Psychology of Adjustment The Search for Meaningful Balance 1st edition Moritsugu Test Bank

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Chapter 2: Purpose in Life

Multiple Choice

1. Yalom identified four topics for existential psychology. They did not include:
a. purpose in life.
b. choice and responsibility.
c. change and impermanence.
d. 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:
a. mortality research.
b. temporality.
c. experimental existential psychology.
d. 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:
a. their dealing with unexpected prosperity and fame.
b. dealing with the pressures of social change.
c. their confronting issues of interpersonal adjustment.
d. 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:
a. the existence of the primal psyche.
b. the realization of one's being alive.
c. the importance of feedback in life.
d. 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:
a. how we react to the mention of death.
b. dealing with trauma in life.
c. coping with severe and chronic trauma.
d. the physiological management of arousal.

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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.

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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

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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.

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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

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

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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

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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

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