

Motivation and Emotion Chapter Self-Test Exercise

Direction: Choose the best/correct answer depending on the nature of questions

1. Exploration is a _____ motive.
A. Stimulus
B. Secondary
C. Primary
D. Learned
2. Feeling is also called:
A. Behavior
B. Affect
C. Cognitive appraisal
D. Physiological arousal
3. Whether to attend a great play or go to a good restaurant is an example of _____ conflict.
A. Approach-Approach
B. Avoidance-Avoidance
C. Approach-Avoidance
D. Multiple Approach-Avoidance
4. John likes to smoke but knows that it is not good for his health. He is experiencing a (an) _____ conflict.
A. Approach-Approach
B. Avoidance-Avoidance
C. Approach-Avoidance
D. Multiple Approach-Avoidance
5. Tad hasn't eaten in 12 hours. The psychological state that will cause him to go to café for food is:
A. Need
B. Instinct
C. Drive
D. Incentive
6. School breakfast programs make sure children aren't hungry so that they will be interested and able to focus on learning and academic achievement. The view of motivation that is most similar to this is _____ theory:
A. Incentive
B. Optimal arousal
C. Drive
D. Maslow's need hierarchy
7. If a person does not eat for a period of time, it causes a need for food. This need produces a state of tension. The tension energizes the person to act in some way to find food, thereby returning the body to homeostasis. This is an example of _____ theory
A. Incentive
B. Optimal arousal
C. Drive
D. Opponent process

8. The James-Lange theory predicts that
- A. If physiological feedback is eliminated, emotions should be eliminated
 - B. Expectations about a stimulus or situation should influence the emotion experienced.
 - C. Fear will produce the same general pattern of physical changes as anger.
 - D. Physical changes will be slower to occur than the emotional experience.
9. Peter just ate a large dinner and wish he could discreetly loosen his belt but when the desert cart rolls by, he selects a beautiful piece of cheesecake. Taking the dessert is an example of the power of:
- A. Drives
 - B. Instincts
 - C. Incentives
 - D. Arousal
10. Some facial expressions are recognized across cultures and occur in early infancy. This supports:
- A. The facial feedback hypothesis
 - B. James-Lange theory of emotion
 - C. A genetic origin for expression of emotion
 - D. Two-factor theory of emotion
11. The two-factor is different from other approaches because it
- A. Add a cognitive component to the experience of emotion
 - B. Places more emphasis on specific physiological patterns than other theories
 - C. Proposes emotion precede any physiological changes
 - D. Proposes that emotions are independent of physiological changes
12. Jim is open, spontaneous and has fulfilled his potential. Maslow would say is functioning at _____ need level.
- A. Safety and security
 - B. Love and belongingness
 - C. Esteem
 - D. Self-actualization
13. Incentive differs from drives because:
- A. Incentives involve physiological needs but drives do not
 - B. Incentives pull behavior but drives push behavior
 - C. Incentives are unlearned but drives are learned
 - D. Incentives are internal but drives are external

14. Yasmin's heart was racing, she felt afraid, and she was screaming. Her screams represent the emotion's:

A. Physiological response

C. Subjective experience

B. Behavioral expression

D. Cognitive interpretation

15. "When I clenched my jaw and knitted my brows, I suddenly felt angry." This reflects

A. James-Lange theory

C. Facial Feedback hypothesis

B. Schachter-Singer theory

D. Cognitive-appraisal theory

16. You want to have a Chinese food for dinner but you also have a craving for Italian food. This represents _____ conflict.

A. Approach-Approach

C. Avoidance-Avoidance

B. Approach-Avoidance

D. Multiple Approach-Avoidance

17. While sitting in a waiting room, a man next to you begins yelling and acting aggressively. Your heart begins beating fast. You interpret your environmental cues as the cause of your arousal. Which theory of emotion would support this explanation?

A. The James-Lange

C. The affective-primacy

B. The Schachter-Singer

D. Cannon-Bard

18. "We feel sorry when we cry and afraid because we tremble." This quote is supported by which theory of emotion?

A. Cannon-Bard theory

C. Schacter-Singer

B. James-Lange theory

D. The facial feedback theory

19. Which of the following statements best illustrates Maslow's love and belongingness needs?

A. Moving to a safe community to raise your children

B. Going to school to earn a master's degree in counseling

C. Donating a large sum of money to charity

D. Going to the gym three days a week to improve your health

20. Larry really wants to buy his wife the diamond watch she always wanted for her birthday, but he knows he should be more conservative with his money. What type of conflict is he facing?

A. Approach-approach

C. Avoidance-avoidance

B. Approach-avoidance

D. Multiple Approach-Avoidance

21. Repulsion, curiosity, pugnacity, and humility are all examples of
- A. Needs
 - B. Incentives
 - C. Instincts
 - D. Incentives
22. Which of the following examples best illustrates an intrinsic motivation?
- A. Running a marathon to support breast cancer
 - B. Rock climbing to win first prize
 - C. Graduating with honors
 - D. Trying out for the high school basketball team
23. A journalist chooses to go to Afghanistan to cover the war hoping to acquire the admiration of his peers and a promotion. Which of the following theories of motivation best explains this decision?
- A. Drive theory
 - B. Incentive theory
 - C. Optimal arousal
 - D. Cognitive dissonance
24. Which of the following theories of emotion support the idea that emotions and bodily responses occur simultaneously?
- A. James-Lange
 - B. Schachter-Singer
 - C. Cannon-Bard theory
 - D. Cognitive-appraisal theory
25. If we are about to jump out of an airplane for the first time, we tend to feel extreme fear along with low levels of elation. Later, when we decide to jump again, we experience more elation and less fear. This scenario is supported by which theory of emotion?
- A. James-Lange theory
 - B. Schachter-Singer
 - C. Opponent-process theory
 - D. Cannon-Bard theory

N.B. The above exercises are compiled from different sources of accompanying guides and standardized exams. To understand the major concepts implied in the questions, visit the YouTube channel: *Psych in Amharic with Tamiru Delelegn* (<https://www.youtube.com/channel/UCqqhRfFSnAFLTrEaVFG-m0Q/videos>)

Answer Key

1. A	2. B	3. A	4. C	5. C
6. D	7. C	8. A	9. C	10. C
11. A	12. D	13. B	14. B	15. C
16. A	17. B	18. B	19. C	20. B
21. C	22. A	23. B	24. C	25. C