



PYC1512 MCQ1 - Practice exam MCQ's

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



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PYC1512

MCQ 1

QUESTIONS

1. What is the role of hippocampus?

- A) Motor control
- B) Evaluating emotional information
- C) Autonomic functions
- D) Learning and memory

2. Who is attributed to the field of genetics?

- A) Albert Einstein
- B) Isaac Newton
- C) Gregor Mendel
- D) Charles Darwin

3. What is the part of a chromosome composed of DNA called?

- A) Protein
- B) Gene
- C) Enzyme
- D) Amino acid

4. What is the genetic code?

- A) The sequence of bases in DNA
- B) The form of an organism
- C) The instruction manual that tells the cell how to make specific proteins
- D) The synthesis of RNA

5. What are the three main types of RNA?

- A) Protein RNA, Transfer RNA, Messenger RNA
- B) Messenger RNA, Ribosomal RNA, Transfer RNA
- C) Thymine RNA, Messenger RNA, Ribosomal RNA
- D) Deoxyribonucleic acid, RNA, Ribosomal RNA

6. What are genes on the sex chromosomes known as?

- A) recessive genes
- B) autosomal genes
- C) dominant genes
- D) sex-linked genes

7. Which of the following is a type of gene that is present in both sexes, but actively expressed only in one sex?

- A) Y-linked genes
- B) X-linked genes
- C) Autosomal genes
- D) Sex-limited genes

8. Which type of mutation can be inherited by offspring?

- A) Point mutation
- B) Chromosomal mutation
- C) Somatic mutation
- D) Germ-line mutation

9. What is epigenetics?

- A) Permanent changes to genes
- B) Changes in gene expression that are not a result of a change in the DNA sequence
- C) Changes in gene expression due to mutations
- D) Switching genes on or off based on genetics

10. How do people of Nepal adapt to living at high altitudes?

- A) Through spiritual practices
- B) Through medical treatments
- C) Through genetic modifications
- D) Over centuries

11. What is the name of the scientific approach used to study heritability?

- A) Heredity study
- B) Epigenetic study
- C) Candidate gene approach

D) Environmental study

12. What do twin studies use twins to assess?

- A) the benefits of exercise on mental health
- B) the relative contributions of heredity and environment to some attribute
- C) the best time to plant a garden
- D) the effects of social media on teenagers

13. What is Phenylketonuria?

- A) A genetic inability to metabolise the amino acid phenylalanine which impairs brain development
- B) A bacterial infection
- C) A viral disease
- D) A disease caused by lack of calcium in the body

14. According to Plutchik, what does emotion involve?

- A) memory and language comprehension
- B) physical activity only
- C) cognitive evaluations, subjective changes, autonomic and neural arousal, and impulses to action
- D) general knowledge about the world

15. What is the role of the autonomic nervous system in arousal?

- A) Activates the arousal state
- B) Decreases arousal levels
- C) Causes emotional numbness
- D) Is not involved in arousal

16. Which theory proposes that awareness of our physical state leads to the identification of a subjective feeling?

- A) James-Lange theory
- B) Facial feedback hypothesis
- C) Cannon-Bard theory
- D) Schachter-Singer two-factor theory

17. Which theory proposes that facial expressions affect how people feel?

- A) Cognitive appraisal theory
- B) Facial feedback hypothesis
- C) James-Lange theory
- D) Schachter-Singer theory

18. Which division of the ANS prepares an organism for a fight response?

- A) Parasympathetic division
- B) Sympathetic division
- C) Central division
- D) Peripheral division

19. Which two areas of the brain play a major role in identifying emotional stimuli and the arousal resulting from that identification?

- A) The amygdala and the insula
- B) The cerebellum and the thalamus
- C) The hippocampus and the prefrontal cortex
- D) The occipital lobe and the basal ganglia

20. Which part of the brain plays a role in impulsive acts of aggression?

- A) amygdala
- B) insula
- C) cortex
- D) cingulate cortex

21. Which brain structure plays a role in processing information about physical pain?

- A) Cerebral cortex
- B) Orbitofrontal cortex
- C) Amygdala
- D) Anterior cingulate cortex (ACC)

22. Which part of the brain is responsible for voluntary movement and is especially active when people express feelings of disgust?

- A) Frontal lobes
- B) Basal ganglia
- C) Cerebral hemispheres
- D) Temporal lobes

23. Which hemisphere plays a greater role in processing emotions?

- A) Right
- B) Left
- C) Both
- D) None

24. According to VandenBos' definition, stress involves changes affecting which systems?

- A) Only cognitive system
- B) Nearly every system of the body
- C) Endocrine and Muscular systems
- D) Circulatory and Respiratory systems

25. Who popularised the concept of stress and named the general adaptation syndrome (GAS)?

- A) Sigmund Freud
- B) Ivan Pavlov
- C) Hans Selye
- D) John Watson

26. During the fight or flight response, which hormone is released to maintain blood salt and volume?

- A) Insulin
- B) Cortisol
- C) Epinephrine
- D) Aldosterone

27. Which of the following is NOT a stress-related illness?

- A) Hypertension
- B) Common cold
- C) Migraines
- D) Peptic ulcers

28. Which system is activated in the body when a person experiences stress?

- A) Endocrine system
- B) Immune system
- C) Digestive system

D) HPA axis

29. What is the main difference between the GAS and the HPA axis?

- A) GAS acts during immediate stress while HPA axis is activated during prolonged stress
- B) Both GAS and HPA axis act during prolonged stress only
- C) Both GAS and HPA axis act during immediate stress only
- D) HPA axis acts during immediate stress while GAS is activated during prolonged stress

30. Which of the following is true about brief stress?

- A) It can enhance performance, concentration, and the immune system
- B) It can only enhance performance
- C) It has no effect on the immune system
- D) It only has negative effects on the body

31. What are the three types of leukocytes in the immune system?

- A) B cells, T cells and natural killer cells
- B) Stem cells, Progenitor cells, and Fibroblast cells
- C) White blood cells, red blood cells, and platelets
- D) Major histocompatibility complex, Dendritic cells and Macrophages

32. What is the isiZulu term for neighbor rooted in?

- a) Aha
- b) Ima
- c) Ukwakha
- d) Impilo yoluntu

33. What is the African understanding of human functioning?

- a) Individualistic
- b) Communal
- c) Competitive
- d) Self-centered

34. How is wellbeing promoted in African communities?

- a) Through individual health consultations
- b) Through communal living

- c) Through competition
- d) Through ignoring others

35. Who plays a key role in ensuring wellbeing in African communities?

- a) Professionals
- b) Traditional healers, family, community, and ancestors
- c) Government officials
- d) Strangers

36. What is the African understanding of the relationship between community and wellbeing based on?

- a) Individualism
- b) Competition
- c) Relational aspects of life
- d) Selfishness

37. What has to be in harmony for the African understanding of the relationship between community and wellbeing?

- a) Individuals and the environment
- b) Individuals and competition
- c) Individuals and selfishness
- d) Individuals and isolation

38. Why is the relationship between people and the spiritual world important?

- a) It helps people become wealthy
- b) It helps people maintain harmony
- c) It helps people become famous
- d) It helps people become powerful

39. What are the two types of cells that make up the nervous system?

- A) Neurons and dendrites
- B) Glia and dendrites
- C) Neurons and glia
- D) Axons and dendrites

40. Which part of the nervous system controls the heart, intestines, and other organs?

- A) Somatic nervous system
- B) Autonomic nervous system

- C) Peripheral nervous system
- D) Central nervous system

41. What is the function of the sympathetic nervous system?

- A) To control rest and relaxation
- B) To trigger a 'fight or flight' response
- C) To receive sensory messages from the body
- D) To transmit motor messages to the muscles

42. What is the function of dendrites in a neuron?

- A) To receive information from other neurons
- B) To transmit information to other neurons
- C) To support the neuron's metabolism
- D) To cover the neuron's soma

43. What is the difference between a motor neuron and a sensory neuron?

- A) Motor neurons transmit information to muscles, while sensory neurons are highly sensitive to particular stimuli
- B) Motor neurons and sensory neurons have the same function
- C) Motor neurons receive excitation through dendrites, while sensory neurons conduct impulses through their soma
- D) Motor neurons are highly sensitive to particular stimuli, while sensory neurons transmit information to muscles

44. What is the function of the parasympathetic nervous system?

- A) To transmit motor messages to the muscles
- B) To trigger a 'fight or flight' response
- C) To control rest and relaxation
- D) To receive sensory messages from the body

45. What occurs during synaptic activity?

- A) The dendritic membrane of the receiving cell releases a medication or substance
- B) The terminal buttons of a neuron containing a medication or substance 'talk' to the dendritic membrane of the receiving cell
- C) The neuron's soma releases a medication or substance
- D) The dendritic membrane of the receiving cell triggers a 'fight or flight' response

46. What is the function of efferent axons?

- A) They support neurons
- B) They contain dendrites and axons within one structure
- C) They carry information away from a structure
- D) They bring information into a structure

47. What do astrocytes do in the nervous system?

- A) Provide a structural matrix for neurons
- B) Remove viruses, fungi, and damaged neurons
- C) Monitor cerebro-spinal fluid
- D) Build myelin sheaths for axons

48. What is the role of ancestors in African existence?

- A) Provide guidance and healing
- B) Contest for power and supremacy
- C) Enforce rules and regulations
- D) Create new traditions and practices

49. According to African cosmology, what are ancestors compared to?

- A) Roots
- B) Branches
- C) Leaves
- D) Flowers

50. What is the traditional African perspective towards wellbeing?

- A) It takes a holistic view by not distinguishing between physical and mental functioning
- B) It considers mental health more important than physical health
- C) It recognizes only the physical aspect of the human body
- D) It focuses only on physical health and ignores mental wellbeing

51. What are Badimo (Sesotho) or amadlozi (isiZulu)?

- A) Saints in Christianity
- B) Mythical gods
- C) Aliens from other planets
- D) The living spirits of the deceased

52. Why do African people perform extensive birth, initiation, marriage and death rites?

- A) To impress their community
- B) To show gratitude to their ancestors

- C) To please the gods
- D) To avoid punishment from the ancestors for neglecting or incorrectly carrying out important rituals and customs

53. Why do people offer animal sacrifices and sorghum beer to their ancestors?

- A) To show off their power
- B) To celebrate festivals
- C) To appease the ancestors
- D) To gain wealth and prosperity

54. According to traditional African beliefs, what can cause mental disorders?

- A) Genetic factors
- B) Witches and sorcerers via supernatural means
- C) Dietary choices
- D) Environmental pollution

55. What role did research studies and psychological assessments play in the construction of black people's personalities according to this passage?

- A) They played an important role
- B) They played a negative role
- C) They played no role at all
- D) They played a minor role

56. Bulhan (1985) referred to the 'trait-comparison bias' in which field of psychology?

- A) Positive psychology
- B) Eurocentric psychology
- C) Cognitive psychology
- D) Behavioral psychology

57. What is the 'nature vs nurture' debate in psychology?

- A) Whether nature is more important than nurture
- B) Whether psychology or biology determines our personality
- C) Whether nurture is more important than nature
- D) Whether people are born with certain predispositions or whether it is a question of exposure to the environment

58. What is the impact of Eurocentric psychology on the development of African personality?

- A) Ignores it
- B) Celebrates it
- C) Distorts and demonizes it
- D) Promotes it positively

59. What is the aim of this module on Social Psychology from an African perspective?

- A) To focus on Western notions of what it means to be a human in society
- B) To demonstrate that the very foundations of the discipline become irrelevant
- C) To illustrate problematic work in the field
- D) To divorce individual behaviour from the socio-cultural context

60. Why might using categories such as Social and Personality Psychology from a Western perspective not work when studying Psychology from an African perspective?

- A) African psychology does not exist
- B) Western Psychology does not apply in Africa
- C) Psychology is not important in Africa
- D) The social and personal are not thought of in fragments from an African perspective

61. Through which invasion were Africans forced to view the world through a Westernised lens?

- A) Colonialism
- B) Anti-apartheid Movement
- C) Apartheid
- D) African Renaissance

62. According to the passage, how have beliefs about racism and poverty been transmitted through generations?

- A) By genetics
- B) By formal education
- C) Socialisation and social learning
- D) By physical migration

63. What is the function of silence in families, according to Danieli and Weingarten?

- A) Cause trauma transmission
- B) Eliminate sound entirely

- C) Communicate multiple and embedded meanings
- D) Increase frightening stories

64. Which of the following is NOT a key mechanism of trauma transmission according to Weingarten (2004)?

- A) Indirect information shared through community networks
- B) Direct information from the state
- C) Silence produced by social scientists and historians
- D) Silence produced through state oppression and terror

65. What is shame a response to?

- A) Family expectations
- B) Cultural differences
- C) Not getting their needs met
- D) The individual's interpretation that the lack is due to a deficiency within him/herself

66. At what age do children begin to engage in social play and what is it characterized by?

- A) 2-3 years, cooperative play
- B) Less than 1 year, they interact socially
- C) 4-5 years, competitive play
- D) 1-2 years, mostly parallel play

67. At what age do babies begin to form attachments to other people besides their mothers?

- A) Around twelve months
- B) At birth
- C) Around seven months
- D) Around two months

68. Which two complementary processes contribute to a child's social development?

- A) Integration and differentiation
- B) Segregation and inclusion
- C) Coercion and obedience
- D) Assimilation and exclusion

69. According to Erikson, identity is composed of many pieces, including _____.

- A) the age of their parents
- B) the name of their school
- C) the career a person wants to pursue, his/her country of origin, and how intensely s/he identifies with his/her cultural heritage
- D) the number of siblings they have

70. According to Vygotsky, what significantly influences a child's identity development?

- A) Socio-cultural contexts
- B) Personal preferences
- C) Genetics
- D) Religious beliefs

71. Which stage is characterized by the child discovering their skills and abilities and taking responsibility for their basic needs?

- A) Industry versus inferiority
- B) Trust versus mistrust
- C) Initiative versus guilt
- D) Autonomy versus shame and doubt

72. In which stage does the peer group become a major source of the child's self-esteem?

- A) Stage 3
- B) Stage 5
- C) Stage 4
- D) Stage 1

73. According to Erikson, what virtue will lead to success in the stage of adolescence?

- A) wisdom
- B) courage
- C) integrity
- D) fidelity

74. Which theorist was focused on an individual's development viewed through the society in which s/he lives?

- A) Erikson

- B) Freud
- C) Piaget
- D) Skinner

75. According to Jean Piaget, what is the name of the first stage of mental development in children?

- A) Formal operational stage
- B) Concrete operational stage
- C) Sensorimotor stage
- D) Preoperational stage

76. What is object permanence?

- A) The ability to use mental images
- B) The acquisition of cognitive operations needed for logical thinking
- C) Understanding that objects and people continue to exist even if they are no longer visible
- D) The logical thinking process itself

77. What are the three structures of personality in Freud's theory?

- A) conscious, subconscious, and unconscious
- B) emotions, feelings, and thoughts
- C) id, ego, and superego
- D) traits, attitudes, and behaviors

78. During which stage do behaviours such as biting, chewing and sucking, as a source of pleasure, occur?

- A) Oral stage
- B) Anal stage
- C) Phallic stage
- D) Latent stage

79. What is the importance of toilet-training at a young age according to Weiten & Hassim?

- A) It's only a minor factor
- B) It's helpful but not crucial
- C) It's not important at all
- D) It's crucial

80. What is the zone of proximal development in sociocultural theory?

- A) The distance between the actual developmental level and the level of potential development
- B) The level at which children achieve physical and mental growth
- C) The distance between the actual developmental age and maturity
- D) The gap between rich and poor children's learning opportunities

81. According to Vygotsky's sociocultural theory, what is responsible for developing higher-order functions?

- A) Parents, caregivers, peers, and the culture at large
- B) Exposure to electronic devices
- C) The individual's genetics
- D) Applying to a prestigious college

82. What personal variables can be linked to development and influence proximal processes?

- A) Age, gender, temperament, and illness
- B) Race, ethnicity, culture, religion
- C) Language, geography, climate
- D) Social status, employment, education and wealth

83. What is the fifth system added to encompass time?

- A) Chrono
- B) Meso
- C) Micro
- D) Exo

84. According to Bronfenbrenner (1994), what may cause internal conflict for a developing individual?

- A) Conflicting expectations
- B) Family support
- C) Lack of education
- D) Peer pressure

85. According to Nsamenang (2005), what is development in Africa?

- A) Achievement of material success
- B) Acquisition and growth of physical, cognitive, social, and emotional competencies required to engage fully in family and society
- C) Absorption into cultural traditions
- D) Embracing individuality over community

86. What is the foundational principle of Afrocentric developmental ethos?

- A) Deprivation
- B) Imposition
- C) Emergence
- D) Isolation

87. What does the African proverb, 'it takes a village to raise a child' suggest?

- A) That socialisation values often differ within a cultural group
- B) That children shouldn't be raised in a village
- C) That children should be raised solely by their parents
- D) That socialisation is not important for child development

88. Who are usually the primary caregivers of infants in any culture?

- A) Men (usually fathers)
- B) Nannies or babysitters
- C) Extended family members
- D) Women (usually mothers)

89. Why do African families keep newborns inside the house for a few days?

- A) To prevent kidnapping
- B) To give the mother more rest
- C) To protect the baby from contamination
- D) To avoid exposing the baby to too many people

90. What is the reason for secluding the mother and the baby after birth?

- A) To prevent breastfeeding
- B) To protect the baby
- C) To keep them away from family
- D) To make the mother stay away from the baby

91. Which game is linked to developing mathematical problem-solving skills?

- A) chess
- B) checkers
- C) morabaraba
- D) dominoes

92. What is a benefit of playing indigenous games?

- A) Physical development and brain stimulation
- B) Decreased attention span
- C) Increased screen time
- D) Poor socialization skills