PYC1512 MCQ3 - Practice exam MCQ's

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

PYC1512
MCQ 3
QUESTIONS

1. What is the African principle of communal life?
a) Individualism
b) Nuclear family
c) Extended family
d) Ubuntu

2. What is the concept of humanity (uluntu) based on?
a) Individualism
b) Belonging to those around you
c) Competition
d) Selfishness

3. What do the terms moahisane, makhelwane, and mmelwane mean?
a) Building together
b) Fighting together
c) Living alone
d) Ignoring others

4. What is the role of education in African communities?
a) It is a one-way process from elders to younger generations
b) It is a one-way process from younger generations to elders
c) It is an interactive process among peers, elders, and nature
d) It is an individualistic process

5. What can be learned from ants, tortoises, and dogs in African communities?
a) Hard work, patience, and loyalty
b) Hard work, impatience, and disloyalty
c) Laziness, impatience, and disloyalty
d) Laziness, patience, and loyalty

6. What is the definition of wellness in African communities?
a) The absence of disease only
b) The presence of factors that might make it likely for diseases to occur
c) The absence of disease and factors that might make it likely for diseases to occur
d) The presence of disease and factors that might make it likely for diseases to occur

7. What is the most reliable tool to understand African communities and their practices?
a) Mathematics
b) Science
c) Language

d) History

8. What is isintu/setho in African communities?
a) The organizing culture upon which healthy communal practices are based
b) The organizing culture upon which unhealthy communal practices are based
c) The organizing culture upon which individualistic practices are based
d) The organizing culture upon which Western practices are based

9. What is the role of community psychology in African communities?
a) To provide individualistic interventions
b) To provide community-based interventions
c) To provide interventions that disregard social issues
d) To provide interventions that disregard environmental stressors

10. What has been the trend in the development of publications in South Africa post-1994?
a) Decrease in the development of publications
b) Increase in the development of publications
c) No change in the development of publications
d) None of the above

11. What is the aim of the books developed in South Africa?
a) To exclude women and black academics as writers
b) To advance theoretical developments in the discipline
c) To promote violence, injuries, HIV/AIDS and racism
d) None of the above

12. What issues did community psychologists address in South Africa?
a) Climate change and environmental issues
b) Violence, injuries, HIV/AIDS and racism
c) Economic inequality and poverty
d) None of the above

13. Which part of the brain is responsible for processing information related to language, memory, decision-making, and problem-solving?
A) Parietal lobe
B) Occipital lobe
C) Temporal lobe
D) Frontal lobe

14. What is the primary function of the superior colliculi?
A) Processing auditory information
B) Regulating heart rate
C) Regulating visual reflexes
D) Processing visual information

15. Which part of the brain is responsible for auditory information and emotional and motivational behaviors?
A) Temporal lobe
B) Occipital lobe
C) Frontal lobe
D) Parietal lobe

16. What is the primary function of the hypothalamus?
A) Processing visual information
B) Regulating temperature control
C) Controlling movement and balance
D) Regulating heart rate

17. Which part of the brain is responsible for receiving inputs from the skin and muscles?
A) Temporal lobe
B) Parietal lobe
C) Frontal lobe
D) Occipital lobe

18. What is the primary function of the medulla?
A) Processing visual information
B) Controlling movement and balance
C) Processing auditory information
D) Regulating heart rate

19. What is the fundamental difference between an etic and emic approach in understanding mental illness?
A) Etic approaches focus on the context-specific cultural understanding of mental illness while emic approaches aim to universalize conclusions about human behavior
B) Etic and emic approaches do not differ in their focus on understanding mental illnesses
C) Emic approaches focus on the context-specific cultural understanding of mental illness while etic approaches aim to universalize conclusions about human behavior
D) Etic approaches exist only within the specific cultural context, whereas emic approaches aim for a more comprehensive viewpoint

20. What are the three main theoretical positions from a cross-cultural approach used to understand how culture influences mental illness?
A) Biological, cognitive and behavioral perspectives
B) Analytic, systemic and integrative perspectives
C) Universalistic, relativistic and absolutist perspectives
D) Social, emotional and personality perspectives

21. Which perspective suggests that mental illness should be understood through the context of a particular behavioral norm within a specific culture?

A) Relativistic perspective
B) Biopsychosocial perspective
C) Western perspective
D) Universalistic approach

22. Which perspective assumes that culture does not play any role in the expression of behavior?
A) Universalistic perspective
B) Absolutist perspective
C) Ethnic perspective
D) Cultural perspective

23. According to the passage, which approach cannot simplify the concept of mental illness?
A) Sociocultural approach
B) Political approach
C) Universalistic and absolutist approaches
D) Relativistic approach

24. What did Naim Akbar coin to describe the attitude displayed by individuals who are motivated by the desire for approval from the white population?
A) Negative body images
B) Anti-self-attitude
C) White-washed mentality
D) Pro-self-attitude

25. According to Akbar (1981), what could be associated with individuals suffering from self-destructiveness?
A) Substance abuse and criminal activities
B) Charitable work and community service
C) Participation in sports and exercise
D) Healthy habits and positive behavior

26. What is the sense called in African Psychology which is focused on in the healing process?
A) smell
B) ukuva/ho utlwa
C) audition
D) taste

27. What are feelings referred to as in Sesotho or isiZulu?
A) aimamela
B) ukuzimamela
C) loleme

D) maikutlo/imizwa

28. When treating a culturally different client who believes in spirit possession and supernatural healing, what approach should a Western-trained therapist take?
A) Respect the client's beliefs and seek the help of a traditional healer
B) Attempt to convince the client of Western-style treatment methods
C) Ignore the client's cultural beliefs and proceed with Western-style treatment
D) Persuade the client to seek psychiatric medication

29. In some African cultures, how is depression often reported?
A) As a psychological representation
B) As a cultural stigma
C) As a spiritual affliction
D) As a physical complaint

30. What is empathy?
A) The ability to understand and share the feelings of others
B) The ability to manipulate others
C) The ability to ignore others
D) The ability to dominate others

31. What have colonial ideologies done to African cosmology and people?
A) Incorporated African cosmology into their own
B) Praised African cosmology and uplifted African people
C) Placed African ways of being at the bottom of every cosmology and demonised African people
D) Ignores African cosmology and people

32. What does African ontology encompass?
A) Individualistic lifestyle
B) Strict religious beliefs
C) Capitalistic system
D) A holistic view of a person's existence in society

33. According to Diop (1991), what factors contribute to African personality?
A) Economic and geographic factors
B) Psychic, historical and linguistic factors
C) Educational and technological factors
D) Political and religious factors

34. What is the African worldview meaning by 'I am because you are, and since you are, therefore I am'?
A) Focusing on what one's self-serving interests are
B) Beingness shaped by complete detachment of other beings
C) Purely individualistic
D) Beingness shaped by person's interconnectedness with others

35. What is the closest equivalent in the English language for mekhoa?
A) flavours
B) traits
C) roots
D) siblings

36. What is the trauma of displacement also called?
A) Biological trauma
B) Structural trauma
C) Collective trauma
D) Individual trauma

37. Which of the following is NOT a biological means of trauma transmission?
A) Post-traumatic stress disorder
B) Family communication mechanisms
C) Neurobiology of trauma
D) Increased cortisol levels

38. In projective identification, what happens when the projection is rigidly maintained and the person being projected onto cannot challenge it?
A) The other person absorbs the projection without issue.
B) The person projecting manipulates the other person.
C) The other person confronts and rejects the projection immediately.
D) The projection dissipates and both individuals move on.

39. What happens during infancy in terms of brain development?
A) The baby becomes fully conscious and sentient
B) The baby's neurons stop growing completely
C) The baby becomes more physically coordinated
D) Many connections between brain cells are formed, and many others are lost

40. In which ways do African parents give children responsibilities from an early age?
A) Sending them to school early, giving them pocket money, and video games
B) Making tasks fun, assigning chores, and engaging them in real-life interactions

C) Sheltering them and restricting their interactions with adults and other children
D) Starting their formal education with rigorous study schedules

41. Which of the following is NOT a reason why theories are important?
A) They allow us to understand and predict behaviour
B) They give meaning to facts we discover
C) They contribute to the overall body of knowledge
D) They are just philosophical ideas with no basis in reality

42. What does the term development imply?
A) Random changes that occur without a direction
B) Changes that occur only in social capabilities without any direction
C) Systematic qualitative and quantitative changes that occur over time with a direction
D) Changes that occur only in biological and psychological capabilities without any direction

43. According to Erikson's psychosocial stages of development, what do people reflect on in old age?
A) Their upcoming goals and plans
B) Their regrets and disappointments
C) Their lives and accomplishments
D) Their favorite memories and experiences

44. What is the term for the tendency to focus on just one feature of a problem?
Egocentrism
Reversibility
Conservation
Centration

45. During which stage do the Oedipal complex in boys and Electra complex in girls emerge?
A) Genital (stage 5)
B) Oral (stage 1)
C) Phallic (stage 3)
D) Latency (stage 4)

46. According to Freud, what is the most important stage for personality development before the age of 5?
A) Genital stage
B) Latency stage
C) The first three psychosexual stages
D) Puberty stage

47. According to Bronfenbrenner's bioecological theory, which of the following affects human development?

A) Multiple levels of the surrounding environments
B) Genetics
C) Luck in life
D) Individual willpower

48. Which system is closest to the child and consists of contexts like family, peers, school, and neighbourhood?
A) Mesosystem
B) Exosystem
C) Microsystem
D) Macrosystem

49. What is cultural context?
A) An individual's unique personality
B) The overall societal culture in which individuals live
C) The environment of a specific workplace
D) One's personal preferences and interests

50. What system refers to an individual's environment with its dynamic, ever-changing nature?
A) Macrosystem
B) Exosystem
C) Mesosystem
D) Chronosystem

51. What is weaning used as an indicator for?
A) The child's readiness to enter childhood
B) The child's academic ability
C) The child's athletic potential
D) The child's physical growth

52. According to the text, what kinds of chores are girls usually allocated in African communities?
A) slaughtering chickens, cooking, cleaning, and collecting water
B) cow herding, milking cows, and hunting
C) caring for siblings, cooking, cleaning, and collecting wood
D) playing with friends and swimming

53. Who is responsible for teaching a girl child chores from an early age?
A) Brother
B) Father

C) Grandparent

D) Mother

54. What do African riddles contribute to children's participation in social, cultural, political and economic life?

A) Nurturing critical thinking and transmitting indigenous knowledge

B) Fostering dependence on authority

C) Supporting conformity to expectations

D) Introducing them to foreign cultures

55. What are Indigenous games?

A) Traditional and contemporary play cultures associated with a certain culture and community

B) Digital Games

C) Modern technology games

D) European sports