

Health: The Basics, 12e (Donatelle)

Chapter 2a Focus On: Cultivating Your Spiritual Health

1) Working to become a better friend to others and consciously developing a meaningful philosophy of life are indicators of a person's

- A) level of intelligence.
- B) sense of beauty.
- C) spiritual growth.
- D) resiliency.

Answer: C

Diff: 3

Skill: Applying

Section: What Is Spirituality?

Learning Outcome: 2a.1

2) What role does religion play in spirituality?

- A) Spirituality may or may not include participation in organized religion.
- B) Religion is the same as spirituality.
- C) Religion is the only parameter to determine a person's level of spirituality.
- D) Spirituality and religion do not share any common elements.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

3) The definition of spirituality for an individual is

- A) a quest for peace, purpose, and meaning in life.
- B) a set of religious symbols and rituals.
- C) determined by the religious community of the family.
- D) tied to attitudes about material goods and wealth.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

4) In a recent survey, what percentage of first-year college students reported that they are not affiliated with a particular religion?

- A) 7.5 percent
- B) 17.5 percent
- C) 27.5 percent
- D) 37.5 percent

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

5) The three facets of human spirituality are

- A) praise, relationships, and service.
- B) cultural norms, family traditions, and values.
- C) relationships, values, and purpose in life.
- D) gratitude, service, and purpose in life.

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

6) Jordan is concerned that his interest in material goods is selfish and does nothing to help others. Which of the following would BEST take Jordan's focus off materialism and encourage altruism?

- A) enjoying a quiet hour communing with nature
- B) going out with friends
- C) volunteering to serve meals at a homeless shelter
- D) participating in a yoga class

Answer: C

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

7) Which of the following is a key component of healthy relationships?

- A) having lots of friends
- B) treating others with respect
- C) seeking out friends with similar interests
- D) having self-awareness

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

8) Which of the following presents a conflict between values and behaviors?

- A) valuing friendships but having to mend a quarrel with a friend
- B) loving animals but not owning a pet
- C) valuing honesty but cheating on a test
- D) enjoying alone time but having a roommate

Answer: C

Diff: 3

Skill: Applying

Section: What Is Spirituality?

Learning Outcome: 2a.1

9) Spiritual intelligence can be described as the ability to

- A) be spontaneous.
- B) understand complex religious teachings.
- C) resolve conflicts between our values and our desires.
- D) access meanings, values, and purposes to live a richer life.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

10) A number of studies have shown a positive relationship between spiritual health and

- A) physical health.
- B) academic performance.
- C) self-control.
- D) high blood pressure.

Answer: A

Diff: 2

Skill: Understanding

Section: The Benefits of Spiritual Health

Learning Outcome: 2a.2

11) According to the National Cancer Institute, spiritual well-being improves the quality of life of individuals suffering from an illness by

- A) preventing the need for psychological or religious counseling.
- B) increasing the ability to cope with disease and medical treatments.
- C) bringing him or her closer to family members.
- D) using meditation to lower respiratory and heart rates.

Answer: B

Diff: 2

Skill: Understanding

Section: The Benefits of Spiritual Health

Learning Outcome: 2a.2

12) In the practice of yoga, physical poses, which can be restful or strenuous, are called

- A) *asanas*.
- B) mantras.
- C) chakras.
- D) meditations.

Answer: A

Diff: 1

Skill: Remembering

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

13) Spiritual health contributes to a reduction in

- A) disputes with others.
- B) stress levels.
- C) social support.
- D) psychological health.

Answer: B

Diff: 2

Skill: Understanding

Section: The Benefits of Spiritual Health

Learning Outcome: 2a.2

14) Jill wants to enhance her spirituality. Which of the following practices would be most helpful in accomplishing her goal?

- A) spending more time studying
- B) spending more time on social network sites
- C) joining an on-campus meditation group
- D) experimenting with hallucinogenic substances

Answer: C

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

15) Which of the following activities slows respiratory rate and blood pressure, and over time changes the structure of the brain?

- A) meditation
- B) inhaling pleasing fragrances
- C) walking briskly for at least 30 minutes
- D) listening to classical music

Answer: A

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

16) The spiritual practice that involves focused, nonjudgmental observation and the ability to be fully present in the moment is

- A) contemplation.
- B) forgiveness.
- C) meditation.
- D) mindfulness.

Answer: D

Diff: 1

Skill: Remembering

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

17) Ricardo finds that when he tries to relax and enjoy nature by taking a quiet walk, a constant stream of thoughts and worries distracts him. To help him focus on the beauty of his surroundings, Ricardo could use which ancient spiritual practice?

- A) mindfulness
- B) meditation
- C) contemplation
- D) prayer

Answer: A

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

18) Meditation involves

- A) praying for divine guidance or aid.
- B) imagining yourself in a peaceful setting.
- C) concentration on a point of focus such as a sound, breath, or attention itself.
- D) progressively tensing then relaxing the muscles.

Answer: C

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

19) Studies have shown that experienced meditators have an increased capacity for

- A) empathy.
- B) falling asleep.
- C) analyzing data quickly.
- D) expanding the lungs.

Answer: A

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

20) A single word repeated silently or aloud as part of meditation is a

- A) mantra.
- B) jingle.
- C) symbol.
- D) name for God.

Answer: A

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

21) During meditation, Madhvi finds that thoughts pop up and distract her. When this happens she should

- A) stop meditating until she can refocus.
- B) release the thought and return to meditating.
- C) realize that she is not well-suited for meditation.
- D) get up and move around and then try again.

Answer: B

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

22) People engage in prayer in order to

- A) empty the mind and find stillness.
- B) send wishes of kindness or forgiveness to other people.
- C) communicate with a transcendent presence or higher power.
- D) contemplate difficult issues.

Answer: C

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

23) Which of the following is an example of altruism?

- A) volunteering at an animal shelter
- B) thanking someone who helped you
- C) being environmentally conscientious
- D) having faith in a higher power

Answer: A

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

24) Actions such as reusing, recycling, and reducing energy consumption can be viewed as exercises in

- A) meditation.
- B) mindfulness.
- C) volunteerism.
- D) altruism.

Answer: B

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

25) Listing twenty things you're grateful for is an exercise in

- A) compassion-meditation.
- B) nonjudgmental observation.
- C) contemplation.
- D) prayer.

Answer: C

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

26) A system of beliefs, practices, rituals, and symbols whose purpose is to bring people closer to the sacred or divine is

- A) doctrine.
- B) religion.
- C) spirituality.
- D) orthodoxy.

Answer: B

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

27) Religion is distinguished from spirituality by its

- A) focus on behavior and outward practices.
- B) informality.
- C) lack of doctrine.
- D) subjective format.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

28) In many cultures, breath, or the force that animates life, is synonymous with

- A) faith.
- B) energy.
- C) heart.
- D) spirit.

Answer: D

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

29) Spiritual health is one of the six key dimensions of

- A) emotional health.
- B) success in life.
- C) overall health.
- D) social health.

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

30) Giving of oneself out of genuine concern for others is

- A) patriotism.
- B) altruism.
- C) spirituality.
- D) stewardship.

Answer: B

Diff: 1

Skill: Remembering

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

31) Which spiritual practice is Maria engaging in when she takes some quiet time to think about the ethical issues involved in human trafficking?

- A) prayer
- B) meditation
- C) contemplation
- D) mindfulness

Answer: C

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

32) Nancy practices the *hatha* style of a form of mind/body training, which emphasizes flexibility and deep breathing. Which type of practice is she engaged in?

- A) yoga
- B) meditation
- C) contemplation
- D) mindfulness

Answer: A

Diff: 3

Skill: Applying

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

33) A state of alignment with one's own inner wisdom, values, and vision that serves as a guide in finding a moral and ethical path through life is

- A) spiritual intelligence.
- B) stewardship.
- C) religious belief.
- D) purpose.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

34) Principles that guide the choices individuals make in their lives are

- A) rules.
- B) values.
- C) beliefs.
- D) traditions.

Answer: B

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

35) College students are not likely to volunteer for community service programs.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

36) Religion and spirituality are synonymous.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

37) Finding one's purpose in life is part of developing spiritual health.

Answer: TRUE

Diff: 3

Skill: Applying

Section: What Is Spirituality?

Learning Outcome: 2a.1

38) The three facets of spirituality are relationships, values, and chosen occupation.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: What Is Spirituality?

Learning Outcome: 2a.1

39) Claiming to value nature but tossing litter on the side of the road is an example of behavior not following one's declared values.

Answer: TRUE

Diff: 3

Skill: Applying

Section: What Is Spirituality?

Learning Outcome: 2a.1

40) Having spiritual intelligence means that a person knows all the characteristics of spirituality.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Spirituality?

Learning Outcome: 2a.1

41) Studies have shown a connection between spirituality and both physical and psychological health.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: The Benefits of Spiritual Health

Learning Outcome: 2a.2

42) Various forms of regular exercise, such as swimming or biking, that enhance energy and mental focus can contribute to spiritual health.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

43) Engaging all the physical senses detracts from spirituality.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

44) For most people, pursuing psychological counseling has no relationship to spiritual health.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3

45) Compare and contrast religion and spirituality.

Answer: Religion can be a component of spirituality, and the two share some commonalities, but they are not the same. Religion is observable, measurable, and objective; spirituality is less measurable and more subjective. Religion is systematic, orthodox, and organized; spirituality is less orthodox and not formal. Religion is behavior-oriented and prescribes specific outward practices; spirituality is emotionally oriented with individually chosen outward and inward practices. Religion is authoritarian; spirituality is not authoritarian. Religion is doctrine-oriented; spirituality is not doctrine-oriented.

Diff: 4

Skill: Analyzing

Section: What Is Spirituality?

Learning Outcome: 2a.1

46) Carlita is graduating soon and considering career options. What are some aspects she should consider if she wants her career choice to be in alignment with what she sees as her purpose in life?

Answer: She should clarify her values and what her life means to others to determine her purpose and then seek a career that is compatible with that purpose.

Diff: 3

Skill: Applying

Section: What Is Spirituality?

Learning Outcome: 2a.1

47) How does spiritual health contribute to physical health?

Answer: There is an association between spiritual health and positive physiological changes. Studies have shown that spiritual health improves immunity, decreases the risk of cardiovascular disease, decreases anxiety and depression, decreases alcohol and drug abuse, improves the ability to cope with illness and medical treatments, and increases feelings of optimism and hope.

Diff: 2

Skill: Understanding

Section: The Benefits of Spiritual Health

Learning Outcome: 2a.2

48) What are some ways to improve spirituality by training the body?

Answer: Certain forms of yoga, especially those that emphasize controlled breathing, chanting, and meditation, have been a part of spiritual practice for centuries and can be practiced today; classes are available at yoga centers and many other fitness locations. Various forms of Eastern meditative movement techniques, such as tai chi, and exercise in general can energize the body and sharpen mental focus, thus contributing to spiritual health.

Diff: 2

Skill: Understanding

Section: Cultivating Your Spiritual Health

Learning Outcome: 2a.3