Self test su 5

**ADDITIONAL MULTIPLE-CHOICE QUESTIONS**

1. The humanistic approach to personality emphasises similar principles to:

a) behaviourism

b) psychoanalysis

## c) Gestalt psychology

d) the cognitive perspective

e) none of the above.

## 2. Phenomenology refers to a person’s:

## a) unique subjective experiences

## b) unconscious feelings and needs

## c) striving to rise above circumstances and experience life

## d) striving to survive

## e) need to be accepted by others.

## 3. Rogers stressed the importance of:

## a) self-determination

## b) unconditional positive regard

## c) the will to meaning

## d) personal constructs

## e) life stages.

## 4. Self-transcendence refers to:

## a) developing a healthy self-esteem

## b) self-esteem

## c) rising above oneself to find meaning in life

## d) having an outer-body experience

## e) b and c.

## 5. A person who believes in his/her ability to reach specific life goals has a high:

## a) level of self-efficacy

## b) sense of belonging

## c) level of self-actualisation

## d) sense of self-worth

## e) level of self-awareness.

## 6. Racism is an example of:

## a) a core construct

## b) a peripheral construct

## c) a self-construct

## d) a pre-emptive construct

## e) none of the above.

## 7. Fortigenesis relates to:

## a) alienation

## b) affiliation

## c) self-actualisation

## d) unconditional positive regard

## e) resilience

## 8. Which one of the following statements best reflects the humanistic perspective?

## a) “Sometimes one does not have a choice.”

## b) “You cannot control the direction your life takes.”

## c) “If it was not for my family…”

## d) “Adversity can help you grow.”

## e) “How can you feel like that?”

## 9. Humanism is known as the \_\_\_\_\_\_\_\_\_\_ Force in psychology.

## a) First

## b) Second

## c) Third

## d) Fourth

## e) none of the above

## 10. Learned helplessness is similar to:

## a) self-efficacy

## b) an internal locus of control

## c) unconditional positive regard

## d) salutogenic types

## e) none of the above.

Answers:

1. c

2. a

3. b

4. c

5. a

6. d

7. e

8. d

9. c

10. e

**QUICK SELF-ASSESSMENT**

(This can be done individually or in a group.)

1. Does the humanistic perspective perceive being a person and having a sense of self as a rational or emotional process? Explain briefly.

2. What do humanism and positive psychology have in common?

3. Why does the humanistic perspective disagree with behaviourism?

4. What is meant by self-actualisation?

5. What is the equivalent concept for the self, as used by cognitive theorists such as Kelly?

6. What is meant by the “looking-glass self”?

7. What concept does Allport use for the self?

8. According to Rogers, what environmental characteristics are necessary for the

 optimal development of the self?

9. What is meant by “conditional positive regard”?

10. What does Frankl see as the most powerful motivational force in people?

11. What is meant by “self-transcendence”?

12. What word does Csikszentmihalyi use to describe engagement in enjoyable and

 meaningful work?

13. List concepts that indicate the exercise of free will or self-control.

14. List concepts that indicate that free will or self-control is not being exercised.

15. What concept does Rogers use to describe a person that continuously strives

 towards using his/her full potential?

16. Why does the humanistic approach disagree with psychoanalysis?

17. According to Frankl and Maslow, what motivates people?

18. What do humanism and Gestalt psychology have in common?

19. Name characteristics of high self-esteem employees.

20. According to Frankl, which three values can make life meaningful?

Answers:

1. Rational. People make choices and take responsibility for those choices

2. Both look at positive human traits, such as creativity and health.

3. According to the behaviouristic perspective people are controlled by the environment, while the humanistic approach believes that people can transcend the environment.

4. People have an intrinsic ability to grow by choosing and achieving what they want.

5. constructs

6. how a person thinks others perceive him/her

7. proprium

8. positive valuing, acceptance, love and respect

9. It means a person is only loved if he/she meets certain requirements or

 conditions. It prevents authenticity in a person and in a relationship.

10. the will to meaning

11. People can strive beyond their circumstances to grow and find meaning in life.

12. flow experiences

13. internal locus of control, self-efficacy, self-determination, resourcefulness, coping

14. learned helplessness, fear of success or failure, handicapping behaviours

15. the fully functioning person

16. Psychoanalysis focuses on the past and humanism focuses on the present “here

 and now”.

17. Maslow believes that people are motivated by growth needs. Frankl believes they are motivated by their striving for meaning, their striving towards optimal functioning and their free will.

18. Both consider the whole or totality.

19. They strive to improve their work performance, and they work independently,

 handle stress better, are ambitious and are less likely to conform.

20. creative, experiential and attitude values