral stage of development
- (b) develop an over dependence on other people
- (c) fail to actualise her organismic potential
- (d) develop a weak ego

[TURN OVER]

The correct answer is

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

#### QUESTION 9

The psychoanalytic description of the optimally developed personality will include characteristics such as

- (a) full self-actualisation
- (b) the freedom to find meaning and purpose in life
- (c) the ability to love and to work
- (d) an effective reality testing capability

The correct answer is

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

#### QUESTION 10

According to Freud, psychological disorders are

- (a) caused by an imbalance in the structure of the personality
- (b) an extreme, exaggerated form of normal behaviour
- (c) the result of fixation in a stage
- (d) the result of an ego that is too weak to handle the conflict between the id and superego effectively

The correct answer is

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

#### QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

*Read the following story and then answer Questions 11 to 15 in terms of Bandura's theory*

Thabo plays hooker for his school's first rugby team. He is coached by a famous Springbok scrum-half, Mr Joost. Thabo's younger brother, Vusi, and their father attend all the practice sessions. Mr Joost demonstrates all the important movements, which the team copies faithfully. He points out to Thabo that he tends to throw the ball in skew in the line-outs. Mr Joost shows Thabo a special throw-in technique to use in the line-outs. Thabo gets it right and he is very proud of himself when he is chosen for the national team. His father is so excited about Thabo's achievement that he buys him the most sought-after rugby ball on the market. The younger brother, Vusi, is beside himself with excitement and pride regarding his elder brother's achievement. He wishes he was old enough to play rugby so that he can also get a rugby ball like Thabo. One day Mr Joost is late for the practice session and some of the children start playing in his absence. Vusi begs them to let him play too, and to everybody's surprise, little Vusi flawlessly uses the special throw-in technique Mr Joost taught Thabo. Vusi grins all over his face with pride.

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**QUESTION 11**

What kinds of learning, according to Bandura's theory, are involved in the younger brother Vusi's learning process?

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

**QUESTION 12**

What kinds of reinforcement are clearly involved in the learning process of Thabo, the elder brother?

- (a) Direct reinforcement
- (b) Vicarious reinforcement
- (c) Internal self-reinforcement
- (d) External self-reinforcement

The correct answer is

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

**QUESTION 13**

The new rugby ball serves as a \_\_\_\_\_ in the learning process of Vusi, the younger brother

- (1) direct reinforcer
- (2) vicarious reinforcer
- (3) internal self-reinforcer
- (4) external self-reinforcer

**QUESTION 14**

The fact that Vusi, the younger brother, throws the ball in perfectly in the line-out, like his brother who learnt to throw the ball in straight after Mr Joost showed him a special throw-in technique. This indicates that \_\_\_\_\_ took place in the case of Vusi.

- (1) imitation
- (2) counter-imitation
- (3) self-regulation
- (4) negative reinforcement

**QUESTION 15**

The fact that Mr Joost cautioned Thabo for throwing the ball in skew in the line-outs serves as (a) \_\_\_\_\_ for Thabo, but as (b) \_\_\_\_\_ for Vusi.

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

[TURN OVER]

**QUESTION 16**

It is Tshepo's belief that he has failed his Personality Theories examination because the lecturers are prejudiced towards him. Pule on the other hand, has also failed the examination, but he feels that he did not spend enough time preparing for the examination and that his answers were too vague and not specific enough.

Tshepo has an (a) \_\_\_\_\_ locus of control, whereas Pule has an (b) \_\_\_\_\_ locus of control.

- |     |                           |                           |
|-----|---------------------------|---------------------------|
| (1) | (a) external              | (b) internal              |
| (2) | (a) internal              | (b) external              |
| (3) | (a) internal and external | (b) internal              |
| (4) | (a) external              | (b) internal and external |

**QUESTION 17**

According to the social cognitive learning theory, a person who functions optimally is someone who

- (1) has an external locus of control
- (2) takes risks
- (3) has a realistic self-efficacy perception
- (4) has freedom of choice

*Read the following story and then answer Questions 18 and 19*

Peter is a member of a soccer team. His coach uses the principles of social learning theory to improve his team's soccer-playing skills. For example, he gives Peter a new soccer jersey when he plays well and he takes his team to games when the South African Bafana-Bafana soccer team is playing. When the team wins they reward themselves by eating out. Despite all this, Peter believes that he simply does not have the talent to play well, and his game does not improve.

**QUESTION 18**

According to Bandura's theory, Peter's functioning in this story is a reflection of someone who has a/an \_\_\_\_\_

- (1) low expectancy drive
- (2) low self efficacy perception
- (3) external locus of control
- (4) forethought capability

**QUESTION 19**

If Peter was to be referred for psychotherapy, what would someone who is practising from the framework of the social cognitive learning theory consider as the main aim of Peter's therapy?

- (1) To assist him to realise and acknowledge his ineffective way of handling demands
- (2) To improve his self-efficacy and change his encoding strategies
- (3) To teach him effective social skills
- (4) To teach him strategies to improve his talents

[TURN OVER]

**QUESTION 20**

Which one of the following statements about aggression is **CORRECT** in terms of social cognitive learning theories?

- (1) Aggressive behaviour is acquired through direct learning, but not through observational learning
- (2) Aggressive behaviour is acquired through observational learning, but not through direct learning
- (3) Genetic and environmental factors contribute to aggressive behaviour in a person's behavioural repertoire
- (4) Environmental factors, but not genetic factors, contribute to aggressive behaviour in a person's behavioural repertoire

**QUESTIONS ON MASLOW'S THEORY****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 situation 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

[TURN OVER]

**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 whom 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?

- (1) 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.
- (2) No, she underestimates her own abilities and talents, which will make it difficult for her to realise her true potential.
- (3) 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.
- (4) 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)

[TURN OVER]



**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

[TURN OVER]

**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)

**QUESTIONS ON ROGERS THEORY****QUESTION 31**

What Dr Rogers could have said to Dr Freud

- (1) Dr Freud, I cannot agree with you that a person is pushed and pulled by forces beyond his control, but I agree that people are inherently evil and sinful
- (2) Dr Freud, I agree with you that people sometimes behave irrationally and destructively, but then I believe that they are not behaving in accordance with their true natures
- (3) Dr Freud, I agree with you that people are basically driven by their selfish desires, because my work, like yours, is based on my experiences in working with emotionally disturbed people
- (4) Dr Freud, I cannot agree with you that people are born bad. I believe that they are like blank slates. How they turn out depends on their positive or negative experiences

**QUESTION 32**

According to Rogers' theory, conditions of worth

- (1) are desirable because they indicate what makes a person acceptable to others
- (2) convey the conditions under which a person is judged to be worthy of acceptance
- (3) are the aspects which indicate a person's worthiness
- (4) are the essential aspects in any relationship

**QUESTION 33**

In terms of Rogers' theory, the self concept

- (1) is a little man in the head that controls a person's behaviour
- (2) is a picture a person has of him- or herself and the value a person attaches to him- or herself
- (3) includes both conscious as well as unconscious experiences
- (4) is fixed which ensures that the person will experience him- or herself as the same person throughout the lifespan

[TURN OVER]

**QUESTION 34**

According to Rogers' theory, self-actualisation refers to

- (1) the actualisation of the whole organism in both psychologically healthy as well as unhealthy individuals
- (2) the actualisation of the self concept in both congruent as well as incongruent individuals
- (3) the transcendence of the self in both congruent as well as incongruent individuals
- (4) the actualisation of both the physiological as well as psychological levels in the congruent person only

**QUESTION 35**

Susan sees herself as someone who is socially incompetent. Whenever she is in company, she either has very little to say, tends to be rather short with others, or has the knack of rubbing people up the wrong way. In terms of Rogers' theory, these experiences are

- (1) ignored because they are irrelevant to her needs
- (2) denied because they are contrary to herself concept
- (3) allowed into consciousness because they correspond with herself concept
- (4) distorted because they correspond with herself concept

*Read the following story and then answer Questions 36 and 37 in terms of Rogers' theory*

Lucky is born with a practical-technical talent and he enjoys and excels at doing things of a practical-technical nature. His parents, who love him very much, encourage him to take academic subjects like Latin and History, rather than practical-technical subjects.

**QUESTION 36**

Which statement, regarding Lucky, is correct in terms of Rogers' theory?

- (1) Lucky perceives that his parents will only accept him if he chooses academic subjects
- (2) Lucky's parents, who love him very much, accept him unconditionally
- (3) Lucky's parents encourage him to actualise that part of his innate potential that is undeveloped
- (4) Lucky's parents impart important values to him - values that will benefit him in the long run

**QUESTION 37**

The fact that Lucky excelled at things of a practical-technical nature implies that he was (a) \_\_\_\_ and yet his parents encouraged him to take academic subjects like Latin and History which implies that they (b) \_\_\_\_

- (1) (a) aware of his organismic experiences at this stage  
(b) accepted him conditionally
- (2) (a) actualising his potential at this stage  
(b) accepted him unconditionally
- (3) (a) attempting to meet his need for positive regard from significant others  
(b) were meeting his need for conditions of worth
- (4) (a) functioning in terms of his own values  
(b) needed to incorporate his values into their lives

[TURN OVER]

**QUESTION 38**

According to Rogers, individuals are considered to be psychologically adjusted when

- (1) they reach a static state where they experience satisfaction, happiness and fulfilment
- (2) they allow all experiences into the self concept
- (3) tension is reduced and homeostasis is achieved
- (4) they select defence mechanisms that minimally distort reality

**QUESTION 39**

Mary was the minister's wife and the members of the congregation expected her to devote her time to the church and give up her career which she found very satisfying. However, Mary decided to pursue her career as she believed that her fulfilment would greatly contribute to her being a more effective minister's wife. Which statement would be the most correct in terms of Rogers' theory?

- (1) Mary cannot permit her selfish desires into consciousness and she therefore does not behave in accordance with herself concept
- (2) Mary allows her selfish desires into herself concept in a distorted form but will fail to achieve fulfilment in her career
- (3) Mary admits to her needs, trusts her own judgment, makes her own choices, and acts constructively - she evidences signs of a congruent person
- (4) Mary's anxiety is increased as a result of not following the expectations of others - she therefore will not become a fully functioning person

**QUESTION 40**

Mary sees herself as a good cook. One day she burns the supper and she blames a friend who telephoned her while she was preparing the meal. Another time she put too much salt in the vegetables, and then said that the salt is more concentrated today than it used to be. Mary still regards herself as a good cook.

Which statement regarding Mary is correct in terms of Rogers' theory?

- (1) Mary uses defence mechanisms to improve her functioning
- (2) Mary denies her unpleasant experiences and expands herself concept
- (3) Mary distorts her experiences to protect herself concept
- (4) Mary functions congruently because she protects her cooking talents

**QUESTIONS ON FRANKL'S THEORY****QUESTION 41**

Logotherapy may be justly called optimistic because it

- (a) teaches us how to always be happy
- (b) is based on the belief that good has the power to overcome evil
- (c) holds the view that meaning can be found in even the worst circumstances
- (d) shows us how we can transform a tragedy into a personal triumph

The correct answer is

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

[TURN OVER]

**QUESTION 42**

According to Frankl, human freedom

- (a) gives us the ability to achieve whatever we like
- (b) means that, unlike animals, we are free from the influence of survival instincts
- (c) does not cancel out the possibility of failure and guilt
- (d) implies that we can be held responsible for the kind of choices we make

The correct answer is

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

**QUESTION 43**

The statement by Frankl that life is unconditionally meaningful means that

- (a) each and every situation in life, good or bad, contains the challenge to live our lives meaningfully
- (b) the bad in life does not cancel out the good
- (c) suffering and dying can be ignored or cast aside since these human afflictions will not last forever
- (d) unavoidable suffering is no longer so unbearable once there is a reason to suffer bravely

The correct answer is

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

**QUESTION 44**

Which of the following views represent Frankl's thoughts on human existence?

- (a) Human existence is characterised by a radical transcendence of animal existence
- (b) Human beings are totally different in nature from creatures in the animal kingdom
- (c) Self-transcendence is a uniquely human capacity
- (d) In humans, survival needs never predominate whereas in the animal kingdom they do

The correct answer is

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

**QUESTION 45**

Frankl describes conscience as

- (a) the particular right thing to do in any given situation or moment in our lives
- (b) the vehicle through which we detect meaning
- (c) our innate ability to invent reality
- (d) our ability to rise above difficult circumstances

[TURN OVER]

The correct answer is

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

#### QUESTION 46

According to Frankl

- (a) only a specific religion encompasses the one truth of the meaning of human existence
- (b) religion is the one thing that human beings should adhere to if their lives are to be judged as worthwhile
- (c) non-religious people are excluded from finding any meaning in life and are doomed to a meaningless existence
- (d) what we think and personally believe is less important than to embrace the values and demands our religions teach and place upon us

The correct answer is

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

#### QUESTION 47

Identical twin brothers grew up in a home with a drunken, emotionally abusive and physically violent father. When they grew up Tom, the one twin, became as abusive and violent and as much of a drunkard as his father was. Tim, the other twin, never abused drink, was not a violent man, and loved and tenderly cared for his wife and children. Which one of the following possibilities is the most likely from Frankl's point of view?

- (1) The different reactions of the twins as adults to the same childhood environments can be explained on the basis that no social input from the environment is exactly the same in any two cases
- (2) In Tom's case, deficiency needs prevailed, whereas in Tim's case, the need for self-actualisation was somehow stronger
- (3) Drives and needs, their satisfaction or frustration, explain a person's behaviour. Tom acted out his frustrations and Tim, through reaction formation, struggled with the same frustrated needs and wishes
- (4) Tim, in reviewing and evaluating his childhood experiences as to their consequences or hurtful effects upon him and others, chose not to follow the same course as his father whereas Tom did

#### QUESTION 48

In Frankl's view, personality is

- (a) shaped on the basis of how a person chooses to act or behave
- (b) a sum total greater than the part played by the genetic, psychological and social influences in a person's life
- (c) not a set entity, but is something that can change face
- (d) something that must be worked at, even if the person has achieved psychological maturity

[TURN OVER]

The correct answer is

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

#### QUESTION 49

Noodynamics means

- (a) a totally spiritual way of being
- (b) an interplay between our freedom to choose and what we choose in the light of the dictates of our conscience
- (c) an existential conflict caused by a sense of spiritual emptiness
- (d) the dynamics of personality based on our freedom of will and the will to find and realise meaning in our lives

The correct answer is

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

#### QUESTION 50

Sam grew up in an American home where he was told that he could become the most powerful man in the world – the President of the United States, if he put his mind to it. Sam, however, had a learning problem and had difficulty in achieving high marks in school however hard he tried. But his parents insisted that all things are possible, even overcoming his learning problems. He must keep his hopes alive that he can achieve anything in life if he just wanted to badly enough.

Which statement would most accurately reflect Frankl's views on a matter such as the one portrayed in Sam's story?

- (1) It is characteristic of human freedom that all things are possible for the one who believes this to be so
- (2) Human freedom is not limitless. The limitations of and restrictions in our lives often serve to guide and steer us in the direction and fulfilment of our own and unique destinies
- (3) Great achievers, like the President of the United States, are meant to inspire us to reach the same great heights in life
- (4) The worth of a person's life is measured by the measure of success he or she has managed to achieve

#### QUESTIONS ON THE AFRICAN PERSPECTIVES

##### QUESTION 51

The worldview of the traditional African is based on a

- (1) holistic and theocentric view
- (2) holistic and person-oriented view
- (3) holistic and anthropocentric view
- (4) person-oriented and pantheistic view

[TURN OVER]

Read the following paragraph carefully and answer Questions 52 to 55

Maggy does not believe in traditional African belief systems. Her family is not happy with her attitude because they believe that she is ignoring her culture. She is now having odd experiences like dreaming of her late great-grand mother (whom she did not know), asking her to become a sangoma. She made it clear to her family that she would not consider becoming a sangoma. In addition to the dream, she is experiencing headaches that do not seem to respond to treatment.

**QUESTION 52**

In line with the traditional African beliefs, how would you expect Maggy's family to react to her dream? They might

- (1) interpret her dream on a symbolic level
- (2) look at it more as a reflection of concrete reality
- (3) view it tentatively since the person she dreamt of is not known to her
- (4) ignore her dream since interpretation of dreams is more a Western concept

**QUESTION 53**

If someone ignores the demands of the ancestors like Maggy does, what would be the possible outcome in line with traditional African beliefs?

- (1) the ancestors might push her to change her attitude
- (2) she might not recover from her illness unless she responds to their call of becoming a sangoma
- (3) the ancestors will try and use her parents to change her mind
- (4) there will be no effect on Maggy's life because she does not believe in traditional systems

**QUESTION 54**

Based on the above story, Maggy's illness could be viewed by traditional Africans as

- (1) a reflection of disharmony between herself and the ancestors
- (2) a psychosomatic disorder
- (3) an invasion of evil spirits caused by sorcerers
- (4) the outcome of witchcraft

**QUESTION 55**

If Maggy was to consult a traditional African healer, he or she would probably

- (1) ask her to relate in detail the problem she is experiencing
- (2) focus on the causal links of her illness
- (3) help to restore and balance the power of the universe
- (4) focus less on her socio-cultural background, and rather on her symptoms

[TURN OVER]



**QUESTION 56**

How is the concept of time understood from an African perspective?

- (1) the focus is on the things that are currently happening or that have already happened and there is no reliance on the things that are still to happen
- (2) the focus is on something that will happen in the natural rhythm of phenomena
- (3) traditional Africans do not believe in an infinite future but they emphasise rather long-term events
- (4) traditional Africans believe in the present and an infinite future

*Read the following paragraph carefully and answer Questions 57 to 59*

For most of Gadifele's life she has preferred to keep to herself and actively avoids social interactions. She seems indifferent and emotionally cold towards others. She also has a tendency of talking to herself, as if she is conversing with imaginary people. People in her community are deeply touched and very emotional about her problem. They think that she has been invaded by evil spirits.

**QUESTION 57**

The meaning that the community has attached to Gadifele's problem could be explained by which of the following cosmic order/s?

- (1) Meso-cosmos
- (2) Macro-cosmos
- (3) Micro-cosmos
- (4) Macro- and meso-cosmos

**QUESTION 58**

Which one of the following most accurately reflects the cognitive functioning displayed by the community in the story?

- (1) Intuitive rationality
- (2) Logic of the reason
- (3) Analytical thinking
- (4) Analytical and intuitive thinking

**QUESTION 59**

If you were practising within the framework of the traditional African worldview, which one of the following aims would fit with your therapeutic process during your intervention with Gadifele?

- (1) To help Gadifele to function as an autonomous, independent being
- (2) To have an understanding of the limitations that her belief system imposes on her
- (3) To provide an avenue to see herself as an integral part of her community and to understand the link between her behaviour and her belief system without necessarily avoiding responsibility for her behaviour
- (4) To assist her, within her cultural context, to understand the cause of her behaviour without her necessarily taking responsibility for it

**[TURN OVER]**

**QUESTION 60**

Which of the following statement/s about the traditional African view on illness and psychopathology is/are correct?

- (a) mental illness is accompanied by physical symptoms
- (b) the emphasis is placed on the importance of harmony between the person's mind and the universe
- (c) mental disorders are seen as psychosomatic disorders
- (d) the ancestors play an important role in the causation of mental illness

The correct answer is

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

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