

## **Test Bank**

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# **PSYCHOLOGY FOR LIVING: ADJUSTMENT, GROWTH, AND BEHAVIOR TODAY**

**11<sup>th</sup> 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*

*Page Ref: 5*

*Skill: Conceptual*

*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*

*Page Ref: 5*

*Skill: Conceptual*

*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*

*Page Ref: 5*

*Skill: Factual*

*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*

*Page Ref: 6*

*Skill: Conceptual*

*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*

*Page Ref: 6*

*Skill: Conceptual*

*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

- a. the homogeneity of the population
- b. blue-collar workers
- c. manufacturing and heavy industry
- d. 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

- a. personal growth
- b. personal freedom
- c. self-direction
- d. 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

- a. collective gain
- b. security
- c. greater personal gain
- d. 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

- a. China
- b. Kenya
- c. the United States
- d. 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.

- a. personal achievement; collective gain
- b. dependence; independence
- c. pride; jealousy
- d. rationalism; emotionality

*Answer: A*

*Diff: 1*

*Page Ref: 8*

*Skill: Conceptual*

*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*

*Page Ref: 9*

*Skill: Applied*

*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*

*Page Ref: 9*

*Skill: Conceptual*

*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*

*Page Ref: 9*

*Skill: Conceptual*

*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*

*Page Ref: 9*

*Skill: Conceptual*

*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*

*Page Ref: 9*

*Skill: Factual*

*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*

*Page Ref: 10*

*Skill: Factual*

*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*

*Page Ref: 10*

*Skill: Conceptual*

*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*

*Page Ref: 10–11*

*Skill: Applied*

*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*

*Page Ref: 12*

*Skill: Factual*

*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.

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

1.3-7 Explain which personality traits are most likely to change throughout adulthood.

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

1.3-8 Describe the three-phase cycle of personal growth.

*Diff: 3* *Page Ref: 17*  
*Skill: Factual* *APA SLO: 1.2*

#### **1.4 Essay Questions**

1.4-1 Describe three social changes we face today.

*Diff: 1* *Page Ref: 3–7*  
*Skill: Conceptual* *APA SLO: 8.2*

1.4-2 What do the terms *individualism* and *collectivism* mean? Provide a concrete example of each type of society. Discuss characteristics of each culture that guide behaviors in that society.

*Diff: 3* *Page Ref: 8*  
*Skill: Applied* *APA SLO: 5.5, 8.2*

1.4-3 Describe the two main ideas of the humanistic perspective.

*Diff: 2* *Page Ref: 9*  
*Skill: Conceptual* *APA SLO: 1.4*

1.4-4 What is self-actualization? Describe aspects of someone else's life that indicate to you that the person was self-actualized.

*Diff: 3* *Page Ref: 10–11*  
*Skill: Applied* *APA SLO: 1.3*

1.4-5 Discuss what it means to take charge of your life.

*Diff: 1* *Page Ref: 12–14*  
*Skill: Conceptual* *APA SLO: 1.3*

1.4-6 Describe the controversy in psychology about the conflict between continuity and change of personality. What are some of the traits that are likely to change? Unlikely to change? How can people best deal with the dilemma of continuity and change?

*Diff: 3* *Page Ref: 16*  
*Skill: Applied* *APA SLO: 1.2*

1.4-7 Discuss the three-phase cycle of personal growth.

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

1.4-8 Provide a definition and a concrete example of the following terms from Chapter 1: self-

actualization, social change, altruism, and individualistic society.

*Diff: 1*

*Page Ref: Chapter 1*

*Skill: Conceptual*

*APA SLO: 1.2, 1.4, 8.2*