

UTS Psychological Perspective of the Self Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is the most intimate part of the self known as, which includes core values and conscience?**
 - A. Thinking Self**
 - B. Social Self**
 - C. Spiritual Self**
 - D. Material Self**
- 2. According to Rogers, what may impact a person's self-concept significantly?**
 - A. Feedback from peers**
 - B. Media influence**
 - C. Interactions with significant others**
 - D. Societal roles**
- 3. During which life stage is the ego mainly developed according to Erikson's psychosocial development stages?**
 - A. Middle adulthood**
 - B. Adolescence**
 - C. Infancy**
 - D. Old age**
- 4. How is the Pure Ego defined in terms of self-concept?**
 - A. The soul of a person or the mind**
 - B. The social identity of an individual**
 - C. The collection of material possessions**
 - D. The physical attributes one possesses**
- 5. True or False: People have different social selves depending on the context of a social situation.**
 - A. True**
 - B. False**
 - C. Only in formal settings**
 - D. Only in informal settings**

- 6. What does the Me-Self refer to?**
- A. A person's social interactions**
 - B. The empirical self based on personal experiences**
 - C. The spiritual identity of a person**
 - D. The collection of one's mental states**
- 7. What benefit does mindfulness practices offer to self-concept?**
- A. They distract from negative thoughts.**
 - B. They enhance self-awareness and emotional regulation.**
 - C. They focus solely on achieving goals.**
 - D. They reduce the need for feedback.**
- 8. What does the id demand according to Freud's theory?**
- A. Long-term gratification**
 - B. Instant gratification**
 - C. Societal conformity**
 - D. Moral perfection**
- 9. In Jungian psychology, archetypes are believed to reside in what is known as the _____?**
- A. Personal Unconscious**
 - B. Collective Consciousness**
 - C. Collective Unconscious**
 - D. Shared Consciousness**
- 10. What happens when parents are overly protective, according to Erikson's theory?**
- A. Children become autonomous**
 - B. Children become overly dependent**
 - C. Children develop resilience**
 - D. Children exhibit leadership traits**

Answers

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

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Explanations

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1. What is the most intimate part of the self known as, which includes core values and conscience?

- A. Thinking Self**
- B. Social Self**
- C. Spiritual Self**
- D. Material Self**

The most intimate part of the self, which encompasses core values and conscience, is referred to as the spiritual self. This aspect of the self goes beyond the physical and social identities, delving into the individual's intrinsic beliefs, moral compass, and the quest for meaning. The spiritual self is where personal identity is deeply intertwined with existential questions and individual purpose, guiding one's actions and decisions based on inner values. In contrast, the thinking self relates more to cognitive processes and rational thought, the social self pertains to how one interacts and is perceived within social contexts, and the material self focuses on physical possessions and the external aspects of identity. Each of these dimensions plays a role in a person's overall identity, but the spiritual self stands out as the core that influences broader life choices and ethical considerations.

2. According to Rogers, what may impact a person's self-concept significantly?

- A. Feedback from peers**
- B. Media influence**
- C. Interactions with significant others**
- D. Societal roles**

The correct choice emphasizes the fundamental role that interactions with significant others play in shaping a person's self-concept according to Carl Rogers, a prominent humanistic psychologist. Rogers believed that our self-concept is formed largely through our relationships with others, especially those we hold in high esteem, such as family members, friends, and mentors. These interactions provide the feedback, support, and affirmation necessary for an individual to develop a positive and coherent self-image. When individuals receive unconditional positive regard from significant others, they are more likely to develop a healthy self-concept, feeling accepted for who they are. On the other hand, negative feedback or lack of support from key figures can distort self-perception and lead to feelings of inadequacy. Rogers stressed the importance of these relationships in fostering self-acceptance and authenticity, which are crucial for personal growth and self-actualization. While feedback from peers, media influence, and societal roles can also affect self-concept, they do not carry the same weight in Rogers' framework as the direct, personal interactions with those who are most significant in one's life. Peers and societal roles can contribute to the overall environment influencing self-perception, but it is the intimate, supportive interactions that have the most profound impact on an

3. During which life stage is the ego mainly developed according to Erikson's psychosocial development stages?

- A. Middle adulthood**
- B. Adolescence**
- C. Infancy**
- D. Old age**

In Erikson's psychosocial development theory, the ego is primarily developed during the stage of infancy. This stage, termed "Trust vs. Mistrust," occurs from birth to approximately 18 months. During this critical phase, the infant's basic needs must be met by caregivers. A strong, dependable foundation enables the development of a healthy ego, fostering trust in the world and forming the basis for future interpersonal relationships. If an infant receives consistent and reliable care, it leads to the development of a strong sense of trust, which is crucial for successfully navigating later stages of development. On the other hand, if the infant experiences neglect or inconsistent caregiving, it can result in mistrust and difficulties in developing a positive ego identity. The life stages mentioned in the other options, such as adolescence, middle adulthood, and old age, involve different psychosocial challenges and shifts in identity but do not focus on the foundational ego development that occurs in infancy.

4. How is the Pure Ego defined in terms of self-concept?

- A. The soul of a person or the mind**
- B. The social identity of an individual**
- C. The collection of material possessions**
- D. The physical attributes one possesses**

The Pure Ego is defined as the essence of a person's identity, representing the core of an individual beyond external influences and social characteristics. In this context, it encompasses the soul or mind, signifying the inherent self that exists independently of societal roles or possessions. This concept aligns with philosophical and psychological perspectives that view the Pure Ego as the fundamental aspect of self, reflecting one's consciousness and awareness. In contrast, the other options focus on different dimensions of identity. Social identity relates to the roles and relationships individuals hold within society, emphasizing the importance of group membership, which does not capture the essence of the Pure Ego. Similarly, material possessions pertain to the tangible items one owns, while physical attributes focus on aspects of appearance. Neither of these captures the deeper, more abstract understanding of the self represented by the Pure Ego, which is more about one's internal self rather than external characteristics.

5. True or False: People have different social selves depending on the context of a social situation.

A. True

B. False

C. Only in formal settings

D. Only in informal settings

The statement that people have different social selves depending on the context of a social situation is true. This concept reflects the idea of a "social self," which suggests that individuals adapt their behavior, appearance, and even identity based on the social environment they find themselves in. For instance, a person may present themselves differently in a professional setting compared to a casual gathering with friends. In the workplace, one may adopt a more formal demeanor, using professional language and adhering to certain norms. Conversely, in informal settings, they may feel more relaxed and display a more casual or authentic version of themselves. This adaptive behavior demonstrates the fluidity of identity and how it is influenced by various social contexts. Understanding this concept helps to illustrate how social dynamics play a significant role in shaping one's identity and interactions with others. It acknowledges that the self is not a fixed entity but is instead a negotiable identity that can shift to meet the expectations and norms of different social environments.

6. What does the Me-Self refer to?

A. A person's social interactions

B. The empirical self based on personal experiences

C. The spiritual identity of a person

D. The collection of one's mental states

The Me-Self refers to the empirical self, which is based on personal experiences. This concept is rooted in self-reflective processes and encompasses how individuals form their identity through their interactions with the world around them, including their thoughts, feelings, and experiences. It emphasizes the aspects of the self that are shaped by social context, personal experiences, and the narratives individuals create about themselves. This understanding of the self is integral to psychological theories, particularly in how individuals come to understand who they are based on their life experiences and reflection on these experiences. This makes the Me-Self distinctly focused on empirical evidence rather than abstract notions of identity or spirituality, as seen in the other options. In contrast, the other choices highlight different components of self-understanding or identity but do not specifically capture the essence of the Me-Self as defined in psychological contexts. The notion of social interactions is more aligned with interpersonal dynamics than the internalized view of self. Spiritual identity emphasizes the existential or metaphysical aspects of being, diverging significantly from the empirical focus of the Me-Self. Lastly, while the collection of one's mental states relates to aspects of personal psychology, it doesn't fully encapsulate the experiential and reflective nature of the empirical self as intended in this context.

7. What benefit does mindfulness practices offer to self-concept?

- A. They distract from negative thoughts.
- B. They enhance self-awareness and emotional regulation.**
- C. They focus solely on achieving goals.
- D. They reduce the need for feedback.

Mindfulness practices are known to enhance self-awareness and emotional regulation, making them particularly beneficial for an individual's self-concept. When individuals engage in mindfulness, they learn to observe their thoughts, emotions, and bodily sensations without judgment. This process fosters a deeper understanding of the self, allowing people to identify their patterns of thinking and behavior. By enhancing self-awareness, mindfulness helps individuals to recognize their true feelings and thoughts, which can lead to an improved self-concept. This awareness is a critical step toward being able to regulate one's emotions effectively; individuals become more adept at managing stress, anxiety, and other emotional challenges. As a result, they can approach situations with a greater sense of clarity and calm, further reinforcing a positive self-concept. In contrast, options that emphasize distraction or goal-centric thinking do not focus on the vital aspect of understanding and regulating one's internal experiences. Additionally, minimizing the need for external feedback overlooks the importance of social interactions and reflective practices in developing a healthy self-concept. Mindfulness, therefore, stands out as a practice that cultivates a more profound and balanced understanding of oneself, which is essential for personal growth and emotional well-being.

8. What does the id demand according to Freud's theory?

- A. Long-term gratification
- B. Instant gratification**
- C. Societal conformity
- D. Moral perfection

According to Freud's theory, the id represents the most primitive part of our personality and is driven by the pleasure principle, seeking instant gratification of desires and urges. The id operates unconsciously and is focused solely on fulfilling basic needs and desires—such as hunger, thirst, and sexual drives—immediately as they arise, without consideration for reality or social norms. This demand for instant gratification is fundamental to the functioning of the id, making it distinct from other structures of the personality, such as the ego or superego. The ego mediates between the desires of the id and the constraints of the real world, while the superego embodies moral values and societal rules. The id's relentless pursuit of immediate pleasure often leads to conflict with these other aspects of personality, as it does not consider the long-term consequences or the appropriate timing for fulfilling its desires. In contrast, other choices in the question reflect constructs that are more aligned with the ego's or superego's functions, such as long-term gratification, societal conformity, and moral perfection. These goals require deliberation, self-regulation, and adherence to social and moral standards, which are qualities the id does not possess. Thus, the correct understanding of the id's demand is firmly

9. In Jungian psychology, archetypes are believed to reside in what is known as the _____?

- A. Personal Unconscious
- B. Collective Consciousness
- C. Collective Unconscious**
- D. Shared Consciousness

In Jungian psychology, archetypes are integral components of the collective unconscious. This concept suggests that the collective unconscious is a part of the unconscious mind that is shared among all humans and contains universal memories, experiences, and ideas. Archetypes serve as templates for understanding human behavior and experiences, acting as innate symbols and motifs present across cultures and time. The collective unconscious distinguishes itself from the personal unconscious, which contains an individual's unique experiences and memories. While the personal unconscious is shaped by personal history, the collective unconscious is inherited and universally shared, embodying archetypal images and themes that inform our perceptions and interactions within the world. This richness in shared archetypes contributes to a common psychological heritage, allowing individuals to connect with one another through universal themes that transcend individual experiences.

10. What happens when parents are overly protective, according to Erikson's theory?

- A. Children become autonomous
- B. Children become overly dependent**
- C. Children develop resilience
- D. Children exhibit leadership traits

According to Erikson's psychosocial development theory, when parents are overly protective, it can inhibit a child's ability to explore their environment and develop autonomy. This excessive protection can lead to a situation where children rely heavily on their parents for decision-making and may struggle to develop independence. In the context of Erikson's stages, particularly during the stage of autonomy versus shame and doubt, children need the opportunity to make choices and assert themselves. When they are not allowed to do so due to protective parenting, they may internalize feelings of inadequacy or shame, leading to increased dependence on their caregivers. This can hinder their emotional and social development, as they might not learn how to manage challenges on their own. Consequently, the outcome often results in children being overly dependent on others for support and guidance, which aligns directly with the notion that excessive parental control can stifle an individual's capacity for self-reliance and confidence.