



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

JANUARY-APRIL 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: CCOU0119

**COURSE TITLE: INTRODUCTION TO THEORIES OF
PERSONALITY**

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

Question 1

- a) Explain **any two** dimensions of the concept of humanity (4 marks)
- b) Describe **two** key childhood experiences that shaped Freud's Psychoanalytic view of personality (4 marks)
- c) Explain **any two** stages of personality development according to Carl Jung Analytic view of personality. (4 marks)
- d) Explain **two** ways of overcoming excessive social control in unhealthy personality according to B. F. Skinner (4 marks)
- e) Explain **two** ways aggression is displayed in human personality and how the commandment 'Love thy neighbour as thyself' can modify the behavior (4 marks).

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

- a) Discuss any **two** defense mechanisms according to Psychoanalytic view of personality (4 marks)
- b) Describe **any three** Psychosexual stages of personality development according to Freud Sigmund (6 marks)

Question 3

- a) Explain **three** ways a child's personality is influenced by the parental pampering according to Alfred Adler's Individual view of Personality (6 marks)
- b) Describe **any two** characteristics of people with a useless style of life (4 marks)

Question 4

- a) Discuss any **three** archetypes that show that a person has reached psychological maturity according to Carl Jung (6 marks)
- b) Describe **two** ways Ivan Pavlov's Classical conditioning contribute to human learning and personality development (4 marks)

Question 5

- a) Explain **three** ways behavior is learned according to Bandura's triadic reciprocal causation (6 marks)
- b) Describe **two** aspects of Bandura's moral Agency that help people regulate their actions (4 marks)

CCOU0119 INTRODUCTION TO THEORIES OF PERSONALITY MARKING SCHEME

Question 1

- a) Explain **any two** dimensions of a concept of humanity (4 marks)

1) Determinism versus Free choice

Are people's behaviors determined by forces over which they have no control or can people choose to be what they wish to be?

2) Pessimism versus Optimism

Are people doomed to live miserable or are people doomed to live miserable or can they change and grow into psychologically healthy and fully functioning individual?

3) Causality versus Teleology

Causality holds that behavior is a function of the past experiences Teleology is the explanation of behavior in terms of future goals or purposes

4) Conscious versus Unconscious determinants of behavior

Are they aware of what and why they are doing it? Or do unconscious forces impinge on them?

5) Biological versus Social Influences on personality

Are people creatures of biology? Or are they shaped largely by their social relationships?

6) Uniqueness versus similarities among people

Is the salient feature of people their individuality or is it their common characteristics?

b) Describe **two key childhood experiences that shaped Freud's Psychoanalytic view of personality (4 marks)**

- 1) His relationship with his father was cold and occasionally hostile
- 2) Developed hostility with his young brother and wished him dead and since he died at 6 months Freud carried into adulthood the guilt because he thought he was the cause of his death

c) Explain **any two stages of personality development according to Carl Jung Analytic view of personality**

- 1) **childhood**, which lasts from birth until adolescence
- 2) **youth**, the period from puberty until middle life: a time for extraverted development & for being grounded to the real world of schooling, occupation, courtship, marriage, and family;
- 3) **middle life**, from about 35 or 40 until old age and a time when people should be adopting an introverted, or subjective attitude; and
- 4) **Old age**, which is a time for psychological rebirth, self-realization, and preparation for death.

d) Explain **two ways of overcoming excessive social control in unhealthy personality according to B. F. Skinner (4 marks)**

- 1) **Escape**- people withdraw from the controlling agent either physically or psychologically. People who counteract by escape find it difficult to become involved in intimate personal relationships, tend to be mistrustful of people and prefer to live lonely lives of noninvolvement.

- 2) **Revolt**- people using this strategy behave more actively, counterattacking the controlling agent. They can rebel through vandalizing public property, tormenting teachers, verbally abusing other people, and the like.
 - 3) **Passive resistance**-the conspicuous feature of this strategy is stubbornness. For example, a child with homework to do finds a dozen of excuses why it cannot be finished; an employee slows down progress by undermining the work of others.
 - 4) **Inappropriate Behaviors**- Inappropriate behaviors follow from self-defeating techniques of counteracting social control or from unsuccessful attempts at self-control, especially when either of these failures is accompanied by strong emotions.
- e) Explain **two** ways aggression is displayed in human personality and how the commandment 'Love thy neighbour as thyself' can control the behavior (4 marks).

The destructive instinct aims to return the person to an inorganic state, but it is ordinarily directed against other people and is called aggression. It can take a number of forms like teasing, gossip, sarcasm, humiliation, humor & enjoyment of other people's suffering. Commandments such as "Love thy neighbor as thyself" is a way of inhibiting the strong drive to inflict pain to others.

Question 2

a) Discuss **any two** defense mechanisms according to Psychoanalytic view of personality (4 marks)

- 1) **Repression** - Forcing unwanted, anxiety-loaded experiences into the unconscious. It is the most basic of all defense mechanisms because it is an active process in each of the others. Many repressed experiences remain unconscious for a lifetime but others become conscious in a disguised form or in an unaltered form
- 2) **Reaction Formation**- Repression of one impulse and the pretentious expression of its exact opposite.
- 3) **Displacement** - Redirecting of unacceptable urges and feelings onto people and objects in order to disguise or conceal their true nature. Unlike, reaction formation, it does not exaggerate or overdo the disguised behavior
- 4) **Fixation** - When psychic energy is blocked at one stage of development, making psychological change difficult. Permanent attachment of the libido to an earlier stage of development .They are universal
- 5) **Regression** - When a person reverts to earlier, more infantile modes of behavior usually, temporary

- 6) **Projection** - Seeing in others those unacceptable feelings or behaviors that actually reside in one's own unconscious. When carried to extreme, projection can become paranoia, which is characterized by delusions of persecution.
- 7) **Introjection** - Incorporation of positive qualities of another person in order to reduce feelings of inadequacy. Hero worship might be a good example.
- 8) **Sublimation** - Contribute to the welfare of society. They involve elevating the aim of the sexual instinct to a higher level and are manifested in cultural accomplishments, such as art, music, and other socially beneficial activities.

b) Describe **any three** Psychosexual stages of personality development according to Freud Sigmund (4 marks)

- 1) **Infantile period** - Encompasses the first 4 to 5 years of life and is divided into three sub-phases: **oral phase**: pleasure through sucking Weaning is the principal source of frustration during this stage. Emergence of teeth as a defense against environment is called oral sadistic **anal phase**: satisfaction gained through aggressive behavior toilet training is the child's chief source of and excretory function (sadistic-anal) occurs at about the second year of life, when frustration. If parents use disciplinary training methods, a child may develop the anal triad of orderliness, stinginess, and obstinacy, all of which mark the anal character.
- 2) **Phallic phase**: boys and girls begin to have differing psychosexual development, which occurs around ages 3 or 4 years. For both genders, suppression of masturbation is the principle source of frustration. Young children experience the Oedipus complex = having sexual feelings for one parent and hostile feelings for the other. The male castration complex breaks up the male Oedipus complex and results in a well-formed male superego. For girls, the castration complex, in the form of penis envy, precedes the female Oedipus complex, a situation that leads to only a gradual and incomplete shattering of the female Oedipus complex and a weaker, more flexible female superego.
- 3) **Latency Period** - From about age 5 years until puberty—in which the sexual instinct is partially suppressed. It is believed that this may have roots in our phylogenetic endowment
- 4) **Genital Period** - Begins with puberty when adolescents experience a reawakening of the genital aim of Eros, and it continues throughout adulthood.

Question 3

a) Explain **three** ways a child's personality is influenced by the parental pampering according to Alfred Adler's Individual view of Personality (4 marks)

- 1) develop low levels of social interest continue to have an overriding drive to establish a permanent parasitic relationship with their mother or a mother substitute.

- 2) They believe they are entitled to be first in everything
- 3) They have not received too much love rather they feel unloved (parents doing too much for them)

b) Describe **any two** characteristics of people with a useless style of life (4 marks)

- 1) set their goals too high
- 2) live in their own private world, and
- 3) have a rigid and inflexible style of life.

Question 4

a) Discuss any **three** archetypes that show that a person has reached psychological maturity according to Carl Jung (6 marks)

Archetypes are contents of the collective unconscious originate through the repeated experiences of our ancestors and that they are expressed in certain types of dreams, fantasies, delusions, and hallucinations.

- 1) Persona—the side of our personality that we show to others.
- 2) Shadow—the dark side of personality.
In order for people to reach full psychological maturity, they must first realize or accept their shadow.
- 3) Anima - A second hurdle in achieving maturity is for men to accept their anima—their feminine side—irrational moods & feelings
- 4) Animus - and for women to embrace their animus—their masculine side. irrational thinking & opinions
- 5) the great mother - the archetype of nourishment and destruction
- 6) the wise old man - the archetype of wisdom and meaning
- 7) the hero - image we have of a conqueror who vanquishes evil but who has a single fatal flaw
- 8) Self - The most comprehensive archetype is the self; that is, the image we have of fulfillment, completion, or perfection.

The ultimate in psychological maturity is self-realization, which is symbolized by the mandala, or perfect geometric figure.

b) Describe **two** ways Ivan Pavlov's Classical conditioning contribute to human learning and personality development (4 marks)

- 1) The dog learned to salivate because of the repeated associations of bell and meat powder. Therefore, a behavior can also be learned by means of this process called conditioning. As stated by Burger, we are probably not aware of all the associations we make by pairing stimuli in our everyday environments.
- 2) Research suggests that preferences in food, clothing, and even friends can be influenced through this process.

Question 5

- a) Explain **three** ways behavior is learned according to Bandura's triadic reciprocal causation

Bandura's concept of triadic reciprocal causation assumes that behavior is learned as a result of a mutual interaction of

- 1) the person, including cognition and neurophysiological processes;
- (2) the environment, including interpersonal relations and socioeconomic conditions;
- (3) behavioral factors, including previous experiences with reinforcement.

- b) Describe **two** aspects of Bandura's moral Agency that help people regulate their actions (4 marks)

1. doing no harm to people
2. proactively helping people