

## Chapter 2: Purpose in Life

### Multiple Choice

1. Yalom identified four topics for existential psychology. They did not include:
- purpose in life.
  - choice and responsibility.
  - change and impermanence.
  - cascading effects.

Ans: d

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge

Answer Location: Existential Psychology

Difficulty Level: Medium

2. The study of human reaction to the reminder of death and mortality is called:
- mortality research.
  - temporality.
  - experimental existential psychology.
  - death threat research.

Ans: c

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge

Answer Location: Experimental Existential Psychology

Difficulty Level: Easy

3. In both Frankl's and May's stories of existential discovery, they seemed to gain insight to life from:
- their dealing with unexpected prosperity and fame.
  - dealing with the pressures of social change.
  - their confronting issues of interpersonal adjustment.
  - facing issues related to death.

Ans: d

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge

Answer Location: Change, Impermanence, and Awareness of Death

Difficulty Level: Medium

4. Existential psychology emphasizes:
- the existence of the primal psyche.
  - the realization of one's being alive.
  - the importance of feedback in life.
  - the dispositional approach to personality development.

Ans: b

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Comprehension

Answer Location: Existential Psychology

Difficulty Level: Medium

5. Terror Management Theory deals with:
- how we react to the mention of death.
  - dealing with trauma in life.
  - coping with severe and chronic trauma.
  - the physiological management of arousal.

Ans: a

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Comprehension

Answer Location: Experimental Existential Psychology

Difficulty Level: Medium

6. The effect of existential threat to one's self can also be found when:

- a. one's culture is threatened.
- b. one's partner is threatened.
- c. someone challenges one's gender.
- d. one's family is mentioned.

Ans: a

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Application

Answer Location: Experimental Existential Psychology

Difficulty Level: Medium

7. An existential psychologist would focus on:

- a. how to manage the environment to provide the necessities in life.
- b. how to tap the goodness in an individual.
- c. how the basic problems in life are based on developmental issues.
- d. how to find meaning in life.

Ans: d

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Application

Answer Location: Existential Psychology

Difficulty Level: Easy

8. Existential psychology believes that human experience is influenced by:

- a. environmental consequences to their behavior.
- b. individual differences in dispositions.
- c. awareness of existence.
- d. verbal awareness.

Ans: c

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Analysis

Answer Location: Existential Psychology

Difficulty Level: Medium

9. When people have purpose in life, they tend to:

- a. be ambitious.
- b. be more connected to their community and be willing to help.
- c. pay attention to details.
- d. feel free to act.

Ans: b

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Comprehension

Answer Location: Purpose in Life

Difficulty Level: Hard

10. Maddi's review of existential hardiness found that beyond control, commitment, and challenge, the hardy individual also knew how to:

- a. remember.
- b. wait for others to come to them.

- c. build a supportive environment.
- d. make quick decisions.

Ans: c

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Knowledge

Answer Location: Existential Hardiness

Difficulty Level: Hard

11 Kobasa's study of existential hardiness found three qualities. They did not include:

- a. Dogmaticism.
- b. Challenge.
- c. Control.
- d. Commitment.

Ans: a

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Knowledge

Answer Location: Existential Hardiness

Difficulty Level: Easy

12. According to the research on resilient personalities, we might expect one of the more important aspects of life to be:

- a. making an adequate salary to maintain a style of life.
- b. feeling one understands what life is about.
- c. having a friendly personality.
- d. being socially skilled in dealing with diversity.

Ans: b

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Comprehension

Answer Location: Existential Hardiness

Difficulty Level: Easy

13. Maddi's later review of resilience found that:

- a. it is set early in life.
- b. It depends on one's way of seeing the world and having the skills both to find resources and to act effectively.
- c. early conclusions were not supported.
- d. only two of the three personal qualities discovered in the early work were found to be really related to the capacity to deal with stress.

Ans: b

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Comprehension

Answer Location: Existential Hardiness

Difficulty Level: Difficult

14. Longitudinal studies of coherence and psychological and physical health suggested that:

- a. coherence is important to these outcomes 10 years out but not 20 years out.
- b. the effect of coherence is only seen in immediate indicators of health but unrelated to later indicators.
- c. coherence continued to predict such health 20 years out from its measurement.
- d. coherence was contextual and related only to those areas where health was measured.

Ans: c

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Application

Answer Location: Existential Hardiness

Difficulty Level: Easy

15. Antonovsky found a kind of salutogenic view in individuals. This was based on a sense of coherence.

Given this, one might counselors should:

- a. explain what they are doing and why.
- b. plan on the power of the counselor's personal charisma, sometimes translating into a placebo effect.
- c. depend on the proven technique to have effect without the need for any other explanations.
- d. use social norms and pressure to ensure compliance in clients.

Ans: a

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Application

Answer Location: Coherence

Difficulty Level: Medium

16. Research has shown that those who have a purpose in life also:

- a. have skills in manipulation.
- b. usually develop a sense of being effective and supported.
- c. typically end up being leaders.
- d. are independent thinkers.

Ans: b

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Analysis

Answer Location: Purpose in Life

Difficulty Level: Difficult

17. The text says that William James, who many call the father of American psychology:

- a. was very critical of the study of religion, since this had to do with philosophy more than psychology.
- b. criticized the nature of spiritual and religious activity as primitive thinking.
- c. gave a series of lectures on the varieties of religious experience in humans.
- d. was an unapologetic advocate for the use of religion in therapy.

Ans: c

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Knowledge

Answer Location: Spirituality and Religion

Difficulty Level: Easy

18. According to Argument, religion and spirituality:

- a. are the same thing.
- b. might be distinguished by the inclusion or exclusion of money.
- c. are different, one is institutional and the other a more personal sense.
- d. are the same in that they both support the concept of one God.

Ans: c

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Knowledge

Answer Location: Spirituality and Religion

Difficulty Level: Medium

19. Allport distinguished between intrinsic and extrinsic orientations to religion and spirituality.

- a. in extrinsic, the person is making decisions based on personal beliefs.

- b. in intrinsic, the person is making decisions based on personal beliefs.
- c. in intrinsic, the person is making decisions because of social norms.
- d. in both extrinsic and intrinsic, the social norms and community pressures determine decisions.

Ans: b

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Comprehension

Answer Location: Intrinsic and Extrinsic

Difficulty Level: Easy

20. According to research, we would recommend individuals make their decisions regarding spirituality and religion:

- a. based on their culture.
- b. based on their family backgrounds.
- c. based on personal reasons.
- d. based on the logic of science.

Ans: c

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Comprehension

Answer Location: Intrinsic and Extrinsic

Difficulty Level: Easy

21. According to personality researchers Piedmont and Wilkins, the five-factor personality theory:

- a. helps to explain the development of religious feelings.
- b. is supportive of nonreligious feelings.
- c. is complete and whole as its authors intended it to be.
- d. is silent on spirituality and religion.

Ans: d

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Comprehension

Answer Location: ASPIRES

Difficulty Level: Difficult

22. In discussing findings on the relationship between religiousness and health you could say that research suggests:

- a. religion seems to have a positive impact on people's health.
- b. religion has no impact on people's health.
- c. it has been found that religious people usually are less healthy.
- d. religion is no substitute for healthy behaviors.

Ans: a

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Application

Answer Location: Effects of Religion and Spirituality on Health

Difficulty Level: Easy

23. Someone asks you about forcing their adult children to be religious in order to maintain family traditions and a sense of continuity across generations. You might say that:

- a. practicing religion because of social pressure is just as good as practicing it for personal reasons.
- b. practicing religion for personal reasons usually is related to poor health.
- c. practicing religion because of social pressure alone usually is related to poor health.
- d. the use of external pressure is justified, given the benefits of religion in one's life.

Ans: c

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Application

Answer Location: Intrinsic and Extrinsic Orientation

Difficulty Level: Medium

24. When asked about the effects of religion and spirituality on life, many psychologists who study these things would say:

- a. it depends.
- b. religion is such a positive force in people's life that it is usually good in and of itself.
- c. religion has been shown to be a controlling and corruptive force in people's life in general.
- d. there are no scientific findings that would suggest one thing or another.

Ans: a

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Analysis

Answer Location: Effects of Spirituality and Religion on Health

Difficulty Level: Difficult

25. Research has found that the best types of reinforcers are those that:

- a. have the greatest externally determined value.
- b. are internally derived.
- c. are usually the most popular in a given social setting.
- d. are externally imposed, so that they are added value to the individual.

Ans: b

Learning Objective: 4. Describe the effect of choice and free will on individuals' attitudes and behaviors

Cognitive Domain: Knowledge

Answer Location: Autonomy, Choice and Free Will

Difficulty Level: Difficult

26. Studies have found that usually making choices are:

- a. mentally taxing.
- b. have little to do with psychic energy levels.
- c. are not necessarily good.
- d. energizing.

Ans: d

Learning Objective: 4. Describe the effect of choice and free will on individuals' attitudes and behaviors

Cognitive Domain: Knowledge

Answer Location: Autonomy, Choice and Free Will

Difficulty Level: Easy

27. Csikszentmihalyi talks about flow in life. He argues that flow does all of the following except:

- a. makes the time fly.
- b. makes the work seem effortless.
- c. insures social approval.
- d. produces a superior product.

Ans: c

Learning Objective: 4. Describe the effect of choice and free will on individuals' attitudes and behaviors

Cognitive Domain: Knowledge

Answer Location: Autonomy, Choice and Free Will

Difficulty Level: Difficult

28. The findings on choice and internal motivation have suggested that efforts to reinforce desirable behaviors:

- a. should take into account the desires of the person being reinforced.
- b. should be careful not to violate social norms.
- c. should take into account religious freedoms.
- d. should, in cases of child subjects, have the reinforcers approved by the child's parents.

Ans: a

Learning Objective: 4. Describe the effect of choice and free will on individuals' attitudes and behaviors

Cognitive Domain: Application

Answer Location: Autonomy, Choice and Free will

Difficulty Level: Difficult

29. The ability to choose and to work for self-identified rewards supports the argument that:

- a. choice is predetermined.
- b. free will is predetermined.
- c. choice and autonomy seem naturally reinforcing.
- d. autonomy may not be related to choice.

Ans: c

Learning Objective: 4. Describe the effect of choice and free will on individuals' attitudes and behaviors

Cognitive Domain: Analysis

Answer Location: Autonomy, Choice and Free will

Difficulty Level: Difficult

## True/False

1. Religion and spirituality are considered negative factors in health adjustment.

Ans: False

Learning Objective: Explain the role of spirituality and religion in adjustment

Cognitive Domain: Comprehension

Answer Location: Spirituality and Religion

Difficulty Level: Easy

2 Experimental Existential psychology examines terror management theory.

Ans: True

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge

Answer Location: Experimental Existential Psychology

Difficulty Level: Easy

3. Purpose in Life and Coherence are the same thing.

Ans: False

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge

Answer Location: The Importance of Purpose and Meaning

Difficulty Level: Medium

4. The later work on existential hardiness finds it is both a way of thinking and a set of skills.

Ans: True

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Analysis

Cognitive Domain: Knowledge

Answer Location: Existential Hardiness

Difficulty Level: Difficult

## Essay

1. Define “existential psychology.”

Ans: Yalom: Awareness of existence and impermanence, search for meaning, making choices, and taking responsibility for those choices, dealing with autonomy and aloneness.

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Knowledge and Comprehension

Answer Location: Existential Psychology

Difficulty Level: Moderate

2. Discuss the text’s findings on religion, spirituality, and well-being as well as the role of meaning in helping to determine this relationship.

Ans: Religion and spirituality are a way of determining meaning and purpose in life

Learning Objective: 3. Explain the role of spirituality and religion in adjustment

Cognitive Domain: Analysis

Answer Location: Religion, Spirituality and Meaning

Difficulty Level: Difficult

3. Describe some of the findings of experimental existential psychology studies.

Ans: When confronted with death and impermanence, tend to assert self and life.

Learning Objective: 1. Discuss the basic principles of existential psychology

Cognitive Domain: Comprehension

Answer Location: Experimental Existential Psychology

Difficulty Level: Medium

4. How does Purpose in Life influence high risk youth?

Ans: High Purpose in Life lowers risk

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life

Cognitive Domain: Comprehension

Answer Location: Purpose in Life

Difficulty Level: Moderate

5. Describe and discuss existential hardiness.

Ans: Control, commitment, and challenge. (bonus—skills in social support building and action)

Learning Objective: 2. Summarize major findings about the influence of coherence, purpose in life, and existential hardiness on well-being

Cognitive Domain: Comprehension

Answer Location: Existential Hardiness

Difficulty Level: Moderate

6. Discuss the research on intrinsic and extrinsic rewards and their implications for autonomy and choice.

Ans: Intrinsic rewards are desired. Support the idea that humans prefer autonomy and choice.

Learning Objective: 4. Describe the effect of choice and free will on individuals’ attitudes and behaviors

Cognitive Domain: Analysis

Answer Location: Autonomy, Choice and Free Will

Difficulty Level: Difficult