

Test Bank

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PSYCHOLOGY FOR LIVING: ADJUSTMENT, GROWTH, AND BEHAVIOR TODAY

11th Edition

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CHAPTER 1: SELF-DIRECTION IN A CHANGING WORLD

1.1 Multiple Choice Questions

1.1-1 Which statement is NOT true about social changes?

- a. Social changes are changes in social patterns.
- b. Social changes are changes in institutions.
- c. Social changes may take place at any time.
- d. Social changes are always planned.

Answer: D

Diff: 1

Page Ref: 3–4

Skill: Factual

APA SLO: 8.2

1.1-2 The world as we know it today is characterized by

- a. galloping technological changes
- b. slower social change than was witnessed in previous decades
- c. limited technological advances
- d. none of these

Answer: A

Diff: 1

Page Ref: 4

Skill: Conceptual

APA SLO: 8.2

1.1-3 As seen in the organization of the demonstrations that led to the overthrow of Egyptian President Hosni Mubarak, Facebook and other social media can be help establish

- a. universal democracy
- b. social change
- c. ruling classes
- d. none of these

Answer: B

Diff: 1

Page Ref: 4

Skill: Conceptual

APA SLO: 8.2

1.1-4 What percentage of the world's internet users are in North America?

- a. 4
- b. 42
- c. 13
- d. 65

Answer: C

Diff: 1

Page Ref: 4

Skill: Factual

APA SLO: 8.2

1.1-5 Technology makes relationships among people more

- a. fluid and flexible
- b. uncomfortable
- c. long-lasting
- d. confusing

Answer: A

Diff: 1

Skill: Conceptual

Page Ref: 5

APA SLO: 8.2

1.1-6 Going forward, the larger proportion of the US workforce will be made up of

- a. educated, middle class workers
- b. blue collar workers
- c. agricultural workers
- d. none of these

Answer: A

Diff: 1

Skill: Conceptual

Page Ref: 5

APA SLO: 8.2

1.1-7 The fear of technology is known as

- a. computeritis
- b. technophobia
- c. electronosis
- d. decidophobia

Answer: B

Diff: 1

Skill: Factual

Page Ref: 5

APA SLO: 1.3

1.1-8 Which is NOT a result of the information revolution?

- a. increased opportunities for economic cooperation across borders
- b. a decrease in censorship
- c. the democratization of information
- d. a lessening information gap between wealthy and poor individuals and nations

Answer: D

Diff: 1

Skill: Conceptual

Page Ref: 6

APA SLO: 8.2

1.1-9 Which is NOT related to population expansion?

- a. Insufficient water and arable land
- b. Decreased pollution
- c. Increased poverty
- d. Unemployment

Answer: B

Diff: 2

Skill: Conceptual

Page Ref: 6

APA SLO: 8.2

1.1-10 The fastest-growing segment of the U.S. population is

- a. African Americans
- b. Hispanics
- c. Caucasians
- d. Asians

Answer: B

Diff: 1
Skill: Factual

Page Ref: 6
APA SLO: 8.2

- 1.1-11 One of the dramatic changes in the United States today is the increase in
- the homogeneity of the population
 - blue-collar workers
 - manufacturing and heavy industry
 - the diversity of the population

Answer: D

Diff: 2
Skill: Conceptual

Page Ref: 6
APA SLO: 8.2

1.1-12 The need to learn more about ourselves and our world as a means of directing our lives more effectively is known as

- personal growth
- personal freedom
- self-direction
- individualism

Answer: C

Diff: 1
Skill: Factual

Page Ref: 7
APA SLO: 1.2

1.1-13 A culture that promotes individualism is most likely to encourage

- collective gain
- security
- greater personal gain
- role expectations

Answer: C

Diff: 2
Skill: Conceptual

Page Ref: 8
APA SLO: 5.5

1.1-14 The best example of an individualistic culture is

- China
- Kenya
- the United States
- Peru

Answer: C

Diff: 1
Skill: Conceptual

Page Ref: 8
APA SLO: 8.1

1.1-15 Individualistic cultures emphasize _____ instead of _____, which is emphasized in collective societies.

- personal achievement; collective gain
- dependence; independence
- pride; jealousy
- rationalism; emotionality

Answer: A

Diff: 1

Skill: Conceptual

Page Ref: 8

APA SLO: 5.5

1.1-16 “Everyone older than you will tell you what to do, and you never defy their orders” is a typical statement made in a _____ society.

- a. technological
- b. post-industrial
- c. democratic
- d. collective

Answer: D

Diff: 2

Skill: Applied

Page Ref: 9

APA SLO: 5.5

1.1-17 Which does NOT describe a society where societal gain is cherished over individual advancement?

- a. independent
- b. collectivist
- c. consensual-level
- d. embedded

Answer: A

Diff: 2

Skill: Conceptual

Page Ref: 9

APA SLO: 8.1

1.1-18 Positive psychology focuses on

- a. the vices that hold people back
- b. the characteristics people most want to change in themselves
- c. the best of human behavior
- d. the actions that limit people in thriving

Answer: C

Diff: 1

Skill: Conceptual

Page Ref: 9

APA SLO: 1.4

1.1-19 The two main ideas in the humanistic perspective are

- a. positive psychology and the phenomenal self
- b. the phenomenal self and self-actualization
- c. self-actualization and altruism
- d. altruism and personal freedom

Answer: B

Diff: 1

Skill: Conceptual

Page Ref: 9

APA SLO: 1.4

1.1-20 One leading humanistic psychologist, who assumed the existence of an actualizing tendency at the biological level, is

- a. Freud
- d. Erikson

- c. Fromm
- d. Rogers

Answer: D

Diff: 2

Skill: Factual

Page Ref: 9

APA SLO: 1.2, 1.4

1.1-21 The term self-actualization is usually associated with

- a. Freud
- b. Erikson
- c. Fromm
- d. Maslow

Answer: D

Diff: 2

Skill: Factual

Page Ref: 10

APA SLO: 1.2

1.1-22 Truly autonomous people who are unafraid to make important decisions and who accept responsibility for their lives and their decisions are

- a. self-actualized
- b. decidoteric
- c. collectivistic
- d. normalistic

Answer: A

Diff: 1

Skill: Conceptual

Page Ref: 10

APA SLO: 1.3

1.1-23 People who are highly self-actualized are likely to strongly agree with which of the following statements?

- a. I remember that self-actualization is a lifelong process
- b. I don't like new experiences
- c. I regularly let others influence me
- d. I keep my needs to myself

Answer: A

Diff: 2

Skill: Applied

Page Ref: 10–11

APA SLO: 1.3

1.1-24 Which psychoanalyst is known for his writings on the ambiguity of human freedom?

- a. Freud
- b. Rogers
- c. Erikson
- d. Fromm

Answer: D

Diff: 2

Skill: Factual

Page Ref: 12

APA SLO: 1.2

1.1-25 Which is a way some people cope with the ambiguity of human freedom?

- a. drifting

- b. shared decision making
- c. appealing to some type of authority
- d. all of the above

Answer: D

Diff: 2

Page Ref: 12

Skill: Conceptual

APA SLO: 1.3

1.1-26 Those who take charge of their lives would disagree with which of the following?

- a. I enjoy being interconnected to others.
- b. I strongly feel that a promise is a promise and should not be broken.
- c. If I have a choice, I much prefer to do the safe rather than the risky thing.
- d. When I borrow money, I make sure to pay it back.

Answer: C

Diff: 2

Page Ref: 13

Skill: Applied

APA SLO: 1.3

1.1-27 Which of the following indicate someone who has taken charge of their life?

- a. I have many options from which to select in terms of my education, career, social circle, etc.
- b. My friends are better than I am at making efficient and sound decision.
- c. Sometimes I call in sick when I am healthy because I do not want to work or study.
- d. During times of stress, I feel as if my life is out of control.

Answer: A

Diff: 2

Page Ref: 13

Skill: Applied

APA SLO: 1.3

1.1-28 Which of these types of individuals tend to be the least healthy?

- a. extrinsically motivated
- b. autonomous
- c. self-actualized
- d. internally inspired

Answer: A

Diff: 2

Page Ref: 14

Skill: Conceptual

APA SLO: 1.3

1.1-29 Altruism means

- a. helping someone else at a cost to yourself
- b. possessing a sense of personal freedom
- c. having a sense of control over others' lives
- d. fearing making decisions

Answer: A

Diff: 1

Page Ref: 14

Skill: Factual

APA SLO: 8.4

1.1-30 Self-actualization correlates with

- a. perception of lack of control over one's life
- b. altruism toward others

- c. decidophobia about life change
- d. a desire to control people around you

Answer: B

Diff: 2

Page Ref: 14

Skill: Conceptual

APA SLO: 1.3

1.1-31 People who habitually say, "Naturally, I act this way because of the way I grew up" fail to realize, as the text suggests, that

- a. their choices are limited
- b. free choice and responsibility go hand in hand
- c. they cannot take calculated risks
- d. they have fewer options than their parents

Answer: B

Diff: 2

Page Ref: 14

Skill: Applied

APA SLO: 1.3

1.1-32 According to Maslow, which disorder does not result from the failure to grow?

- a. stunted person
- b. amoral person
- c. apathetic person
- d. adjusted person

Answer: D

Diff: 1

Page Ref: 14–15

Skill: Factual

APA SLO: 1.2

1.1-33 Which of these aspects of our personality is most susceptible to change?

- a. warmth
- b. assertiveness
- c. self-esteem
- d. impulsiveness

Answer: C

Diff: 2

Page Ref: 16

Skill: Conceptual

APA SLO: 1.2

1.1-34 Which of these aspects of our personality is least susceptible to change?

- a. sociability
- b. values
- c. sense of personal mastery
- d. control over environment

Answer: A

Diff: 2

Page Ref: 16

Skill: Conceptual

APA SLO: 1.2

1.1-35 Individuals who do not believe that they can change are

- a. more open to learning
- b. less willing to confront challenges

- c. better able to bounce back from failure
- d. better able to face challenges

Answer: B

Diff: 2

Page Ref: 16

Skill: Applied

APA SLO: 1.3

1.1-36 The experience of personal growth usually begins with

- a. reorganizing our experience
- b. acknowledging change
- c. feeling anxiety and discomfort
- d. changing our attitudes

Answer: B

Diff: 3

Page Ref: 17

Skill: Factual

APA SLO: 1.3

1.1-37 Which stage of personal growth is accompanied by a certain degree of anxiety and discomfort?

- a. acknowledging change
- b. sensing dissonance
- c. reorganizing our experience
- d. altering our attitudes

Answer: B

Diff: 2

Page Ref: 17

Skill: Conceptual

APA SLO: 1.3

1.1-38 How does personal growth usually proceed?

- a. dissatisfaction, reorganization, acknowledgment
- b. acknowledgment, dissatisfaction, reorganization
- c. dissonance, consonance, neutrality
- d. dissonance, neutrality, consonance

Answer: B

Diff: 3

Page Ref: 17

Skill: Applied

APA SLO: 1.3

1.1-39 The experience of personal growth usually ends with the stage of

- a. reorganizing our experience
- b. acknowledging change
- c. feeling anxiety and discomfort
- d. understanding the source of fear

Answer: A

Diff: 2

Page Ref: 17

Skill: Conceptual

APA SLO: 1.3

1.1-40 Personal fulfillment can only be achieved

- a. by oneself
- b. by reading self-help books

- c. in relation to others
- d. though self-denial

Answer: C

Diff: 1

Page Ref: 18

Skill: Applied

APA SLO: 1.3

1.2 True/False Questions

1.2-1 Social change is always planned and engineered by humans.

Answer: False

Diff: 1

Page Ref: 3–4

Skill: Conceptual

APA SLO: 8.2

1.2-2 Social media played a significant role in the overthrow of the Egyptian President Hosni Mubarak.

Answer: True

Diff: 1

Page Ref: 4

Skill: Applied

APA SLO: 8.6

1.2-3 New technological advances, especially those related to media, are always welcome influences on society.

Answer: False

Diff: 2

Page Ref: 5

Skill: Factual

APA SLO: 8.2

1.2-4 There is a growing information gap between wealthy and poor individuals and nations.

Answer: True

Diff: 1

Page Ref: 6

Skill: Conceptual

APA SLO: 8.4

1.2-5 African Americans are the fastest growing segment of the population.

Answer: False

Diff: 1

Page Ref: 6

Skill: Factual

APA SLO: 8.2

1.2-6 Social forecasters project a fairly optimistic future.

Answer: True

Diff: 1

Page Ref: 7

Skill: Factual

APA SLO: 8.6

1.2-7 SPAM sent in Korea is more likely to contain an apology for the unsolicited email than SPAM sent in the U.S.

Answer: True

Diff: 1

Page Ref: 8

Skill: Factual

APA SLO: 8.2

1.2-8 Pressure to conform to cultural pressures in collectivist societies is far greater than in individualistic societies.

Answer: True

Diff: 2

Page Ref: 8

Skill: Conceptual

APA SLO: 5.5

1.2-9 Positive psychology and the humanistic perspectives focus on individuals' vulnerabilities and maladjustments.

Answer: False

Diff: 1

Page Ref: 9

Skill: Factual

APA SLO: 1.4

1.2-10 The phenomenal self refers to reality as perceived by the individual.

Answer: True

Diff: 1

Page Ref: 9

Skill: Conceptual

APA SLO: 1.2

1.2-11 Actualized individuals have the courage to admit when they are wrong and need change.

Answer: True

Diff: 1

Page Ref: 10

Skill: Conceptual

APA SLO: 1.3

1.2-12 Self-actualization is a lifelong process; it is never fully achieved.

Answer: True

Diff: 1

Page Ref: 11

Skill: Conceptual

APA SLO: 1.3

1.2-13 Greater personal freedom is an unambiguously good thing.

Answer: False

Diff: 1

Page Ref: 12

Skill: Conceptual

APA SLO: 1.2

1.2-14 Most people today feel they have more freedom and control over their lives than their parents did.

Answer: True

Diff: 1

Page Ref: 12

Skill: Conceptual

APA SLO: 5.5

1.2-15 Individuals extrinsically motivated by financial success tend to have higher vitality than individuals who are more intrinsically motivated.

Answer: False

Diff: 1

Page Ref: 14

Skill: Conceptual

APA SLO: 1.3

1.2-16 Self-actualized individuals are less likely to demonstrate altruism.

Answer: False

Diff: 1 *Page Ref: 14*
Skill: Conceptual *APA SLO: 1.3*

1.2-17 Individuals who are expressive and outgoing as teens tend to remain that way as adults.

Answer: True

Diff: 2 *Page Ref: 16*
Skill: Conceptual *APA SLO: 1.2*

1.2-18 Personal growth is characterized by both continuity and change.

Answer: True

Diff: 1 *Page Ref: 16*
Skill: Conceptual *APA SLO: 1.3*

1.2-19 The initial stage of personal growth is characterized by an inner sense of dissatisfaction.

Answer: False

Diff: 2 *Page Ref: 17*
Skill: Factual *APA SLO: 1.3*

1.2-20 Personal growth typically ends with the reorganization of experience.

Answer: True

Diff: 1 *Page Ref: 17*
Skill: Conceptual *APA SLO: 1.3*

1.3 Short Answer Questions

1.3-1 What is technophobia and how does it contribute to the digital divide?

Diff: 1 *Page Ref: 5*
Skill: Conceptual *APA SLO: 8.4*

1.3-2 Discuss the social and cultural implications of the information revolution.

Diff: 2 *Page Ref: 6*
Skill: Applied *APA SLO: 8.2*

1.3-3 Compare and contrast characteristics of individualistic versus collectivist societies.

Diff: 2 *Page Ref: 8*
Skill: Conceptual *APA SLO: 5.5, 8.2*

1.3-4 Define positive psychology.

Diff: 1 *Page Ref: 9*
Skill: Factual *APA SLO: 1.4*

1.3-5 Why is personal freedom “ambiguous”?

Diff: 2 *Page Ref: 12*
Skill: Applied *APA SLO: 1.3*

1.3-6 Explain which personality traits are most likely to remain stable throughout adulthood.

actualization, social change, altruism, and individualistic society.

Diff: 1

Page Ref: Chapter 1

Skill: Conceptual

APA SLO: 1.2, 1.4, 8.2