

NAME: _____

DATE: _____

Pre-Test: Understanding the Physical Self

1. **What does the term 'physical self' refer to?**
 - A) Emotional experiences
 - B) The body and its interactions with the environment
 - C) Cognitive processes
 - D) Social relationships
2. **Which psychologist believed the body is essential for sensation and personality maintenance?**
 - A) Carl Jung
 - B) Sigmund Freud
 - C) William James
 - D) Erik Erikson
3. **According to Sigmund Freud, what is central to the construction of self and personality?**
 - A) Social interactions
 - B) Physical body
 - C) Emotional intelligence
 - D) Cognitive development
4. **Who argued that mind and body are inseparable and that psychological processes are part of physical processes?**
 - A) B.F. Skinner
 - B) Carl Jung
 - C) Wilhelm Reich
 - D) William James
5. **Which developmental psychologist emphasized the importance of bodily organs in early life stages?**
 - A) Wilhelm Reich
 - B) Erik Erikson
 - C) Carl Jung
 - D) Sigmund Freud
6. **Who stated that the physical body and external world can only be known through psychological experiences?**
 - A) William James
 - B) B.F. Skinner
 - C) Carl Jung
 - D) Erik Erikson
7. **What is the primary focus of B.F. Skinner's perspective on the physical self?**
 - A) Social interactions
 - B) The role of the body
 - C) Emotional responses
 - D) Cognitive development
8. **Which type of self-esteem is characterized by a person holding themselves in high regard, often underestimating others?**
 - A) Low self-esteem

- B) High self-esteem
 - C) Inflated self-esteem
 - D) Balanced self-esteem
9. **What practice involves changing physical features to meet cultural standards of beauty?**
- A) Cognitive therapy
 - B) Body modification
 - C) Social networking
 - D) Emotional regulation
10. **How does physical self-esteem affect social interactions?**
- A) It has no effect
 - B) It negatively impacts relationships
 - C) It influences the formation of positive and healthy relationships
 - D) It only affects professional interactions
11. **How does society's standard of beauty impact individual self-esteem?**
- A) It does not impact self-esteem
 - B) It only affects those with low self-esteem
 - C) It can significantly influence self-esteem
 - D) It improves everyone's self-esteem
12. **What role does physical appearance play in the formation of personal and social identity?**
- A) It has no role
 - B) It is a minor factor
 - C) It is a major factor
 - D) It only affects social identity
13. **Which psychologist is associated with the belief that physical self is part of spiritual hygiene?**
- A) Erik Erikson
 - B) Wilhelm Reich
 - C) William James
 - D) B.F. Skinner
14. **What is a common consequence of low self-esteem?**
- A) High confidence
 - B) Positive self-image
 - C) Lack of self-value
 - D) Overestimating others
15. **How does Carl Jung view the physical body in relation to psychological experiences?**
- A) As separate entities
 - B) As part of cognitive processes
 - C) As intertwined with psychological experiences
 - D) As less important than emotional experiences

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