

Chapter Test

1. Which of the following is NOT a characteristic of motivated behavior?

- a. purposeful
- b. caused by a specific mental stage
- c. intentional
- d. adaptive

Answer: D difficulty: 1 factual

Goal 3: Critical Thinking Skills in Psychology

2. Motivation cannot be directly observed, but it may be measured by examining changes in the

- a. reinforcing consequences of a behavior
- b. frequency and independence of a behavior
- c. emotional effort required to perform a behavior
- d. intensity and persistence of behavior

Answer: D difficulty: 2 conceptual

Goal 3: Critical Thinking Skills in Psychology

3. These are automatic behavioral tendencies that will occur reliably in all members of a species in response to some sort of cue from the environment.

- a. adaptations
- b. regressions
- c. instincts
- d. motivations

Answer: C difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

4. When modern psychologists discuss reflexes and instincts, they often use this term.

- a. fixed-action patterns
- b. fixed-ratio behaviors
- c. variable-action patterns
- d. variable-skill sets

Answer: A difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

5. Which of the following statements about instinctual behavior qualifies as a circular explanation?

- a. Men are more interested in action movies because men are more aggressive.
- b. Adolescents experience mood swings because of the changes in their hormonal secretions.
- c. Humans are motivated to find mates because doing so is pleasurable and adaptive.
- d. Babies instinctually turn their heads and open their mouths when something strokes their cheek so that they are prepared to feed.

Answer: A difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

6. The balance state that drive theorists believe all motivation is designed to maintain is called

- a. homeostasis
- b. homeopathy
- c. needs hierarchy
- d. self-actualization

Answer: A difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

7. Approaching a task for the experience of doing it, like volunteering on the weekends because you enjoy working with others, is likely the result of

- a. intrinsic motivation
- b. extrinsic motivation
- c. drive reduction
- d. self-actualization

Answer: A difficulty: 2 factual

Goal 4: Application of Psychology

8. Which of the following needs did Kenrick and colleagues discard from Maslow's original pyramid?

- a. self-actualization needs
- b. physiological needs
- c. safety needs
- d. esteem/respect needs

Answer: A difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

9. Immediate needs for food, water, and shelter are on this level of analysis in Kenrick's pyramid.

- a. fundamental
- b. evolutionary
- c. cognitive
- d. developmental

Answer: B difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

10. If Dave describes Jen as an honest, conscientious, and sociable person, the words he uses refer to

- a. adjectives
- b. personalities
- c. traits
- d. factors

Answer: C difficulty: 1 factual

Goal 4: Application of Psychology

11. Though traits are used to categorized people in terms of the behaviors they are likely to present, they can be problematic because

- a. there are not enough traits to label every human behavior
- b. people should not be put into categories in an individualist society
- c. psychologists are interested in behaviors that are predictable
- d. people may behave differently from one situation to the next

Answer: D difficulty: 2 conceptual

Goal 3: Critical Thinking Skills in Psychology

12. A person's belief about his or her ability to accomplish a task, especially at work, is called

- a. perceived self-monitoring
- b. perceived self-efficacy
- c. perceived competence
- d. perceived performance

Answer: B difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

13. Some psychologists are interested in experiences of timeless, effortless focus on an activity, which are called

- a. peak experiences
- b. flow experiences
- c. attentive cognition
- d. apex attention

Answer: B difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

14. The homeostatic drive to satisfy needs for immediate energy and nutrition is called

- a. appetite
- b. hunger
- c. bingeing
- d. thirst

Answer: B difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

15. The desire to eat that is highly influenced and sometimes entirely controlled by psychological, social-environmental, or cultural factors is called

- a. appetite
- b. hunger
- c. bingeing
- d. gorging

Answer: A difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

16. Humans have a tendency to maintain an energy balance, meaning that calorie intake is

- a. in proportion to energy expended during activity and metabolism
- b. out of proportion to the size of the food units eaten
- c. less than what is necessary to maintain activity levels and metabolism
- d. greater than what is necessary to maintain 75 percent activity levels during the day

Answer: A difficulty: 3 factual

Goal 4: Application of Psychology

17. As humans age, this physiological process often slows down.

- a. intake
- b. cellulosis
- c. digestion rate
- d. metabolic rate

Answer: D difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

18. This sensation is associated with the loss of appetite for one food, while other foods on your plate are still motivating you to eat.

- a. satiety
- b. maximum satiation
- c. sensory-specific satiety
- d. total energy intake

Answer: C difficulty: 1 factual

Goal 4: Application of Psychology

19. The percentage of women afflicted with bulimia nervosa is about

- a. 10%
- b. 1.5%
- c. 15%
- d. 1%

Answer: B difficulty: 3 factual

Goal 1: Knowledge Base of Psychology

20. Slimness may be seen as a badge of immunity against unhealthful overconsumption in a culture where

- a. food is scarce
- b. overconsumption of food is common
- c. overconsumption of food is rare
- d. high-calorie foods are scarce

Answer: B difficulty: 2 factual

Goal 4: Application of Psychology

21. High-fructose corn syrup contributes to the disregulation of the hormones that

- a. govern hunger and satiety
- b. regulate metabolism
- c. promote healthy intake of fat
- d. increase feelings of starvation

Answer: A difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

22. All of the following statements are consistent with Baumeister's and Leary's characterization of the need to belong, EXCEPT:

- a. Relationships with frequently shifting partners are unsatisfying.
- b. Human thought is characterized by concern for, and interest in, social status.
- c. People will continue to maintain strong bonds even when contact is rare.
- d. Those who experience belonging have higher levels of self-esteem.

Answer: B difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

23. Intimate relationships are distinguished by the sharing of personal thoughts, feelings, and information with another person, but also experiences of

- a. sexual intercourse
- b. partner responsiveness
- c. romantic love
- d. passionate love

Answer: B difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

24. Which of the following examples best describes hostile aggression?

- a. As a part of the bank robbery, Paul had to physically overtake the security guard.
- b. Nicky keeps a baseball bat by his door at night in case of a break-in.
- c. Anne enjoys practicing target shooting with her handgun at the gun range.
- d. Paul was arrested for assault after getting into a fight at a nightclub.

Answer: D difficulty: 3 factual

Goal 4: Application of Psychology

25. Which of the following statements is most consistent with the Western view of approach and avoidance strategies to build feelings of competence?

- a. "It is best if I avoid embarrassing myself in front of the group."
- b. "If I avoid doing things that I think I won't be good at, I'll have better self-esteem."
- c. "I should only engage in activities that I am already good at."
- d. "I won't know if I'm good at something if I don't try it at least once."

Answer: D difficulty: 2 conceptual

Goal 4: Application of Psychology