

# University of Central Florida (UCF) DEP2004 Developmental Psychology Practice Test 1 (Sample)

Study Guide



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## Questions

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1. Who is associated with the “strange situation” to study attachment?
  - A. Mary Ainsworth
  - B. Erik Erikson
  - C. John Bowlby
  - D. Jean Piaget
2. What determines whether a behavior is likely to be repeated in the future?
  - A. Consequences of behavior
  - B. Frequency of the behavior
  - C. Social acceptance of the behavior
  - D. Underlining motivations
3. Which perspective suggests that development is influenced by both internal maturation and external societal demands?
  - A. Cognitive perspective
  - B. Behavioral perspective
  - C. Humanistic perspective
  - D. Developmental perspective
4. Which parenting style is often linked to the successful development of autonomy in children?
  - A. Neglectful
  - B. Permissive
  - C. Authoritarian
  - D. Authoritative
5. Which aspect of learning focuses on reinforcement and punishment?
  - A. Cognitive development
  - B. Behaviorism
  - C. Social learning
  - D. Ecological systems

6. Which theory holds that development is influenced by resolving conflicts at various ages?
- A. Behaviorism
  - B. Psychodynamic theory
  - C. Cognitive theory
  - D. Ecological theory
7. What does the term “nature versus nurture” refer to?
- A. The conflict between personal choice and social influence
  - B. The debate on genetics versus environment in human development
  - C. The difference between biological and psychological factors
  - D. The relationship between genetics and nutrition
8. What is the key focus of structured observations in research?
- A. Recording spontaneous behaviors
  - B. Establishing long-term behavior patterns
  - C. Creating conditions to elicit specific behaviors
  - D. Facilitating open-ended interviews
9. What is the focus of environmental press theory in relation to people's functioning?
- A. The historical context of development
  - B. The biological influences on behavior
  - C. The psychological state of individuals
  - D. The context of social environments
10. How do gender roles typically develop in early childhood?
- A. Through independent exploration without guidance
  - B. Through direct teaching from parents only
  - C. Through socialization and learning associated behaviors
  - D. Through biological predispositions alone

## Answers

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1. A
2. A
3. D
4. D
5. B
6. B
7. B
8. C
9. D
10. C

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## Explanations

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1. Who is associated with the “strange situation” to study attachment?

A. Mary Ainsworth

B. Erik Erikson

C. John Bowlby

D. Jean Piaget

The “strange situation” is a structured observational study developed by Mary Ainsworth to assess the quality of attachment between infants and their primary caregivers. Ainsworth’s research identified different attachment styles, including secure, anxious, and avoidant attachments, based on the infant’s behavior during a series of separations and reunions with the caregiver. Her work was instrumental in the field of developmental psychology, particularly in understanding how the early interactions between a child and their caregiver can affect emotional and social development throughout life. This methodology provided insights into attachment theory and highlighted the significance of sensitive caregiving in fostering secure attachments.

2. What determines whether a behavior is likely to be repeated in the future?

A. Consequences of behavior

B. Frequency of the behavior

C. Social acceptance of the behavior

D. Underlining motivations

The likelihood of a behavior being repeated in the future is primarily determined by the consequences that follow the behavior. This principle is foundational in behavioral psychology, particularly within the context of operant conditioning. When a behavior is followed by positive consequences, such as rewards or reinforcement, it increases the chances that the behavior will be repeated because the individual associates the behavior with a favorable outcome. Conversely, if the consequences are negative, such as punishment, this typically decreases the likelihood of the behavior being repeated in the future. For example, a child who receives praise for completing their homework is likely to continue doing their homework in the future, as the positive reinforcement (praise) strengthens the behavior. On the other hand, a child who gets scolded for misbehavior will tend to avoid that behavior to escape negative consequences. Understanding the role of consequences in shaping behavior helps explain why certain actions are repeated while others are not, emphasizing the importance of reinforcement in personal and social learning processes.

3. Which perspective suggests that development is influenced by both internal maturation and external societal demands?

- A. Cognitive perspective
- B. Behavioral perspective
- C. Humanistic perspective
- D. Developmental perspective

The developmental perspective is correct because it encompasses a holistic view of human growth and change, acknowledging that development is shaped by both internal maturation processes, such as biological and psychological changes, and external societal influences, including culture, family dynamics, and socio-economic factors. This perspective emphasizes the interplay between an individual's innate capabilities and the environment, suggesting that both aspects work together to influence overall development. It embraces a multi-dimensional approach to understanding how individuals evolve over time, making it comprehensive in addressing the complexities of human behavior within various contexts. This is critical in developmental psychology as it provides insight into how different factors can affect growth and change throughout the lifespan.

4. Which parenting style is often linked to the successful development of autonomy in children?

- A. Neglectful
- B. Permissive
- C. Authoritarian
- D. Authoritative

The authoritative parenting style is characterized by a balanced approach that combines warmth, support, and appropriate levels of control. Parents who adopt this style set clear expectations and boundaries while also encouraging independence and self-regulation in their children. This supportive environment enables children to explore their autonomy in a safe manner, fostering their ability to make decisions, solve problems, and develop a sense of self. In authoritative households, parents engage in open communication, allowing children to express their thoughts and feelings, which enhances feelings of competence and self-efficacy. This dynamic is crucial for developing autonomy, as children learn to navigate challenges with guidance rather than fear of punishment or rejection. In contrast, neglectful parenting tends to provide little support and guidance, leading to challenges in autonomy development. Permissive parenting may offer freedom but often lacks the structure necessary for children to learn self-discipline effectively. Authoritarian parenting, on the other hand, enforces strict rules without the warmth and support crucial for fostering independence, leaving children less equipped to develop their own decision-making skills.

5. Which aspect of learning focuses on reinforcement and punishment?

- A. Cognitive development
- B. Behaviorism
- C. Social learning
- D. Ecological systems

The correct answer highlights Behaviorism, which is a school of thought in psychology that emphasizes the role of external stimuli in shaping behavior through mechanisms such as reinforcement and punishment. This approach posits that learning occurs as a response to environmental stimuli, where behaviors are influenced by the consequences that follow them. In Behaviorism, reinforcement increases the likelihood of a behavior being repeated, while punishment decreases it. These principles are fundamental to understanding how behaviors can be modified and learned, providing a framework for various applications, such as in educational settings and behavior modification programs. The other options focus on different aspects of development and learning. Cognitive development pertains to the mental processes involved in learning, such as thinking, problem-solving, and memory. Social learning emphasizes the role of observing others and modeling behaviors rather than behavior modification through reinforcement or punishment. Ecological systems theory examines the complex interactions between individuals and their environments, focusing on the broader context in which learning and development occur, rather than the direct mechanisms of behavior change.

6. Which theory holds that development is influenced by resolving conflicts at various ages?

- A. Behaviorism
- B. Psychodynamic theory
- C. Cognitive theory
- D. Ecological theory

The psychodynamic theory is centered on the idea that human development is shaped by the resolution of internal conflicts and drives that arise at various stages of life. This theoretical framework, pioneered by Sigmund Freud, posits that individuals encounter specific conflicts and challenges at different age periods, often related to their psychological and emotional needs. For example, during early childhood, a child may face conflicts surrounding attachment and dependence on caregivers, which Freud categorized into different psychosexual stages, including the oral and anal stages. Successfully navigating these conflicts is thought to contribute to healthy psychological development, while unresolved conflicts can lead to psychological issues in adulthood. Unlike psychodynamic theory, behaviorism focuses primarily on observable behavior and environmental factors, emphasizing reinforcement and punishment rather than internal conflicts. Cognitive theory involves understanding mental processes such as thinking and memory, placing less emphasis on emotional conflict resolution. Ecological theory looks at the various environmental systems that influence development, rather than focusing on individual psychological conflicts. Thus, the core principle of psychodynamic theory is that the experiences and conflicts individuals face at different ages play a crucial role in shaping their personality and behaviors throughout their lives.

7. What does the term “nature versus nurture” refer to?

- A. The conflict between personal choice and social influence
- B. The debate on genetics versus environment in human development
- C. The difference between biological and psychological factors
- D. The relationship between genetics and nutrition

The term “nature versus nurture” specifically refers to the long-standing debate surrounding the relative contributions of genetics (nature) and environmental factors (nurture) to human development. This concept encompasses discussions regarding how much of our behavior, personality, intelligence, and other characteristics are determined by our biological inheritance, such as genes and heredity, as opposed to the experiences and environments in which we grow up. This debate plays a significant role in various fields, including psychology, sociology, and biology, as researchers try to determine the extent to which genetic factors influence individuals compared to the impact of upbringing, culture, and personal experiences. In essence, it highlights the complexity of human development, emphasizing that both genetics and environment interact in significant ways to shape who we are. Understanding this concept helps to clarify how traits and behaviors can emerge not solely from inherited characteristics but also from a range of experiences and influences encountered throughout life.

8. What is the key focus of structured observations in research?

- A. Recording spontaneous behaviors
- B. Establishing long-term behavior patterns
- C. Creating conditions to elicit specific behaviors
- D. Facilitating open-ended interviews

The key focus of structured observations in research is to create conditions that elicit specific behaviors. This method involves the researcher setting up a controlled environment where particular variables can be manipulated or structured to observe how participants respond. By controlling these conditions, researchers can systematically gather data on how specific factors influence behavior, allowing for more precise and reliable observations. This approach is particularly useful in developmental psychology as it helps isolate behaviors of interest and understand the context in which they occur. The ability to control and replicate the environment enables researchers to establish cause-and-effect relationships and analyze patterns in behavior with greater accuracy.

9. What is the focus of environmental press theory in relation to people's functioning?

- A. The historical context of development
- B. The biological influences on behavior
- C. The psychological state of individuals

D. The context of social environments

Environmental press theory emphasizes the interaction between individuals and their environments, particularly regarding how the demands or challenges posed by those environments affect people's functioning and well-being. This theory suggests that individuals adapt their behavior based on the context of their social environments, which includes the physical, social, and cultural settings in which they operate. By focusing on the context of social environments, environmental press theory acknowledges that various environmental factors can either support or hinder a person's functioning. For instance, a supportive social environment can enhance an individual's ability to thrive, while a toxic or unsupportive environment can lead to stress and impede functioning. In contrast, the other options do not align with the primary focus of environmental press theory. The historical context of development, biological influences on behavior, and the psychological state of individuals are all relevant areas of study but do not capture the essence of how environmental factors interact with individual behavior in the same way that social context does. This makes the choice about the context of social environments the most fitting answer.

10. How do gender roles typically develop in early childhood?

- A. Through independent exploration without guidance
- B. Through direct teaching from parents only

C. Through socialization and learning associated behaviors

D. Through biological predispositions alone

The development of gender roles in early childhood primarily occurs through socialization and learning associated behaviors. Children observe and internalize the behaviors, attitudes, and expectations that society attributes to their gender. This process often involves various influences, including parents, peers, media, and cultural norms. From a young age, children are exposed to different expectations for behavior based on their gender, such as how they should play, express emotions, and engage with others. They learn these roles through imitation and reinforcement; for instance, if boys are encouraged to play with trucks and girls with dolls, they begin to associate these activities with their identity. This socialization framework emphasizes that it's not just about direct instruction from parents or any singular source; rather, it encompasses a broader spectrum of interactions and observations that shape their understanding of gender roles. Rather than being purely guided by biological predispositions or independent exploration, children's development of these roles is a dynamic process influenced by ongoing social interactions and cultural contexts.