

**UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
BACHELOR OF ENVIRONMENTAL HEALTH SCIENCE YEAR 3
FINAL EXAMINATION PAPER DECEMBER 2018**

**TITLE OF PAPER : INTRODUCTION TO HUMAN
PSYCHOLOGY**

COURSE CODE : EHS 311

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION : 100

**INSTRUCTION THIS PAPER CONSISTS OF TWO QUESTIONS
(QUESTION 1 AND 2). QUESTION 1 IS
DIVIDED INTO TWO SECTIONS (I AND II).
ANSWER ALL QUESTIONS.**

DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.

QUESTION 1

Section 1: State whether each statement is true or false in the statements below

1. Defence mechanisms may not be strategies of the unconscious level of personality.
2. Defence mechanisms are not realistic and therefore may not be used in real life situations.
3. Defence mechanisms are ego functions that control the superego.
4. The ID as part of personality is not always energised by the libido energy.
5. The ID is embedded in unconscious level of personality.
6. Moral values are related to the function of the ego part of personality.
7. A value is a positive standard attached only to individuals.
8. Holism in psychology denotes that the whole organises the parts.
9. The term internal environment is synonymous to individuality.
10. The two concepts internal spiritual and external spiritual denote the same entities.
11. Not loving someone is a deliberate action of the cognitive part of personality.
12. Turning your head and look at someone is a deliberate action symbolising the intrapersonal non-verbal action of personality.
13. "God love the people" is a true statement that does-not reflect a philosophical position.
14. Attitudes are linear in nature because of their cause and effect related origin.
15. If one part of personality is affected the tendency is that other aspects may be affected.
16. Loving is a strong concept that is embedded in the emotional part of personality.
17. "I think I love everyone" is an emotional statement that hinges on the cognitive part of personality.
18. "God will intervene" is a statement that does not denote the concept of interpersonal.
19. Assimilation is an occurrence in the cognitive part of personality that always precedes accommodation.
20. The quality of adaptation is dependent on the nature of assimilation and accommodation.
21. Trust versus mistrust is a milestone development in the psychosocial theory that relates to the contribution of the external environment.
22. Behaviour can be best defined by using the stimulus-response process.
23. A stimulus always leads to a response whilst a response does not lead to a stimulus.
24. A stimulus-response process in behaviour psychology may denote an infinite mechanism.
25. Maslow's hierarchy of needs is an example of the concept of motivation.
26. Intrapersonal wellbeing is to some extent dependent on the prevailing factors of the external environment.
27. Degradation of the status quo of personality according to psychological observations should be blamed on the debilitating developmental process of the five aspects of personality.
28. Successful human development according to psychology theories is not attributed to prevailing nature of the internal and external environment.

29. Psychology theories are not necessarily related to one another when defining the individual.
30. When studying human psychology through the personality theories it becomes complex whilst becoming cognitively fluid in understanding the subject.
31. Behaviour can be modified through positive and negative re-inforcement.
32. Accommodation and adaptation involve the building of schemes, or psychological structures, through direct interaction with the environment.

Section 11: Choose the correct answer from the options below.

33. Which option bellow would stress the idea of delay of gratification?
 - a. workaholic
 - b. work enthusiast
 - c. Protestant work ethic
 - d. perfectionist
 - e. attachment theory

34. Of the following, which is not considered a delay of gratification?
 - a. receiving a decent job, but holding out for a job with more pay and better hours
 - b. going to college
 - c. wanting to buy an article of clothes, but instead waiting for it to go on sale
 - d. buying a National Enquirer in the check-out line at the grocery store
 - e. offering a child a prize, but then the child decides to wait for an even bigger prize

35. The research strategy for assessing personality stability in human psychology that studies two or more groups assumed to be at different stages of development is
 - a. stratification
 - b. cross-sectional
 - c. binominal
 - d. longitudinal
 - e. none of the above

36. Which of the following is a way to measure activity level in an infant?
 - a. how often they smile
 - b. how much they sleep
 - c. how much they want to be held

- d. all of the above
- e. none of the above

37. Which of the following is NOT one of the Erikson's stages of psychosocial development?

- a. Industry vs. Inferiority
- b. Intimacy vs. Isolation
- c. Trust vs. Mistrust
- d. Life vs. Death
- e. All of the above are stages

38. The word personality comes from "persona," which originally meant.

- a) theatrical mask
- b) the animal side of human nature.
- c) Soul
- d) that which one truly is.

39. Psychologists are most likely to agree that

- a) personality is best explained by a variety of theories.
- b) personality refers mostly to surface appearance.
- c) there is a single best definition of personality.
- d) genetics account for nearly all differences among people.

40. A pattern of relatively permanent traits, dispositions, or characteristics that give some consistency to a person's behaviour is called.

- a) personality.
- b) a general trait.
- c) a specific trait.
- d) a genetic predisposition.

41. ID is to "just do it" as superego is to

- a) "Wait till later."
- b) "Do your own thing."

- c) "Don't do it."
- d) "Oh, sit on it."

42. The unconscious contains

- a) material that can easily be brought to awareness.
- b) everything we are aware of at a given moment.
- c) repressed memories and emotions.
- d) thoughts, perceptions, and memories

43. Behavioural theories of personality are often criticized for their

- a) inability to test or verify concepts.
- b) limited recognition of temperament, emotion, and subjective factors.
- c) ability to explain behaviour after the fact only.
- d) emphasis on the conditions under which behaviours occur.

44. which of the following is an unconscious personality structure made up of biological urges seeking fulfillment

- a) ego
- b) id
- c) superego
- d) subconscious

45. Criticisms of Freud's developmental theory have centered on

- a) the over-emphasis on sexuality in personality development.
- b) Freud's treatment of father-daughter relationship.
- c) the need for a stern or threatening mother in the development of conscience.
- d) the unimportance of the first years of life in the formation of personality.

46. According to Freud, the id is governed by the

- a) pleasure principle.
- b) reality principle.
- c) ego ideal.
- d) creature comfort principle.

47. According to behaviorists,

- a) hostile, generous, or destructive impulses arise in the unconscious.
- b) personality is acquired through conditioning and observational learning.
- c) personality is strongly influenced by one's self-image.
- d) personality develops from initial feelings of inferiority.

48. THE _____ contains material which you may be unaware of but that can easily be brought to awareness.

- a) subconscious
- b) preconscious
- c) unconscious
- d) conscious

49. Which term should be most closely associated with the word theory?

- a) idle speculation
- b) taxonomy
- c) science
- d) philosophy

50. A theory can be defined as

- a) an unverified hypothesis.
- b) an educated guess.
- c) a group of philosophical speculations concerning the nature of reality.
- d) a set of related assumptions that generate testable hypotheses.

51. Which statement best reflects the relationship between theory and hypothesis?

- a) Theories are narrower than hypotheses.
- b) A single theory may generate several hypotheses.
- c) Theories can be proven; hypotheses cannot
- d) Theories flow logically from specific hypotheses

52. The process by which the ego directs the individual to express sexual and aggressive impulses in socially acceptable ways is

- a) Repression
- b) Pleasure principle
- c) reality principle
- d) rationalization

53. A hypothesis is best defined as

- a) A classification system.
- b) Arm chair speculation.
- c) An unproved theory.
- d) An educated guess or prediction.

54. Taxonomies are

- a) systems for classifying data.
- b) principles of learning that make up a theory.
- c) guidelines for living a principled life.
- d) legal entities for raising revenue.

55. What is the relationship among theory, hypothesis, and observation?

- a) Theories generate hypotheses that lead to observations that may alter the original theory.
- b) Hypotheses generate theories, which then result in observations.
- c) Observations generate hypotheses, which in turn generate theories.

56. The ultimate value of a theory is its

- a) truthfulness.
- b) usefulness.
- c) simplicity.
- d) logic.

57. A theory should be open to disconfirmation. This refers to the theory's ability to

- a) be proven.
- b) generate research.
- c) provide guidelines for the practitioner.
- d) be falsified.

58. A related set of assumptions would constitute a

- a) hypothesis.
- b) philosophy.
- c) theory.
- d) scientific experiment.

59. The sub-discipline of psychology that looks at the personal traits of scientists is called

- a) psychology of science.
- b) the science of psychology.
- c) science in autobiographical study.
- d) psychology in autobiographical study.

60. Although scientists' process may be influenced by their personal characteristics, usefulness of their work is

- a) the clarity of their observations.
- b) the reliability of their measuring instruments.
- c) judged by their scientific product.
- d) Judged by their ability to create a workable taxonomy.

61. A useful theory should

- a) be parsimonious.
- b) serve as a guide to action.

- c) organize observations.
- d) generate research.
- e) all of the above.

62. A theory that is as simple as possible is said to be

- a) internally consistent.
- b) parsimonious.
- c) useless.
- d) an operational theory.

63. In psychoanalytic theory, the defence mechanism that involves banishing threatening thoughts, feelings, and memories into the unconscious mind is known as

- a) Repression
- b) pleasure principle
- c) reality principle
- d) rationalization

64. An explanation of behavior in terms of future goals or purposes is called

- a) a theory.
- b) a hypothesis.
- c) causality.
- d) teleology.

65. The notion of _____ holds that all behavior is influenced by unconscious motives, as is exhibited in Freudian slips.

- a) Conscious.
- b) Preconscious.
- c) Unconscious

d) Psychic determinism.

66. A test that yields consistent results is said to be

- a) Standardized.
- b) a norm-referenced test.
- c) Reliable
- d) valid

67. Generativity is best defined as

- a) part of Erikson's later adulthood stage
- b) a desire to help others
- c.) the ability to make general observations
- d) both a and b
- e.) all of the above

68. The defence mechanism known as ____ involves attributing one's own undesirable feelings to other people.

- a) Regression
- b) Rationalization
- c) Projection
- d) Displacement

69. A person who is socially outgoing and prefers to pay attention to the external environment is an:

- a) introvert type
- b) extrovert type
- c) archetype type
- d) inferiority type

70. The _____ begins with puberty and ends with a mature capacity for love and the realization of full adult sexuality.

- a) latency period
- b) Oedipal and Electra conflicts
- c) genital stage
- d) phallic stage

71. Between the ages of 1 and 3 years, the child is said to go through the _____ stage

- a) phallic
- b) latency
- c) anal
- d) genital

72. If self-esteem is too high, the person may be

- a) boring.
- b) ineffective.
- c) dull.
- d) arrogant.

73. Behaviourists are to the external environment as humanists are to

- a) stress.
- b) personal growth.
- c) humankind.
- d) internal conflicts.

74. Freud believed that at each psychosexual stage a different part of the body becomes

- a) id-fixated.
- b) archetypical.
- c) an erogenous zone.
- d) a source for modelling.

75. Self-actualization refers to

- a) a tendency that causes human personality problems
- b) what it is that makes certain men and women famous.
- c) anyone who is making full use of his or her potentials.
- d) the requirements necessary for becoming famous, academically distinguished, or rich.

76. During the first year of life, the child is said to go through the _____ stage.

- a) oral
- b) anal
- c) genital
- d) phallic

77. The role "possible selves" play in our lives is to

- a) provide a basis for comparing self-image and true self.
- b) give us models for identification.
- c) direct our behavior toward an imagined future.
- d) remind us that all things are always possible.

78. An overly strict or harsh superego will cause

- a) increasing levels of primary process thinking.
- b) an antisocial personality.
- c) inhibition, rigidity, or intolerable guilt.

d) a breakdown of the libido.

79. Concerning pure extroversion and pure introversion, it is most accurate to say

- a) a person is either one or the other.
- b) most people fall somewhere between these extremes.
- c) these terms were coined by the famous Swiss psychologist, Gordon All-port.
- d) they represent basic physical traits.

80. Delaying action until it is appropriate describes the ego's use of

- a) pleasure principle.
- b) morality principle.
- c) ego ideal.
- d) reality principle.

81. Abraham Maslow developed the concept of self-actualization by initially studying

- a) the maze-learning abilities of rats with sub-cortical lesions.
- b) his own patients.
- c) how children reacted to viewing aggressive role models on television.
- d) people who lived unusually effective lives.

82. Freud called an unresolved conflict caused by over-indulgence or frustration

- a) fixation.
- b) retentiveness.
- c) incongruency.
- d) expressiveness

83. The messy and disorderly person is described by Freud as being

- a) orally retentive.
- b) anally retentive.
- c) a phallic personality.
- d) anally expulsive.

84. Suppose the ego were of a hungry person in a crowded cafeteria, the ego would most likely

- a) do nothing.
- b) wait in line.
- c) push to the head of the line.
- d) feel guilty about being so hungry.

85. Which of the following is the correct ordering of Freud's psychosexual stages?

- a) anal, phallic, oral, genital.
- b) oral, anal, phallic, genital.
- c) genital, phallic, oral, anal.
- d) anal, oral, phallic, genital

[85 marks]

Question 2

Most students in the University of Swaziland, more especially at the Faculty of Health Sciences, do what other students influence them to do. In your own opinion relying on your understanding of personality development, discuss the consequences of leading a (a) group path instead of an (b) individual path among students at the Faculty of Health Sciences and (c) explain why student fail to stand on their own and depend on group behaviour.

- a) Group path (5 marks)
- b) Individual path (5 marks)
- c) Depending on groups (5 marks)

[15 marks]

{100 marks}