

Chapter 2

Approaches to psychology

1 Who said 'psychology has a long past, but its real history is short'?

- A William James
- B Wilhelm Wundt
- C Hermann Ebbinghaus
- D John Watson

2 What is reflexive discourse?

- A Talking to others.
- B Theorizing about human nature.
- C Talking to one's self.
- D Thinking about one's self.

3 What advance encouraged the view of human nature as amenable to scientific investigation?

- A The theory of evolution.
- B Wundt's experimental psychology laboratory.
- C Phrenology
- D Comparative psychology

4 Which of the following is not recognized as an early school of psychology?

- A Structuralism
- B Functionalism
- C Gestalt
- D Associationism

5 Which of the following is not an assumption of the behaviourist approach?

- A That behaviour is the result of learned associations between stimulus and response.
- B That psychology should focus on observable behaviour.
- C That active mental processes guide behaviour.
- D That the environment is sufficient to explain behaviour.

6 What long-term impact has behaviourism had on psychology?

- A It showed that mental processing was unimportant.
- B It developed a standard scientific methodology.
- C It emphasized environmental determinism.
- D It has explained a wide range of complex behaviours.

7 Which of the following components of personality in psychodynamic approaches represents the conscience?

- A** The psyche
- B** The ego
- C** The id
- D** The superego

8 At which of the following psycho-sexual stages of development does the Oedipus complex occur?

- A** Phallic
- B** Latent
- C** Oral
- D** Genital

9 Which defence mechanism pushes material into the unconscious?

- A** Repression
- B** Displacement
- C** Denial
- D** Reaction formation

10 Which of the following criticisms has been levelled at psychodynamic approaches?

- A** They have not produced sufficient theories.
- B** They are too complex for everyday people to understand.
- C** They are methodologically weak and hence unscientific.
- D** They have not led to useful therapeutic techniques.

11 What does the humanistic approach emphasize in understanding human psychology?

- A** Determinism
- B** Free will
- C** Positivism
- D** Objectivity

12 How did Rogers suggest that people achieve actualization?

- A** By being selfish.
- B** Through fulfilling all levels of a hierarchy of needs.
- C** Through dream analysis.
- D** Through matching the ideal self to the perceived self.

13 Which of the following is not a positive consequence of the humanistic approach?

- A** Development of research techniques to evaluate treatments.
- B** Establishment of counselling as an independent profession.
- C** Development of new therapeutic techniques.
- D** Considerable impact on scientific psychology.

14 Which of the following is a fundamental assumption of the cognitive approach?

- A** That behaviour is the result of active mental processing.
- B** That behaviour is the result of passive learning by association.
- C** That behaviour is the result of physiology.
- D** That behaviour is the result of social interaction.

15 Which of the following is a common criticism of the cognitive approach?

- A** It has had a limited impact on theory development in psychology.
- B** It lacks methodological rigour.
- C** It lacks ecological validity.
- D** It has not led to any useful applications.

16 Which of the following is not a central object of investigation in physiological psychology?

- A** Brain function
- B** Animal behaviour
- C** Brain chemistry
- D** Genes and psychology

17 Which of the following is not claimed to be an advantage of the physiological approach?

- A** It provides an accessible framework for understanding ourselves.
- B** It suggests effective drug treatments for psychological disorders.
- C** It naturalizes behaviours that should be discouraged.
- D** It provides explanations in a range of areas of psychology.

18 Which of the following is a common criticism of the physiological approach?

- A** It places too much emphasis on the environment.
- B** It is overly reductionist.
- C** It is too difficult to understand.
- D** Physiology has no influence on behaviour.

19 What belief underpins the social constructionist approach?

- A** That psychology is an objective discipline.
- B** That psychological phenomena are independent of our investigation of those phenomena.
- C** That the scientific method is the right research methodology for psychology.
- D** That we construct our view of the world through social interaction.

20 Which of the following is perceived as a weakness of the social constructionist approach?

- A** It is anti-scientific
- B** It has close links with other disciplines.
- C** Its challenges to the status quo have led to social change.

D It emphasizes the complexity of behaviour.

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Answers

- 1 C**
- 2 B**
- 3 A**
- 4 D**
- 5 C**
- 6 B**
- 7 D**
- 8 A**
- 9 A**
- 10 C**
- 11 B**
- 12 D**
- 13 D**
- 14 A**
- 15 C**
- 16 B**
- 17 C**
- 18 B**
- 19 D**
- 20 A**