# *Essentials of Human Behavior Integrating Person Environment and the Life Course 2nd edition Hutchison Test Bank*

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**Chapter 2:** Theoretical Perspectives on Human Behavior

**Test Bank**

**Multiple Choice**

1. The interrelated lives of the McKinleys, as well as the impact of external factors such as job insecurity, health care issues, and gender and role definitions that influence their behavior as individuals and as a family unit, can be explained using concepts from the _____ perspective.
a. systems
b. social exchange
c. rational choice
d. humanistic
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Application
Answer Location: Systems Perspective
Difficulty Level: Medium

2. An elderly person who receives the benefit of her basic needs being met but simultaneously endures the cost of feeling she has nothing to exchange is an example of the _____ theory.
a. social exchange
b. social constructionist
c. rational choice
d. humanistic
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Application
Answer Location: Exchange and Choice Perspective
Difficulty Level: Hard

3. An individual's participation in a support group for heart attack survivors has helped him modify his views about his situation by encouraging a solution-focused approach. This is an example of the _____.
a. social exchange perspective
b. social constructionist perspective
c. rational choice perspective
d. humanistic perspective
Ans: B
Learning Objective: LO 2.4
Cognitive Domain: Application
Answer Location: Social Constructionist Perspective
Difficulty Level: Hard

4. A perspective concerned with internal processes, including needs, drives, and emotions, is the _____ perspective.
a. systems
b. humanistic
c. developmental
d. psychodynamic
Ans: D
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Environmental Dimensions
Difficulty Level: Easy

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5. Ruth is entering her late old age and struggles with chronic illness. She would benefit from someone skilled in the _____ perspective.
a. systems
b. humanistic
c. developmental
d. psychodynamic
Ans: C
Learning Objective: LO 2.4
Cognitive Domain: Analysis
Answer Location: Developmental
Difficulty Level: Hard

6. The assumption that learning takes place as individuals interact with their environments is related to the _____ perspective.
a. social behavioral
b. humanistic
c. developmental
d. psychodynamic
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspectives
Difficulty Level: Easy

7. When family members make choices based on freedom of action and search for meaning, this is an example of the _____ perspective.
a. social behavioral
b. humanistic
c. developmental
d. psychodynamic
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Humanistic Perspectives
Difficulty Level: Medium

8. An individual who holds power in the family but little power in the labor market is an example of the _____ perspective.
a. social behavioral
b. systems
c. developmental
d. conflict
Ans: D
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Conflict Perspective
Difficulty Level: Medium

9. If a social worker were to help family members increase their personal sense of competence in taking care of an elderly relative, we would define this as _____.
a. self-efficacy
b. agency
c. efficacy expectation
d. self-actualization
Ans: A

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Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspectives
Difficulty Level: Medium

10. Having a sense that you can personally accomplish a goal is known as _____.
a. self-efficacy
b. efficacy expectations
c. agency
d. self-actualization
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Social Behavioral Perspectives
Difficulty Level: Medium

11. Individuals who weathered several negative environmental experiences and changes in their physical functioning that may be contributing to lowered expectations of self, as well as a resistance to measures that might improve their functioning, are best described by _____.
a. the social behavioral perspective
b. efficacy expectations
c. social learning theory
d. learned helplessness
Ans: D
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Medium

12. According to Maslow's hierarchy of needs, the needs that must first be satisfied before higher needs can emerge are _____.
a. psychological needs
b. belongingness and love needs
c. physiological needs
d. self-actualization needs
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Humanistic Perspective
Difficulty Level: Medium

13. According to Maslow's hierarchy of needs, meeting one's needs for affection and intimacy refers to _____.
a. psychological needs
b. belongingness and love needs
c. physiological needs
d. self-actualization needs
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Humanistic Perspective
Difficulty Level: Medium

14. Security is very important to Stanley, which represents which of Maslow's hierarchy of needs?

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a. psychological needs
b. belongingness and love needs
c. safety needs
d. self-actualization needs
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Humanistic Perspective
Difficulty Level: Medium

15. A term associated with the capacity to intentionally make things happen is known as _____.
a. agency
b. efficacy expectations
c. self-efficacy
d. self-actualization
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Social Behavioral Perspective
Difficulty Level: Easy

16. A theory associated with change that can be sudden, rapid, or radical is _____.
a. social learning
b. chaos
c. operant conditioning
d. empowerment
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Systems
Difficulty Level: Easy

17. A theory that suggests that behavior is also learned by imitation, observation, beliefs, and expectations is _____.
a. classical conditioning
b. chaos
c. cognitive social learning
d. empowerment
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Social Behavioral Perspective
Difficulty Level: Easy

18. A theory that guides our practice interventions toward building on client strengths is _____.
a. classical conditioning
b. chaos
c. operant conditioning
d. empowerment
Ans: D
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Empowerment Theories
Difficulty Level: Easy

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19. A theory that defines behavior as the result of reinforcement is _____.
a. classical conditioning
b. chaos
c. operant conditioning
d. empowerment
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Social Behavioral Perspectives
Difficulty Level: Easy

20. A theory that defines behavior as learned through association is _____.
a. classical conditioning
b. chaos
c. operant conditioning
d. empowerment
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Social Behavioral Perspective
Difficulty Level: Easy

21. A theory that is based on the desire to maximize benefits and minimize costs is _____.
a. classical conditioning
b. social networking
c. operant conditioning
d. social exchange
Ans: D
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Exchange and Choice Perspective
Difficulty Level: Easy

22. A theory that utilizes pictorial representations, like an ecomap, of interactions in a system is _____.
a. classical conditioning
b. social network
c. operant conditioning
d. social exchange
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Exchange and Choice Perspective
Difficulty Level: Easy

23. A person's felt and interpreted experience of "who I am" is referred to as _____.
a. self-efficacy
b. a role
c. phenomenal self
d. a feedback mechanism
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Humanistic Perspective
Difficulty Level: Medium

24. The usual behaviors of a person who occupies a particular social position is referred to as _____.

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a. self-efficacy
b. a role
c. phenomenal self
d. a feedback mechanism
Ans: B
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Systems Perspective
Difficulty Level: Easy

25. Which of the following is NOT a term associated with the systems perspective?
a. phenomenal self
b. boundary
c. feedback mechanism
d. role
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Systems Perspective
Difficulty Level: Easy

26. The expansion of conflict theory by Randall Collins to integrate conflict processes at the social level with those at the small group and family levels addresses which criteria for evaluating theory?
a. diversity and power
b. usefulness for social work
c. comprehensiveness
d. competence
Ans: C
Learning Objective: LO 2.2
Cognitive Domain: Comprehensiveness
Answer Location: Conflict Perspective
Difficulty Level: Medium

27. Considering Stanley and Marcia McKinley's care of Ruth, their elderly mother, as well as their young adult daughter, would be consistent with the _____ perspective.
a. exchange
b. psychodynamic
c. systems
d. developmental
Ans: D
Learning Objective: LO 2.4
Cognitive Domain: Analysis
Answer Location: Multidimensional Approach
Difficulty Level: Medium

28. The psychodynamic perspective is concerned with which of the following?
a. drives
b. roles
c. boundaries
d. feedback
Ans: A
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

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29. Traditional psychodynamic theories have been criticized on which basis for theory evaluation?
a. diversity and power
b. testability
c. clarity
d. all of the above are criticisms
Ans: D
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Perspective
Difficulty Level: Medium

30. Classical developmental theories have been criticized primarily for _____.
a. diversity and power
b. testability
c. clarity
d. all of the above are criticisms
Ans: A
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Medium

31. _____ theory focuses on how people develop attitudes toward others in the context of early nurturing relationships.
a. Ego psychology
b. Object relations
c. Self psychology
d. Relational-cultural
Ans: B
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Theory
Difficulty Level: Medium

32. _____ theory proposes that the basic human drive is for relationships with others.
a. Ego psychology
b. Object relations
c. Self psychology
d. Relational-cultural
Ans: D
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Theory
Difficulty Level: Medium

33. _____ theory focuses on the individual need to organize the personality into a cohesive sense of self.
a. Ego psychology
b. Object relations
c. Self psychology
d. Relational-cultural
Ans: C
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Theory
Difficulty Level: Medium

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34. _____ theory focuses on the rational part of the mind and the human capacity for adaptation.
a. Ego psychology
b. Object relations
c. Self psychology
d. Relational-cultural
Ans: A
Learning Objective: LO 2.4
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Theory
Difficulty Level: Medium

35. A humiliating experience with public speaking may lead to a deep-seated and long-lasting fear of it. This is an example of _____.
a. classical conditioning
b. operant conditioning
c. modeling
d. none of the above
Ans: A
Learning Objective: LO 2.4
Cognitive Domain: Application
Answer Location: Social Behavioral Perspectives
Difficulty Level: Hard

True/False
1. An open system is one where there is no exchange with external systems.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Systems Perspectives
Difficulty Level: Easy

2. A closed system is one where there is an exchange of resources with external systems.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Systems Perspectives
Difficulty Level: Easy

3. One big idea of the conflict perspective is that lack of open conflict is a sign of exploitation.
Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Conflict Perspective
Difficulty Level: Easy

4. One big idea of the exchange and choice perspective is that human consciousness and the sense of self are shaped by continual social interaction.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Exchange and Choice Perspective
Difficulty Level: Easy

5. One big idea of the social constructionist perspective is that people can modify meanings in the process of interaction.

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Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Constructionist Perspective
Difficulty Level: Easy

6. One big idea of the psychodynamic perspective is that human development is a complex interaction of biological, psychological, and social factors.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

7. A big idea of the developmental perspective is that human development occurs in clearly defined age-graded stages.
Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Developmental Perspective
Difficulty Level: Easy

8. One big idea of the social behavioral perspective is that all human problems can be formulated as undesirable behavior.
Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Easy

9. One big idea of the humanistic perspective is that all behavior can be defined and changed.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Humanistic Perspective
Difficulty Level: Easy

10. In assessment, social workers should consider various forces of oppression.
Ans: T
Learning Objective: LO 2.3
Cognitive Domain: Comprehension
Answer Location: Implications for Social Work Practice
Difficulty Level: Easy

11. Human development should be considered a snapshot in time.
Ans: F
Learning Objective: LO 2.3
Cognitive Domain: Analysis
Answer Location: Implications for Social Work Practice
Difficulty Level: Difficult

12. Thanatos is the drive for life.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Knowledge

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Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

13. Eros is the drive for life.
Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

14. Ego psychology focuses on the individual need to organize the personality into a cohesive sense of self.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

15. Self psychology focuses on the individual need to organize the personality into a cohesive sense of self.
Ans: T
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

16. Relational psychology focuses on the individual need to organize the personality into a cohesive sense of self.
Ans: F
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Psychodynamic Perspective
Difficulty Level: Easy

**Completion**

1. Social workers have used the conflict perspective as a base to develop practice-oriented _____ theories that focus on inequality, injustice, and increasing power.
Ans: empowerment
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Conflict Perspective
Difficulty Level: Medium

2. The _____ theory presents a vision of a just world that is based on gender equity.
Ans: feminist
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Conflict Perspective
Difficulty Level: Medium

3. The premise that social behavior is based on the desire to maximize benefits and minimize cost is _____ theory.
Ans: social exchange
Learning Objective: LO 2.2

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Cognitive Domain: Comprehension
Answer Location: Exchange and Choice Perspective
Difficulty Level: Medium

4. People in nondominant positions are more vulnerable to _____ because of prior experience with environmental forces that have led to low self-efficacy and expectations of efficacy.
Ans: learned helplessness
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspectives
Difficulty Level: Medium

5. The McKinley family, like other families, has _____ indicating who is in and who is out of the family.
Ans: boundaries
Learning Objective: LO 2.2
Cognitive Domain: Application
Answer Location: Systems
Difficulty Level: Medium

6. _____ refers to the usual behaviors of persons occupying a particular social position.
Ans: Role
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Systems Perspective
Difficulty Level: Easy

7. _____ recognizes vectors of oppression and privilege, including not only gender but also class, race, global location, sexual orientation, and age.
Ans: Intersectionality theory
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Conflict Perspective
Difficulty Level: Medium

8. The origins of all psychodynamic theories are in the work of _____.
Ans: Freud
Learning Objective: LO 2.2
Cognitive Domain: Knowledge
Answer Location: Psychodynamic Theory
Difficulty Level: Easy

9. _____ was developed out of concerns about the male bias in existing psychodynamic theories.
Ans: Relational-cultural theory
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Psychodynamic Theory
Difficulty Level: Medium

10. _____ means people reach goals by influencing others to act on their behalf.
Ans: Proxy agency
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Medium

11. _____ is an expectation that one can personally accomplish a goal.

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Ans: Efficacy expectation
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Medium

12. Smiles and praise are examples of _____.
Ans: positive reinforcement
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Social Behavioral Perspective
Difficulty Level: Medium

13. Exchanges are governed by a norm of _____.
Ans: reciprocity
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Exchange and Choice Perspective
Difficulty Level: Medium

14. _____ has emerged, with an emphasis on the notion of the total interconnectedness of all elements of the natural and physical world.
Ans: Deep ecology
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Systems
Difficulty Level: Medium

15. _____ are the processes by which information about past behaviors in a system are fed back into the system in a circular manner.
Ans: Feedback mechanisms
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Systems
Difficulty Level: Easy

16. _____ proposes that we are all part of numerous interacting systems that are linked through many dense interconnections.
Ans: Complex systems theory
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Systems
Difficulty Level: Medium

17. An _____ is a set of actors linked together, both directly and indirectly, through exchange relationships.
Ans: exchange network
Learning Objective: LO 2.2
Cognitive Domain: Comprehension
Answer Location: Exchange and Choice Perspective
Difficulty Level: Medium

18. During the _____ phase (birth to about 18 months), the search for pleasure is centered in the mouth.
Ans: oral
Learning Objective: LO 2.2
Cognitive Domain: Knowledge

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Answer Location: Psychodynamic Choice Perspective
Difficulty Level: Easy

**Essay**

1. Using systems theory as your guide, discuss the McKinley family.
Ans: Correct answer should address roles, boundaries, and other systems impacting the family
Learning Objective: LO 2.1
Cognitive Domain: Analysis
Answer Location: Systems Theory
Difficulty Level: Hard

2. Compare and contrast two theories discussed in this chapter. How would they work or not work together. Describe the merits and challenges of using a multidisciplinary approach to assessment and intervention.
Ans: Discuss big ideas of two theories, and discuss advantages of multidisciplinary approach to understanding human behavior.
Learning Objective: LO 2.4
Cognitive Domain: Analysis
Answer Location: The Merits of Multiple Perspectives
Difficulty Level: Hard

3. Compare and contrast psychodynamic, developmental, and social behavioral theories. What are the strengths and weaknesses of each when discussing human behavior across the lifespan?
Ans: Discuss big ideas of each of these two theories, and discuss advantages and disadvantages of each for understanding human behavior across the lifespan
Learning Objective: LO 2.4
Cognitive Domain: Analysis
Answer Location: The Merits of Multiple Perspectives
Difficulty Level: Hard

4. Brittany and Bob have recently have been certified to become foster parents, and you (their social worker) have just placed a 4-year-old girl, Lana, who has been removed from her family due to alleged sexual and physical abuse, with them. She screams, curses, throws things, breaks dishes, and punches walls. You want to assist the foster parents to decrease these behaviors, as they are frustrated and are talking about being unable to handle her. You do not want this placement to disrupt. Using the social behavioral perspective as your guide, develop possible interventions to help the foster family.
Ans: Discuss big ideas from this perspective, and specifically recommend interventions informed by this perspective.
Learning Objective: LO 2.4
Cognitive Domain: Application
Answer Location: Social Behavioral Perspective
Difficulty Level: Hard

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