



## PYC1512 MCQ2 MEMO - Practice exam MCQ's

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



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## **PYC1512**

### **MCQ 2**

#### **MEMORANDUM**

1. Answer: To understand the basic theories informing community and health psychology
2. Answer: To pay attention to the individual's surroundings
3. Answer: In the 1980s
4. Answer: A Western lens
5. Answer: It is a definition of ubuntu/botho
6. Answer: It is a concept that is culturally enforceable
7. Answer: It is a composite state of being alive, with all aspects of your wellbeing taken care of.
8. Answer: Experts on health issues
9. Answer: They are perceived as a gift from the ancestors
10. Answer: Through their relationship with nature
11. Answer: It shapes the way they treat plants, animals and the environment
12. Answer: Separately from physical, social, political, economic, spiritual and environmental aspects
13. Answer: Having healthy communities
14. Answer: It has faced challenges and achievements
15. Answer: To alleviate the poverty faced by a political minority group
16. Answer: Jobs and training be reserved for unskilled whites
17. Answer: To assert community identity
18. Answer: To reject segregationist ideals
19. Answer: To offer a space for expressions of community psychology
20. Answer: Squatter camps
21. Answer: 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
22. Answer: Act as part of the immune system
23. Answer: A part of the central nervous system located inside the spinal column
24. Answer: Organized into four bulges: the hindbrain, midbrain, forebrain, and cerebellum
25. Answer: Made up of white matter and gray matter infused internally in an H-shape
26. Answer: To provide a structural matrix for neurons
27. Answer: Afferent axons bring information into a structure, while efferent axons carry information away from a structure
28. Answer: Oligodendrocytes
29. Answer: Macrogia and microglia
30. Answer: Controlling movement and balance
31. Answer: Diagnostic and Statistical Manual (DSM) of Mental Disorders
32. Answer: Fifth edition
33. Answer: Greater cultural sensitivity, culture-bound syndromes, cross-cultural variations, and cultural concepts of distress
34. Answer: The perspective of an outsider looking in
35. Answer: They could no longer access forests and relied primarily on nature
36. Answer: Physical, spiritual and social

37. Answer: How Africans conceptualise umntu/motho
38. Answer: I am because we are, and since we are, therefore I am
39. Answer: all of the above (physical disease, psychological-mental illness, breakdown in the social and spiritual mechanisms)
40. Answer: He undergoes stress which disturbs his social harmony
41. Answer: To suffer from a physical condition called mashwa
42. Answer: Ensuring survival for the tribe and being one with nature
43. Answer: Distorted relationship with materiality, food, and community
44. Answer: They started to adopt a materialistic approach to objects
45. Answer: ukuva
46. Answer: "Angry ancestors" who send out illness and disharmony
47. Answer: Because indigenous healing has been turned into a money-making business and it leads to further demonization
48. Answer: For accurate and complete diagnoses, as well as psychiatric treatment
49. Answer: Explanation for why people behave in a certain way or do certain things
50. Answer: Akbar
51. Answer: The scientific study of how people's behaviour and decision making are largely influenced by society
52. Answer: in the social context
53. Answer: The ontological and epistemological understandings in these theories are only relevant to people of European origin.
54. Answer: African's search for the meaning of life
55. Answer: That they were irrational, less intellectual and uncouth
56. Answer: To classify all Africans as belonging to a single inferior category
57. Answer: To maintain and justify colonial activities on the basis that Africans were not "as human" as people of European origins
58. Answer: Cognitive dissonance theory
59. Answer: Charles Darwin
60. Answer: Theories from Europe and North America
61. Answer: Values that an individual enacts as a demonstration of umntu/motho as an ethical being
62. Answer: Cannot be described by a single set of physical or psychological characteristics while excluding other critical aspects
63. Answer: Its own animal/plant which is regarded as an integral member of the family
64. Answer: Mystical
65. Answer: To better understand the societal ills we see today
66. Answer: bringing hidden African epistemologies to the centre of learning
67. Answer: A wound that never heals
68. Answer: Upward
69. Answer: 13 months
70. Answer: It results from both nature and nurture
71. Answer: The development of self-awareness, attachment to caregivers, and relationships with other people
72. Answer: Transitions in individuals' thinking patterns, including reasoning, remembering, problem-solving, etc.

73. Answer: Social interaction and conflicts during different stages of development
74. Answer: Trust versus mistrust (0–18 months)
75. Answer: To establish a stable and intimate sexual relationship with another person
76. Answer: Development of mental operations
77. Answer: Reversibility and coordination of multiple aspects of a problem
78. Answer: Methodical, scientific approach to problem-solving
79. Answer: Sigmund Freud
80. Answer: Mother
81. Answer: Genital stage
82. Answer: Social interaction and culture
83. Answer: Children can expand their conceptual abilities and knowledge of the world
84. Answer: Important turning points
85. Answer: Distal processes
86. Answer: Dispositions, bioecological resources, and demand characteristics
87. Answer: Mesosystem, contains the microsystem
88. Answer: Linkages and processes between two or more settings containing the developing individual
89. Answer: Exosystem
90. Answer: Neither
91. Answer: Peer culture
92. Answer: Interactional-extractive learning process
93. Answer: Children learn through their own efforts and actions in the world
94. Answer: To prepare young males for the responsibilities of manhood
95. Answer: To provide education and prepare younger initiates for adulthood and to teach them the values of ubuntu (humanity)
96. Answer: Enhances self-esteem and encourages cooperation among group members
97. Answer: Improving physical activity, teaching life skills, and establishing cultural connectedness
98. Answer: Physical development and brain stimulation