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CHAPTER 2 TEST BANK

Multiple Choice

1. Which of the following is NOT a theory of personality?
    a. Associative theory
    b. Psychodynamic theory
    c. Humanistic theory
    d. Social learning theory

28-33

2. Which of the following personality theories states that personality is based largely in the unconscious?
    a. Psychodynamic theory
    b. Interactional theory
    c. Social learning theory
    d. Humanistic theory

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3. Which of the following personality theories states that people's attitudes and behaviors are learned through a process of conditioning?
    a. Social learning theory
    b. Humanistic theory
    c. Psychodynamic theory
    d. Trait theory

33

4. Which of the personality theories is widely used in sport psychology?
    a. Social learning theory
    b. Trait theory
    c. Psychodynamic theory
    d. Humanistic theory

33

5. The Five Factor Theory scores an individual on which pair of the following traits?
    a. Openness and extraversion
    b. Aggressiveness and mental-toughness
    c. Perfectionism and judgementalism
    d. Self-awareness and resilience

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6. A collection of values, attitudes, emotions, and cognitions that influence the way in which an individual approaches, responds to, and appraises demanding events to consistently achieve his or her goals is referred to as:
    a. Mental toughness
    b. Perfectionism
    c. Self-actualization
    d. Emotional intelligence

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7. A person's tendency to set and work towards very high standards is called:
    a. Perfectionism
    b. Emotional intelligence
    c. Mental toughness
    d. Agreeableness

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8. Self-talk, emotional control, and relaxation are all correlated positively with:
    a. Mental toughness
    b. Neuroticism
    c. Perfectionism
    d. Social introversion

33

9. If an athlete has the optimal, iceberg profile, which mood state will be elevated compare to the others?
    a. vigor
    b. tension
    c. anger
    d. confusion

36

10. An athlete who can judge how she is currently feeling and also judge the feelings of her opponent would score high on:
    a. Emotional intelligence
    b. Extraversion
    c. Openness
    d. Agreeableness

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11. The Athletic Coping Skills Inventory is used to measure strategies that athletes use to cope with:

a. Pressure
b. Fatigue
c. Disagreeable teammates
d. Lack of motivation

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12. _____ athletes tend to be more conscientious, imaginative, compassionate, tough-minded, and emotionally stable than _____ athletes
    a. Higher-level/lower-level
    b. Younger/older
    c. Female/Male
    d. Aggressive/passive

40

13. An athete who participates in a high-risk sport, such as skydiving, shows different versions of genes linked with:
    a. Fearlessness
    b. Aggression
    c. Perfectionism
    d. Extraversion

41

14. The ability to control and manage feelings is more likely to be seen in athletes playing _____ positions.
    a. Offensive
    b. Defensive
    c. Difficult
    d. None of the above

41

15. How athletes cope with _____ may be what connects personality to athletic performance.
    a. Stressors
    b. Failure
    c. Success
    d. Physical testing

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16. A study on 4,000 6-year-olds and 4,000 10-year-olds showed that the children who continued to participate in sports showed decreases in _____, and increases in _____ overtime compared to those not engaged in sports.

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a. Introversion/persistence
b. Mental-toughness/neuroticism
c. Extraversion/perfectionism
d. Agreeableness/openness

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17. Which of the following may be a link to personality, and therefore a factor in athletic success?
    a. Personal appearance
    b. Academic success
    c. Number of friends
    d. Owning a pet

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18. The _____ hypothesis states that people with certain personalities gravitate toward athletics in general or towards specific sports.
    a. Selection
    b. Learning
    c. Attrition
    d. Developmental

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19. The _____ hypothesis states that participation in athletics shapes and changes people's personalities in distinct ways.
    a. Learning
    b. Gravitational
    c. Selection
    d. Attrition

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20. Which of the following is an athlete most likely to report on a personality survey if the intention of the athlete is to appear more confident?
    a. High extraversion
    b. Low agreeableness
    c. High anxiety
    d. Low perseverance

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21. If 300 successful athletes take a personality test, and 70% of the athletes score high on resilience, we can assume that resilience may be ____ athletic success.
    a. Correlated with

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b. A leading cause of
c. Unrelated to
d. None of the above

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22. Which theory of personality would say that the unconscious lingering effects of a bad athletic performance may be what is currently causing an athlete distress at the thought of performing?
    a. Psychodynamic theory
    b. Humanistic theory
    c. Interactional theory
    d. Trait theory

28-29

23. Which theory of personality would say that an athlete's predisposition to perfectionism allows for higher athletic success?
    a. Trait theory
    b. Interactional theory
    c. Psychodynamic theory
    d. Social learning theory

30

24. Which theory of personality would say that desirable personality characteristics can be reinforced through coaching, parenting, and positive experiences?
    a. Social learning theory
    b. Trait theory
    c. Humanistic theory
    d. Psychodynamic theory

33

25. Which of the following is NOT an example of functional perfectionism in an athlete?
    a. Concern over meeting others' expectations
    b. High personal standards
    c. A desire for organization
    d. Practicing necessary skills daily

30-31

26. Personality differences should be expected between groups of athletes who:
    a. All of the above
    b. Play different positions
    c. Play different sports

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d. Are at different levels of achievement

30-31

27. What is a possible explanation as to why athletes who participate in risky sports might show a different personality profile from those who participate in "safe", or traditional sports?
    a. All of the above
    b. Athletes with high levels of extraversion and openness are drawn to riskier sports
    c. Athletes who complete in riskier sports change over time into more risk-seeking, extraverted people
    d. These athletes have genes that are linked with fearlessness and susceptibility to boredom

39-41

28. Why might a generally positive outlook be correlated with athletic success?
    a. Athletes with generally positive outlooks may cope better with stressors
    b. Athletes with generally positive outlooks tend not to care whether they win or lose
    c. Positive outlook is not correlated with athletic success
    d. Only successful athletes can develop a positive outlook

42

29. A personality test given to a group of athletes can NOT tell us:
    a. All of the above
    b. The causal link between personality and athletic success
    c. How any given individual athlete will perform
    d. Whether specific personality traits influence athletic performance, or whether athletic performance influences personality traits

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30. Using personality inventories on athletes may help us to understand:
    a. All of the above
    b. The personality differences between athletes who play different sports and different positions within those sports
    c. The personality differences between older and younger athletes
    d. The correlation between personality and athletic success

44-45

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Multiple Choice Answer Key

1. Associative theory
2. Psychodynamic theory
3. Social learning theory
4. Social learning theory
5. Openness and extraversion
6. Mental toughness
7. Perfectionism
8. Mental toughness
9. Vigor
10. Emotional intelligence
11. Pressure
12. Higher-level/lower-level
13. Fearlessness
14. Offensive
15. Stressors
16. Introversion/persistence
17. Personal appearance
18. Selection
19. Learning
20. High extraversion
21. Correlated with
22. Psychodynamic theory
23. Trait theory
24. Social learning theory
25. Concern over meeting others' expectations
26. All of the above
27. All of the above
28. Athletes with generally positive outlooks may cope better with stressors
29. All of the above
30. All of the above

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True/False

1. Perfectionism is a negative personality trait.
2. Sigmund Freud suggested that the consciousness is made up of the id, the ego, and the super ego.
3. The trait theory would say that a person's characteristics determine their behavior far more than the situation.
4. Success levels in athletics do not seem to be correlated with personality traits.
5. There is some evidence that personality traits are correlated with positions played within sports.
6. People's stereotypes about different athletic positions may influence beliefs about the link between personality types and athletic positions.
7. If A is correlated with B, we can assume that A causes B.
8. If scoring high on extraversion is correlated with athletic success, we can assume that an introverted athlete will not be successful in athletics.
9. Personality traits that allow athletes to have positive relationships with coaches and teammates may be a link to athletic success.
10. The purpose of scoring athletes on personality traits is in order to better understand the link between personality and success in athletics.
11. It is possible that success in athletics changes a person's personality, linking athletic success with particular personality traits.
12. The attrition hypothesis states that people with certain types of personality traits are selected by coaches, especially as competition for spaces narrows with age.
13. An athlete's current mood or situation does not affect their responses on a personality survey.
14. Personality tests account for a large part of the ability to predict an athlete's success.
15. A person who scores high on mental-toughness and extraversion would almost certainly be successful in any athletic position.

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True/False Answer Key

1. FALSE
2. TRUE
3. TRUE
4. FALSE
5. TRUE
6. TRUE
7. FALSE
8. FALSE
9. TRUE
10. TRUE
11. TRUE
12. TRUE
13. FALSE
14. FALSE
15. FALSE

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Critical Thinking

1. What are three ways the humanistic view on personality differs from the psychodynamic view?
2. Different theories summarize personality using a different number of attributes. Are there advantages to having a smaller number of attributes? How many is too many?
3. What are two ways perfectionism may help an athlete's performance? What are two ways perfectionism may hurt performance?
4. Describe how you would use a personality test to select a player for a team. How much weight should results from a personality test weigh against player performance?
5. Why is a strong correlation not sufficient to say that a personality trait causes athletic success? What would be required to say that a personality trait is causally linked with athletic performance?

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