



PYC1512 MCQ2 - Practice exam MCQ's

Foundations of sub-discipline of Psychology (University of South Africa)



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PYC1512
MCQ 2
QUESTIONS

1. What are the learning outcomes of Unit 3?

- A) To learn about African history
- B) To understand the basic theories informing community and health psychology
- C) To learn about Western epistemologies
- D) To study the clinical, social and welfare concepts

2. Why did the study of community and health psychology emerge?

- A) To pay attention to the individual's surroundings
- B) To study human behavior in the United States of America
- C) To understand the meaning of being human in the world
- D) To advance a Western understanding of what community and health mean

3. When was community psychology introduced in South Africa?

- A) In the 1960s
- B) In the 1980s
- C) In the late 1990s
- D) It is not mentioned in the passage

4. What lens does community psychology largely gaze through?

- a) An African lens
- b) A Western lens
- c) A clinical lens
- d) A social and welfare lens

5. What is the meaning of the expression "I am because we are and since we are, therefore, I am"?

- A) It is a definition of community psychology
- B) It is a definition of health psychology
- C) It is a definition of ubuntu/botho
- D) It is a definition of isintu

6. What is the role of community in African culture?

- A) It is a concept that is not enforced culturally
- B) It is a concept that is enforced by law
- C) It is a concept that is culturally enforceable
- D) It is a concept that is not important in African culture

7. What is the meaning of the concept of health in Bantu languages?

- A) It is a composite state of being alive, with all aspects of your wellbeing taken care of
- B) It is a physical state of being
- C) It is an emotional state of being
- D) It is a mental state of being

8. Who do African families and communities consult when they face health issues beyond their understanding?

- A) Experts on health issues
- B) Government officials
- C) Religious leaders
- D) No one

9. What is the perception of African families and communities towards the expertise of health experts?

- A) They are not trusted
- B) They are perceived as a gift from the ancestors
- C) They are seen as outsiders
- D) They are not valued

10. How do African families and communities understand health?

- A) Through their relationship with nature
- B) Through their relationship with technology
- C) Through their relationship with money
- D) Through their relationship with religion

11. What is the importance of having a humane relationship with the land for African families and communities?

- A) It is not important
- B) It shapes the way they treat plants, animals and the environment
- C) It is a religious obligation
- D) It is a political statement

12. How are mental health and emotional wellbeing viewed in African communities?

- A) Separately from physical, social, political, economic, spiritual and environmental aspects
- B) As the only important aspects of health
- C) As less important than physical health
- D) As the same as physical health

13. What is the prerequisite for psychological health in African communities?

- A) Having a lot of money
- B) Having a good job
- C) Having healthy communities
- D) Having access to technology

14. What is the trajectory of community psychology in South Africa?

- A) It has always been well-defined and universally accepted
- B) It has faced challenges and achievements
- C) It has only recently emerged
- D) It has no relevance in South Africa

15. What was the aim of the 1932 Carnegie Commission study on poverty among whites in South Africa?

- A) To uphold the white supremacy narrative
- B) To alleviate the poverty faced by a political minority group
- C) To establish democracy
- D) To dislodge apartheid

16. What did the psychologists who were instrumental in the Carnegie study recommend?

- A) Jobs and training be reserved for unskilled whites
- B) Jobs and training be reserved for Africans
- C) Jobs and training be reserved for skilled whites
- D) Jobs and training be reserved for skilled Africans

17. What was the focus of community psychology in South Africa?

- A) To establish apartheid
- B) To assert community identity
- C) To establish white supremacy
- D) To maintain unequal societies

18. What was the main goal of TECON and the People's Experimental Theatre?

- A) To promote apartheid's racialized norms
- B) To reject segregationist ideals
- C) To promote individualism
- D) To promote colonial invasions

19. What was the purpose of the Truth and Reconciliation Commission (TRC)?

- A) To restrict individual victims' need to grieve and make meaning of personal losses
- B) To promote individual healing
- C) To offer a space for expressions of community psychology
- D) To promote apartheid's racialized norms

20. What is the primary example of unpleasant dwelling arrangements that make it difficult for people to thrive?

- A) Rural communities
- B) Townships
- C) Squatter camps
- D) Homeless shelters

21. What is the difference between oligodendrocytes and Schwann cells?

- A) Oligodendrocytes and Schwann cells have the same function
- B) Oligodendrocytes build myelin sheaths for axons in the brain and spinal cord, while Schwann cells build myelin sheaths for axons in the peripheral nervous system
- C) Oligodendrocytes remove viruses, fungi, and damaged neurons, while Schwann cells build myelin sheaths for axons
- D) Oligodendrocytes build myelin sheaths for axons in the peripheral nervous system, while Schwann cells build myelin sheaths for axons in the brain and spinal cord

22. What is the function of microglia in the nervous system?

- A) Provide a structural matrix for neurons
- B) Build myelin sheaths for axons
- C) Act as part of the immune system
- D) Remove viruses, fungi, and damaged neurons

23. What is the spinal cord?

- A) A part of the central nervous system located inside the spinal column
- B) A part of the peripheral nervous system
- C) A segmented structure containing sensory and motor nerves ipsilaterally
- D) A soft tissue organ located inside the skull

24. What is the organization of the brain?

- A) Organized into four bulges: the hindbrain, midbrain, forebrain, and cerebellum
- B) Organized into two bulges: the midbrain and forebrain
- C) Organized into three bulges: the hindbrain, midbrain, and forebrain
- D) Organized into five bulges: the hindbrain, midbrain, forebrain, cerebellum, and pons

25. What is the structure of the spinal cord?

- A) Made up of white matter and gray matter infused internally in a V-shape
- B) Made up of white matter and gray matter infused internally in a U-shape
- C) Made up of white matter and gray matter infused internally in an H-shape
- D) Made up of white matter and gray matter infused internally in an X-shape

26. What is the function of astrocytes?

- A) To monitor cerebro-spinal fluid
- B) To remove viruses and damaged neurons
- C) To build myelin sheaths for axons
- D) To provide a structural matrix for neurons

27. What is the difference between afferent and efferent axons?

- A) Afferent axons bring information into a structure, while efferent axons carry information away from a structure
- B) Afferent and efferent axons are the same thing
- C) Afferent axons carry information away from a structure, while efferent axons bring information into a structure

D) Afferent and efferent axons do not exist in the nervous system

28. Which cells build myelin sheaths for axons in the brain and spinal cord?

- A) Oligodendrocytes
- B) Astrocytes
- C) Ependymal cells
- D) Microglia

29. What are the two types of glia?

- A) Sensory and motor nerves
- B) Oligodendrocytes and Schwann cells
- C) Astrocytes and ependymal cells
- D) Macroglia and microglia

30. What is the primary function of the cerebellum?

- A) Processing auditory information
- B) Processing visual information
- C) Controlling movement and balance
- D) Regulating heart rate

31. What is the most common method used to clinically diagnose mental health conditions?

- A) Diagnostic and Statistical Manual (DSM) of Mental Disorders
- B) The Rosenberg Self-Esteem Scale
- C) The Beck Anxiety Inventory
- D) International Classification of Diseases (ICD)

32. Which edition of DSM discarded the multiaxial system of diagnosis?

- A) Sixth edition
- B) Fifth edition
- C) Fourth edition
- D) Third edition

33. What does the DSM-V incorporate in an effort to improve diagnoses for people of different cultural backgrounds?

- A) Only cross-cultural variations
- B) Only culture-bound syndromes
- C) Only greater cultural sensitivity
- D) Greater cultural sensitivity, culture-bound syndromes, cross-cultural variations, and cultural concepts of distress

34. What is an etic view of a culture?

- A) A specific finding that appears to be culture-specific
- B) A universal truth or principle which appears consistent across different cultures

- C) The perspective of an outsider looking in
- D) A focus on the intrinsic cultural distinctions that are meaningful to members of a given society, an insider's perspective

35. What did the loss of land mean for the healing systems of African people?

- A) Their healing systems were unaffected by the loss of land
- B) Their healing systems stayed intact and unchanged
- C) They could no longer access forests and relied primarily on nature
- D) They forced themselves to stop relying on natural remedies and turned solely to modern medicine

36. What dimensions does wellbeing from an African perspective encompass?

- A) Intellectual and creative
- B) Financial and material
- C) Emotional and mental
- D) Physical, spiritual and social

37. What is the African understanding of illness based on?

- A) Scientific research
- B) How Africans conceptualise umntu/motho
- C) Western medical practices
- D) Biological denotation

38. What is the meaning of ubuntu in Nguni or Tshivenda?

- A) I am because we are, and since we are, therefore I am
- B) Rise High by Lifting Others
- C) Unity is Strength
- D) Together Everyone Achieves More (TEAM)

39. According to traditional African perspective, ill health can be manifested in which of the following?

- A) all of the above (physical disease, psychological-mental illness, breakdown in the social and spiritual mechanisms)
- B) Breakdown in social mechanisms only
- C) Only psychological-mental illness
- D) Only physical disease

40. According to Sogolo (1993), what is the result of an African's involvement in an adulterous act with his brother's wife?

- A) He undergoes stress which disturbs his social harmony
- B) He is praised by the community
- C) He becomes a revered leader
- D) He gains wealth and power

41. What is the consequence of a widow not following cultural prescriptions according to the Sotho people?

- A) To be given a higher social status
- B) To be exiled from the community
- C) To lose her inheritance
- D) To suffer from a physical condition called mashwa

42. According to the context, what is the ethos of understanding psychopathology in traditional societies?

- A) Treating illnesses with modern medicine
- B) Ensuring survival for the tribe and being one with nature
- C) Promoting competition among community members
- D) Allowing individualism and independence

43. What is the reason for many of the illnesses prevalent in today's society among the colonised?

- A) Distorted relationship with materiality, food, and community
- B) Genetic disposition
- C) Lack of medical care
- D) Natural disasters

44. What was the effect of colonial individualism on the value system of black people?

- A) They stopped valuing material possessions
- B) They started to prioritize community over individualism
- C) They started to adopt a materialistic approach to objects
- D) They became more spiritual

45. What is the African perspective of empathy derived from?

- A) Latin
- B) ukuva
- C) Mandarin
- D) Hindi

46. According to the passage, what is a misconception about African people's conceptualisations of illness and healing?

- A) Consulting with western medical professionals
- B) "Angry ancestors" who send out illness and disharmony
- C) Placing trust in the body's ability to heal itself
- D) Belief in the power of natural herbs and remedies

47. Why is it important to be cautious about any information which is disseminated on indigenous healing practices?

- A) Because indigenous healing practices may be harmful to individuals
- B) Because indigenous healing has been turned into a money-making business and it leads to further demonization

- C) Because there is no scientific basis for indigenous healing
- D) Because African practices are illogical and irrational

48. Why is an understanding of culture critical in mental health?

- A) To create cultural events related to therapy
- B) To promote cultural understanding in society
- C) To develop culturally appropriate medication
- D) For accurate and complete diagnoses, as well as psychiatric treatment

49. What is personality?

- A) The mask people wear to face the outside world
- B) Everything about you that makes you different from no one
- C) Explanation for why people behave in a certain way or do certain things
- D) A mask worn by actors

50. According to the context, who argued that an understanding of personality is crucial for determining normal and abnormal behaviour?

- A) Akbar
- B) Nelson Mandela
- C) Mother Teresa
- D) Einstein

51. What is Social Psychology?

- A) The scientific study of how people's behaviour and decision making are largely influenced by society
- B) The study of climate change
- C) The study of genetics
- D) The study of individual behaviour

52. According to Baldwin (1992), where do the basic components of human nature lie?

- A) in individual nature
- B) in worldly possessions
- C) in genetic makeup
- D) in the social context

53. According to the passage, why is it problematic for current personality theories to be applied to Africans?

- A) Working with the current Western conceptions of personality is harmful to Africans.
- B) The ontological and epistemological understandings in these theories are only relevant to people of European origin.
- C) Africans cannot understand these theories because they see the universe differently.
- D) Personality theories do not work for Africans in general.

54. What does African cosmology encompass?

- A) African's search for the meaning of life
- B) Islamic beliefs
- C) Asian philosophical ideas
- D) Western conceptual framework

55. What was the false notion used to justify dehumanization of indigenous people?

- A) That they were seen as equals to Westerners
- B) That they were irrational, less intellectual and uncouth
- C) That they were highly intelligent and sophisticated
- D) That their differences in personality were celebrated

56. What was the agenda behind the personality studies done on African people?

- A) To classify all Africans as belonging to a single inferior category
- B) To prove that they are superior to other races
- C) To accurately study and understand their personality traits
- D) To recognize their unique qualities and contributions

57. What was the purpose of personality classification during the colonial administration with respect to Africans?

- A) To facilitate cultural exchange between Africa and Europe
- B) To maintain and justify colonial activities on the basis that Africans were not "as human" as people of European origins
- C) To promote racial harmony and integration
- D) To help Africans understand their own personalities better

58. Which theory refers to how our minds have trouble processing conflicting information?

- A) Self-perception theory
- B) Social identity theory
- C) Cognitive dissonance theory
- D) Attribution theory

59. What is the name of the main proponent of evolutionary theory?

- A) Albert Einstein
- B) Galileo Galilei
- C) Isaac Newton
- D) Charles Darwin

60. Which theories are often considered as leading discoveries in the field of Social Psychology?

- A) Theories from Europe and North America
- B) Theories from Latin America
- C) Theories from Africa
- D) Theories from Asia

61. What does the concept of ubuntu/botho encompass?

- A) Following the principles of another's culture regardless of your own culture's values
- B) Values that an individual enacts as a demonstration of umntu/motho as an ethical being
- C) Strict adherence to individualism
- D) Being unethical in one's behaviour

62. According to Ramose (2005), what does the concept of wholeness assume about umntu/motho?

- A) Cannot be described by a single set of physical or psychological characteristics while excluding other critical aspects
- B) Is completely independent of their environment
- C) Can only be described by physical and psychological characteristics and nothing else
- D) Does not acknowledge and encompass other living and non-living beings

63. In most Bantu cultures, what does each clan have?

- A) Its own animal/plant which is regarded as an integral member of the family
- B) Its own country which is regarded as an integral member of the family
- C) Its own human companion who is regarded as an integral member of the family
- D) Its own deity which is regarded as an integral member of the family

64. What is the relationship Africans have with animals according to the text?

- A) Strictly scientific
- B) Mystical
- C) Apathetic
- D) Superficial

65. What is the importance of considering context in the study of social behavior?

- A) To better understand the societal ills we see today
- B) To only focus on colonial violence
- C) To ignore variations in societal violence
- D) To remove stereotypes completely

66. What is the concept of ubuntu/botho in Africa aimed at doing?

- A) purely academic exercises
- B) excluding African epistemologies
- C) promoting western epistemologies
- D) bringing hidden African epistemologies to the centre of learning

67. How does Prager define trauma?

- A) A wound that never heals
- B) An opportunity for growth
- C) A temporary setback

D) An easy-to-forget event

68. In South Africa during apartheid, what direction did the transmission of trauma often move in?

- A) Sideways
- B) Downward
- C) Upward
- D) Diagonal

69. At what age does a typical infant start walking?

- A) 2 years
- B) 6 months
- C) 13 months
- D) 1 year

70. Which statement is true about a child's behaviour?

- A) It is not influenced by motor skills
- B) It is solely determined by environment
- C) It results from both nature and nurture
- D) It is solely determined by genetics

71. What is social development?

- A) The development of self-awareness, attachment to caregivers, and relationships with other people
- B) The need for physical contact
- C) The development of sensory abilities
- D) The development of cognitive abilities

72. What is cognitive development?

- A) Learning information from parents and peer mentors
- B) Developing physical abilities
- C) Transitions in individuals' emotional patterns
- D) Transitions in individuals' thinking patterns, including reasoning, remembering, problem-solving, etc.

73. What does Erikson's Psychosocial Developmental Theory focus on?

- A) Physical development and growth during adolescence
- B) Mental capacity and intelligence
- C) Environmental factors affecting behavior
- D) Social interaction and conflicts during different stages of development

74. Which stage marks an infant's dependence on adults for their basic needs and the development of trust or mistrust?

- A) Integrity versus despair (65 years and older)
- B) Trust versus mistrust (0–18 months)
- C) Generativity versus stagnation (40–65 years)
- D) Autonomy versus shame and doubt (18 months to 3 years)

75. What is the primary goal of young adulthood in Stage 6?

- A) To focus on career development
- B) To maintain close relationships with family members only
- C) To explore different hobbies and interests
- D) To establish a stable and intimate sexual relationship with another person

76. Which of the following is a characteristic of the concrete operational stage?

- A) Ability to think abstractly
- B) Belief in animism
- C) Development of mental operations
- D) Preference for inanimate objects

77. What is an ability that develops during the concrete operational stage?

- A) Handling of abstract concepts
- B) Logical reasoning
- C) Egocentrism
- D) Reversibility and coordination of multiple aspects of a problem

78. What is hypothetico-deductive reasoning?

- A) A peak of cognitive development
- B) Methodical, scientific approach to problem-solving
- C) Approach to dealing with abstract concepts
- D) Abstract or hypothetical reasoning

79. Who is the Viennese physician that sought a cure for emotionally troubled adults by having them talk freely?

- A) Thomas Edison
- B) Sigmund Freud
- C) Albert Einstein
- D) Isaac Newton

80. According to Freud's theory, the little girl feels hostility towards which parent?

- Grandparents
- Father
- Siblings

Mother

81. At which stage of development does an adolescent look for appropriate peers towards whom they can aim or direct their sexual drive?

- A) Anal stage
- B) Oral stage
- C) Latency stage
- D) Genital stage

82. According to sociocultural theory, what plays important roles in children's construction of knowledge?

- A) Physical exercise and sports
- B) Social interaction and culture
- C) Television and video games
- D) Individual thinking and reasoning

83. According to Vygotsky, what is the importance of play in learning?

- A) Play distracts children from the learning process
- B) Play is only important for physical exercise
- C) Children can expand their conceptual abilities and knowledge of the world
- D) Children cannot learn through play

84. What do ecological transitions, such as entering school or retirement, represent in development?

- A) Important turning points
- B) Unrelated factors
- C) Insignificant decisions
- D) Minor events

85. Which type of process includes a family's ability to support a child?

- A) Proximal processes
- B) Immediate environmental contexts
- C) Distal processes
- D) Remote environmental contexts

86. According to Bronfenbrenner and Morris, which three factors contribute to the effective functioning of proximal processes?

- A) Height, weight, and physical appearance
- B) Favorite color, food, and animal
- C) Dispositions, bioecological resources, and demand characteristics
- D) Age, gender, and socio-economic status

87. In Bronfenbrenner's ecological systems theory, what is the second immediate layer and what does it contain?

- A) Endosystem, contains the nucleus
- B) Exosystem, contains the macrosystem
- C) Mesosystem, contains the microsystem
- D) Interminal System, contains memorabilia

88. According to Bronfenbrenner & Morris, what does the term 'ecology of development' mean?

- A) The physical geography of a region
- B) The interaction between individuals of the same setting
- C) Linkages and processes between two or more animals
- D) Linkages and processes between two or more settings containing the developing individual

89. Which context layer encompasses work settings and social networks that indirectly enhance the development of both adults and children?

- A) Exosystem
- B) Mesosystem
- C) Macrosystem
- D) Microsystem

90. According to Bioecological Systems Theory, is development driven solely by environmental circumstances or inner dispositions?

- A) Neither
- B) Environmental Circumstances
- C) Both
- D) Inner Dispositions

91. According to the passage, what plays a central role in children's learning and development?

- A) School curriculum
- B) Parental involvement
- C) Peer culture
- D) Individual skill building

92. What is the name of the learning process that African children use to extract multiple intelligences from different environments?

- A) Interactional-extractive learning process
- B) Participative development learning
- C) Relational agency organization
- D) Cognitive Intelligence Retrieval stimulation

93. Which of the following best describes Piaget's view on how children learn?

- A) Children learn through their own efforts and actions in the world

- B) Children learn primarily through guidance from adults
- C) Children learn primarily through observation of others
- D) Children learn primarily through memorization of facts

94. What is the purpose of traditional circumcision and initiation rites?

- A) To celebrate the coming of age
- B) To prepare young males for the responsibilities of manhood
- C) To participate in tribal meetings
- D) To teach morals for marriage and society

95. What is the purpose of the initiation ceremonies?

- A) To encourage initiates to pursue a risky career
- B) To teach initiates magic tricks to impress their friends
- C) To provide education and prepare younger initiates for adulthood and to teach them the values of ubuntu (humanity)
- D) To prevent young people from leaving their community

96. What is one of the psychological functions of initiation in African cultures?

- A) Symbolizes death and fear of elders
- B) Reinforcing childhood mentality
- C) Encourages isolation from peers
- D) Enhances self-esteem and encourages cooperation among group members

97. What are some purposes of indigenous games in children's development?

- A) Improving physical activity, teaching life skills, and establishing cultural connectedness
- B) Teaching foreign languages, promoting individualism, and encouraging sedentary behavior
- C) Introducing them to foreign cultures
- D) Nurturing critical thinking and transmitting indigenous knowledge

98. What benefits does playing indigenous games offer to children?

- A) None of the above
- B) Just brain stimulation
- C) Physical development and brain stimulation
- D) Just socialization