UNIVERSITY EXAMINATIONS

UNIVERSITEITSEKSAMENS

UNISA university of south africa

PYC2601 (479182) October/November 2017

PERSONALITY THEORIES

Duration 2 Hours 60 Marks

EXAMINERS

FIRST	MR SN HAGEN	MR ML MBATHA
	MRS KM MODUTLA	MR BR PALAKATSELA
SECOND	MRS PB MOKGATLHE	

Closed book examination

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QUESTIONS ON FREUD'S THEORY

QUESTION 1

Freud's view of humankind is partly based on the assumption of *biological and psychic determinism* This means that

(1) the person is constantly caught up in physical principles of energy consumption, conservation and transformation
(2) human drives are physiologically based and rooted within the body and that the conflict which determines behaviour, takes place within the psyche
(3) the person is caught up in a constant conflict between his or her sexual and aggressive drives and the demands of society
(4) human drives are constantly in conflict with the biological and psychic factors which determine behaviour

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

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

QUESTION 5

Complete the following sentences The ego functions according to the (a)_____ and the (b)_____ This means that the ego (c)_____

(1) (a) primary process (b) reality principle (c) finds suitable primary reinforcers to satisfy the id's drives by taking the physical, social and moral reality into account
(2) (a) secondary process (b) reality principle (c) finds suitable objects for drive satisfaction by planning and evaluating situations, and by taking the physical and social reality into account
(3) (a) primary process (b) pleasure principle (c) seeks immediate and complete satisfaction of the id's drives without considering anything but the id's immediate pleasure
(4) (a) secondary process (b) moral principle (c) find suitable objects for drive satisfaction by planning and evaluating situations, and by taking the conscious and the ego-ideal of the superego into account

QUESTION 6

Mr Anderson is described by his colleagues 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 Anderson could be described as having what type of personality?

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

QUESTION 7

Which of the following statements about Freud's theory of defence mechanisms is/are correct?

(a) Defence mechanisms are strategies used by the id to gain satisfaction for a forbidden drive, and as such they operate on the unconscious level
(b) Rationalisation is a more useful defence mechanism than projection as it operates consciously and therefore reduces excess psychic energy more effectively
(c) Defence mechanisms are used to strengthen a weak ego and are therefore not necessary when the ego is strong
(d) Sublimation is the most effective defence mechanism as it expresses the unacceptable drive in the least distorted and socially acceptable way

The correct answer is

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

QUESTION 8

You have some painful experiences that you unconsciously block from entering your consciousness because they are too painful for you to handle Which defence mechanism/s are you using in this process?

(1) Denial and resistance
(2) Sublimation
(3) Repression
(4) Reaction formation

QUESTION 9

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 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

Bandura's theory of reciprocal determinism can best be characterised as

(1) a positivistic approach that relies on environmental determinism
(2) a social behavioural approach in which the immediate social context determines an individual's behaviour
(3) a cognitive approach in which cognitive, subjective and environmental factors determine behaviour
(4) an interactional approach in which an interplay between the environmental, personal and behavioural factors determine behaviour

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

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 social cognitive learning theory answer Questions 14 to 16, which are based on this story

Will, Jeffrey and Paula are all accomplished musicians, but acquired their musical skills in different ways Will learned to play the violin by taking music lessons from a teacher The music teacher praised him when he played well and corrected him when he made mistakes Jeffrey, on the other hand, did not take any music lessons, but learned to play the piano by watching his sister play He noticed when his mother corrected his sister and was very impressed when she participated in music competitions and won prizes Finally, Paula learned to play the guitar from instructions in a book Paula practised by herself, corrected herself when she made mistakes, and felt a surge of pride in herself when she played correctly

QUESTION 14

Will learned to play the violin through (a)_____, whereas Jeffrey learned to play the piano through (b)_____ , and Paula learned to play the guitar through (c)_____

(1) (a) observational learning (b) direct experience
(c) participant modelling
(2) (a) self-regulation (b) vicarious reinforcement
(c) observational learning
(3) (a) direct experience (b) observational learning
(c) self-regulation
(4) (a) direct learning (b) participant modelling
(c) direct learning

QUESTION 15

In the example above, Jeffrey is the (a)_____, Jeffrey's sister is the (b)_____, and Jeffrey's mother is the (c)_____

(1) (a) model (b) reinforcement agent
(c) observer
(2) (a) observer (b) model
(c) reinforcement agent
(3) (a) model (b) observer
(c) reinforcement agent
(4) (a) reinforcement agent (b) model
(c) observer

QUESTION 16

Paula sense of pride in her achievement refers to

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

QUESTION 17

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 that 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 18

Marianne is a student of psychology and worked very hard to pass the course in Personology After discovering that she had passed with a distinction, she buys herself a new dress Her parents are also very pleased and invite her to a meal in an expensive restaurant The dress Marianne bought can be viewed as (a)_____, while the meal her parents treated her to as (b)_____

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

QUESTION 19

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

(a) Peter succeeds in producing behaviour that 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 that 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 in the following scenario

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

QUESTIONS ON MASLOW'S THEORY

QUESTION 21

Which one of the following statements correctly reflects Maslow's view of the self-actualised person?

(1) Self-actualisers are sociable people who like to have constant contact with other people
(2) Self-actualisers are achievers who will use any means to reach the high goals they have set themselves
(3) Self-actualisers function relatively independently of their physical and social environment
(4) Self-actualisers tend to be autocratic since they are functioning on a higher level than most people are

Read the passage that follows and answer Questions 22 and 23

> Miriam was a famous singer who performed before large audiences, both nationally and internationally As a child, she sang before she talked! She always loved singing and, as an adult, it gave her great pleasure to share her talent with others However, after her husband and child were tragically killed in a car accident, Miriam lost all interest in her career Like a child, she wanted to be held and comforted She moved back home with her parents, whom she dearly loved, and clung to her memories of her husband and child

QUESTION 22

According to Maslow, the needs Miriam was meeting before the tragic death of her husband and child, are called (a) ___ , whereas the needs she was experiencing after the death of her husband and child, are known as (b) ___

(1) (a) meta- or extrinsic needs
    (b) deficiency or basic needs, also known as intrinsic needs
(2) (a) lower or core needs, also known as foundational needs
    (b) drive-motives, also known as the stronger needs
(3) (a) congruency needs
    (b) survival needs
(4) (a) meta-needs or B-values, also known as growth-motives
    (b) deficiency or basic needs

QUESTION 23

According to Maslow, Miriam could not have reached such a level of success and self-fulfilment in her career as a singer if the following basic needs were not sufficiently met

(a) self-actualisation needs
(b) self-esteem needs
(c) affiliation and love needs
(d) creativity needs

The correct answer is

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

QUESTION 24

Which of the following statements are true in terms of Maslow's theory?

(a) The lower the need in the hierarchy, the more urgent it is, which means that lower needs must first be gratified before needs at a higher level manifest themselves
(b) Deficiency motives are directly related to the basic needs for survival, the gratification of which brings about a decrease in tension
(c) When a person's behaviour is directed by deficiency motives, his or her cognitive abilities are actually applied negatively because the objective is to avoid unpleasant situations
(d) Once a person has reached a higher level of functioning, this does not mean that lower needs will never be experienced again

The correct answer is

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

QUESTION 25

The fact that Miriam gave full expression to her talent as a singer and enjoyed sharing her talent with others, would, according to Maslow's theory, point to a functioning on the level of ___

(1) self-esteem needs
(2) affiliation and love needs
(3) safety needs
(4) self-actualisation needs

QUESTION 26

Which one of the following statements regarding Miriam's functioning is correct, according to Maslow's theory?

(1) Miriam's return to an earlier mode of functioning can be regarded as temporary, since she has already successfully functioned on a higher level
(2) The loss of all interest in her career and her overwhelming needs at the present moment are indicative of the fact that Miriam's basic needs were never really met
(3) Miriam's present quest for safety and for the warmth of the love of her parents, is hindering her actualisation tendency and is in conflict with her organismic potential
(4) Miriam's regression to a lower level of functioning provides proof of fixation at this level during her childhood years

QUESTION 27

Andrea is a successful businesswoman 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 28

According to Maslow, which of the following are characteristics of self-actualisers?

(a) Honesty and freedom
(b) Conventionality and trust
(c) Awareness and creativity
(d) Egocentricity and enthusiasm

The correct answer is

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

QUESTION 29

The satisfaction of ____ lead(s) to tension reduction, according to Maslow

(1) the need for self-actualisation
(2) growth motives
(3) deficiency motives
(4) deficit and growth motives

QUESTION 30

Which of the following statements concerning Maslow's theory is correct?

(1) A state of complete satisfaction is attainable when all basic needs are met
(2) Gratification of safety needs is essential before physiological needs can be satisfied
(3) Lower order needs must be satisfied at least on a regular basis before higher order needs come to the fore
(4) The most basic needs which underlies all functioning is the need to be accepted by others

QUESTIONS ON ROGERS' THEORY

QUESTION 31

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 essential in the development of a state of congruence

QUESTION 32

Which one of the following statements reflects what Rogers could have said to Freud regarding Rogers' view of the person?

(1) Dr Freud, I cannot agree with you that a person is pushed and pulled by forces beyond his/her 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 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 experiences on an 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 option below that most accurately completes the sentences above 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

In terms of Rogers' theory, the self-concept

(1) is a little man in the head which controls the person's behaviour
(2) is the 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 a person will experience him- or herself as the same person throughout his/her lifespan

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

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 her self-concept
(3) allowed into consciousness because they correspond with her self-concept
(4) distorted because they correspond with her self-concept

QUESTION 40

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

QUESTIONS ON FRANKL'S THEORY

QUESTION 41

Frankl believes that a person's behaviour is motivated by

(1) the spiritual core of the personality
(2) self-determining action
(3) future-directedness
(4) None of the above

Read the following story carefully, and then answer Questions 42 to 49 which follow

Rose grew up at a time when the freedom and rights of all people were strongly advocated in her country Her parents, however, strongly adhered to the traditional values and culture of their forefathers A woman's place was in the home, she was expected to be subservient to her husband, to value the norms of her culture and not move outside of it in any direction of her own Rose was in conflict Other youngsters were in open rebellion against the restrictions of the past and were taking advantage of the opportunities that the new wave of freedom in the country afforded them, especially in terms of education and careers of their own choice Other youngsters indulged in revelry and even crime, doing whatever took their fancy Rose did not want to upset her parents, yet could not quench her own desire to become a psychologist one day, a career totally foreign to her own culture She also experienced moments of rebellion against certain cultural beliefs and norms which she felt were unfair and that she herself could not embrace What was she to do?

QUESTION 42

According to Frankl, Rose was experiencing

(1) an unmistakable will to power
(2) her inherent will to meaning
(3) an unquenchable will to pleasure
(4) all of the above

QUESTION 43

The fact that Rose was in conflict, would be seen by Frankl as

(1) the inevitable clash between the drives of the id and the censures of the superego
(2) the inescapable result of the conflicting influences of her environment
(3) her awareness of her own freedom of choice
(4) a tragic situation she could do nothing about

QUESTION 44

Rose observed, and experienced in herself, different reactions to and beliefs about the new freedom in her country Which one of the following reflects the view of Frankl regarding human freedom?

(1) Human beings should unquestioningly adhere to norms of tradition and culture
(2) As human beings, we have the freedom and right to do what we like
(3) Freedom is a curse because it causes conflict and confusion
(4) Human beings have been given the freedom to be responsible

QUESTION 45

Rose was experiencing difficulty in accepting some of the traditional norms of her own people According to Frankl's theory, Rose wanted to

(a) be accountable before her own conscience
(b) experience the meanings and values of life personally and in her own way
(c) defiantly maintain her own point of view and actualize her own potential no matter what

The correct answer is

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

QUESTION 46

A logotherapist, reviewing Rose's case, would say that

(1) Rose was seeking to establish a state of homeostasis in trying to resolve the tensions she was experiencing
(2) Rose, in experiencing moments of rebellion against the norms of her own culture, was being adversely conditioned by her peers
(3) Rose was being challenged to find her own answers to the distress and conflict she was busy experiencing
(4) Rose was experiencing guilt because she was meant to treasure the norms and values of her culture

QUESTION 47

According to Frankl's view of optimal development, Rose is already manifesting some of the following characteristics

(a) Self-determining action
(b) Humour
(c) Future directedness
(d) Self-actualisation

The correct answer is

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

QUESTION 48

Frankl would contend that if the therapist's goal is to help Rose to be happy

(1) he will succeed, since the only motivation of any human being is to be happy
(2) he will be on the right track since you must first achieve happiness in life before you can experience meaning
(3) he will not succeed, because happiness cannot be pursued as an end, since it is an outflow of fulfilling meaning
(4) he will have to do something about the situation which is causing Rose unhappiness, since there is no way that Rose can find happiness if her environment remains unchanged

QUESTION 49

A logotherapist, in seeking to assist Rose to develop optimally, will encourage her to

(a) ignore the difficulties she finds herself in
(b) find some future goal to strive towards
(c) laugh at the humorous side of her problems
(d) see things as they are

The correct answer is

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

QUESTION 50

According to Frankl the fully functioning person has certain characteristics When an individual can be described as having moved beyond the self, outward-looking and dedicated to values and ideals, Frankl would say that such an individual is

(1) self-determined
(2) future directed
(3) self-transcendent
(4) appreciative of goodness, beauty and truth

QUESTIONS ON THE AFRICAN PERSPECTIVE

QUESTION 51

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

(5) It is not relevant, as well-researched, Western personality theories have already been developed to explain and describe human behaviour
(6) It is relevant in South Africa to study the African perspective only, as first-world ideas do not really apply to Africa
(7) 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
(8) 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) a 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) ___

(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) ___, which is the sphere (b) ___

(1) (a) macro-cosmos
(b) where the individual feels immersed in an all-pervasive religious feeling
(2) (a) meso-cosmos
(b) that emphasises the survival of the community
(3) (a) micro-cosmos
(b) of the individual's everyday life determined by the macro- and meso-cosmos
(4) (a) macro-cosmos
(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

Thoko is the sole breadwinner in her family Her salary pays for her younger brother's school fees, the rent, food, and clothing In turn, Thoko'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

According to the African perspectives, why do many traditional Africans prefer to visit traditional healers rather than Western doctors?

(a) Traditional healers always make use of holistic thinking in their healing practices, while Western doctors never work holistically
(b) Traditional healers explore the client's relationship with the ancestors and neighbours while Western doctors concentrate mainly on symptoms
(c) Traditional healers focus on interpersonal relations because they know how important collective life is in Africa, while Western doctors focus mainly on the individual

The correct answer is

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

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

After the death of his brother, Tulani is referred to you for psychotherapy As you are practicing within the framework of the traditional African worldview, what would you advise his family to do in order to help Tulani?

(1) They should allow him freedom to establish his own separate identity as his strong collective ties has resulted in confusion for him over his brother's death
(2) They should encourage him to talk about his brother's death as much as possible so that he can better analyse his response to this experience
(3) They should reassure him of the strength of the ties he has to his family and community, as this will help him to feel less tense and anxious
(4) They should help him develop his defence mechanism of sublimation so that he can mourn his brother is a socially acceptable way

[60]

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4 VUL U STUDENTENOMMER VAN LINKS NA REGS IN
5 KONTROLEER DAT U DIE KORREKTE STUDENTENOMMER VERSTREK HET
6 KONTROLEER DAT DIE UNIEKE NOMMER REG INGEVUL IS
7 MAAK SEKER DAT NET EEN ALTERNATIEF PER VRAAG GEMERK IS
8 MOENIE VOU NIE

PART 2 (ANSWERS/ANTWOORDE) DEEL 2 — 10

1	c1 c2 c3 c4 c5	36	c1 c2 c3 c4 c5	71	c1 c2 c3 c4 c5	106	c1 c2 c3 c4 c5
2	c1 c2 c3 c4 c5	37	c1 c2 c3 c4 c5	72	c1 c2 c3 c4 c5	107	c1 c2 c3 c4 c5
3	c1 c2 c3 c4 c5	38	c1 c2 c3 c4 c5	73	c1 c2 c3 c4 c5	108	c1 c2 c3 c4 c5
4	c1 c2 c3 c4 c5	39	c1 c2 c3 c4 c5	74	c1 c2 c3 c4 c5	109	c1 c2 c3 c4 c5
5	c1 c2 c3 c4 c5	40	c1 c2 c3 c4 c5	75	c1 c2 c3 c4 c5	110	c1 c2 c3 c4 c5
6	c1 c2 c3 c4 c5	41	c1 c2 c3 c4 c5	76	c1 c2 c3 c4 c5	111	c1 c2 c3 c4 c5
7	c1 c2 c3 c4 c5	42	c1 c2 c3 c4 c5	77	c1 c2 c3 c4 c5	112	c1 c2 c3 c4 c5
8	c1 c2 c3 c4 c5	43	c1 c2 c3 c4 c5	78	c1 c2 c3 c4 c5	113	c1 c2 c3 c4 c5
9	c1 c2 c3 c4 c5	44	c1 c2 c3 c4 c5	79	c1 c2 c3 c4 c5	114	c1 c2 c3 c4 c5
10	c1 c2 c3 c4 c5	45	c1 c2 c3 c4 c5	80	c1 c2 c3 c4 c5	115	c1 c2 c3 c4 c5
11	c1 c2 c3 c4 c5	46	c1 c2 c3 c4 c5	81	c1 c2 c3 c4 c5	116	c1 c2 c3 c4 c5
12	c1 c2 c3 c4 c5	47	c1 c2 c3 c4 c5	82	c1 c2 c3 c4 c5	117	c1 c2 c3 c4 c5
13	c1 c2 c3 c4 c5	48	c1 c2 c3 c4 c5	83	c1 c2 c3 c4 c5	118	c1 c2 c3 c4 c5
14	c1 c2 c3 c4 c5	49	c1 c2 c3 c4 c5	84	c1 c2 c3 c4 c5	119	c1 c2 c3 c4 c5
15	c1 c2 c3 c4 c5	50	c1 c2 c3 c4 c5	85	c1 c2 c3 c4 c5	120	c1 c2 c3 c4 c5
16	c1 c2 c3 c4 c5	51	c1 c2 c3 c4 c5	86	c1 c2 c3 c4 c5	121	c1 c2 c3 c4 c5
17	c1 c2 c3 c4 c5	52	c1 c2 c3 c4 c5	87	c1 c2 c3 c4 c5	122	c1 c2 c3 c4 c5
18	c1 c2 c3 c4 c5	53	c1 c2 c3 c4 c5	88	c1 c2 c3 c4 c5	123	c1 c2 c3 c4 c5
19	c1 c2 c3 c4 c5	54	c1 c2 c3 c4 c5	89	c1 c2 c3 c4 c5	124	c1 c2 c3 c4 c5
20	c1 c2 c3 c4 c5	55	c1 c2 c3 c4 c5	90	c1 c2 c3 c4 c5	125	c1 c2 c3 c4 c5
21	c1 c2 c3 c4 c5	56	c1 c2 c3 c4 c5	91	c1 c2 c3 c4 c5	126	c1 c2 c3 c4 c5
22	c1 c2 c3 c4 c5	57	c1 c2 c3 c4 c5	92	c1 c2 c3 c4 c5	127	c1 c2 c3 c4 c5
23	c1 c2 c3 c4 c5	58	c1 c2 c3 c4 c5	93	c1 c2 c3 c4 c5	128	c1 c2 c3 c4 c5
24	c1 c2 c3 c4 c5	59	c1 c2 c3 c4 c5	94	c1 c2 c3 c4 c5	129	c1 c2 c3 c4 c5
25	c1 c2 c3 c4 c5	60	c1 c2 c3 c4 c5	95	c1 c2 c3 c4 c5	130	c1 c2 c3 c4 c5
26	c1 c2 c3 c4 c5	61	c1 c2 c3 c4 c5	96	c1 c2 c3 c4 c5	131	c1 c2 c3 c4 c5
27	c1 c2 c3 c4 c5	62	c1 c2 c3 c4 c5	97	c1 c2 c3 c4 c5	132	c1 c2 c3 c4 c5
28	c1 c2 c3 c4 c5	63	c1 c2 c3 c4 c5	98	c1 c2 c3 c4 c5	133	c1 c2 c3 c4 c5
29	c1 c2 c3 c4 c5	64	c1 c2 c3 c4 c5	99	c1 c2 c3 c4 c5	134	c1 c2 c3 c4 c5
30	c1 c2 c3 c4 c5	65	c1 c2 c3 c4 c5	100	c1 c2 c3 c4 c5	135	c1 c2 c3 c4 c5
31	c1 c2 c3 c4 c5	66	c1 c2 c3 c4 c5	101	c1 c2 c3 c4 c5	136	c1 c2 c3 c4 c5
32	c1 c2 c3 c4 c5	67	c1 c2 c3 c4 c5	102	c1 c2 c3 c4 c5	137	c1 c2 c3 c4 c5
33	c1 c2 c3 c4 c5	68	c1 c2 c3 c4 c5	103	c1 c2 c3 c4 c5	138	c1 c2 c3 c4 c5
34	c1 c2 c3 c4 c5	69	c1 c2 c3 c4 c5	104	c1 c2 c3 c4 c5	139	c1 c2 c3 c4 c5
35	c1 c2 c3 c4 c5	70	c1 c2 c3 c4 c5	105	c1 c2 c3 c4 c5	140	c1 c2 c3 c4 c5

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