

Test bank psychology Unit 1

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Which theory focuses on personal freedom, individual choices, and the drive for self-actualization?

- A) Behavioral Theory
- B) Humanistic Theory
- C) cognitive Theory
- D) Psychoanalytic Theory

Answer is B

A coach helps an athlete replace the thought “I always fail under pressure” with “I can handle pressure with practice”.

Question:

Which theory is this approach based on?

- A) Psychoanalytic
- B) Behavioral
- C) Cognitive
- D) Humanistic

Answer is C

Who developed psychoanalysis and believed personality is shaped by the subconscious mind and early childhood experiences

- A) Carl Jung
- B) Sigmund Freud
- C) Alfred Adler
- D) Erik Erikson

Answer is B

? **Which statement about Behavioral Theory is wrong**

- A) Focuses on visible behavior
- B) doesn't care thoughts & emotions
- C) Behavior shaped by learning
- D) Thoughts shape personality

Answer is D

Which psychologist is best known for introducing the Punishment principle in the study of behavior

- A) Ivan Pavlov
- B) Freud
- C) B.F. Skinner
- D) John Watson

Answer is C

Ahmed is an honest child, and to strengthen this value, his .father gives him a cash reward whenever he tells the truth Which of the following theories defines personality in this ?way

- A) Psychoanalytic Theory
- B) Behavioral Theory
- C) Cognitive Theory
- D) Humanistic Theory

Answer is B

Sarah keeps submitting her short stories to a publishing contest every month, hoping to win one day, even though she never has.

Which concept explains her behavior?

- A) Direct Reinforcement
- B) Anticipated Reinforcement
- C) Negative Reinforcement
- D) Social Modeling

Answer is B

Hana sees losing her job as a chance to start her own .business, while her colleague sees it as a disaster Which concept focuses on taking personal ?responsibility and making choices to shape one's life

- A) Humanistic Theory
- B) Classical Conditioning
- C) Social Learning Theory
- D) Reinforcement Principle

Answer is A

**When people see dark clouds, most think it will rain.
:This shared understanding is an example of**

- A) Personal experience
- B) Common sense
- C) Scientific theory
- D) Intuition only

Answer is B

In Humanistic Theory, criticism should focus on a person's actions, not their whole identity.

A) TRUE

B) FALSE

Answer is A

A teacher tells a student, “Your behavior in class today was disruptive,” instead of saying, “You are a bad student.” Which humanistic concept does this example reflect?

- A) Social labeling
- B) Self-actualization
- C) Criticizing behavior, not the self
- D) Phenomenology

Answer is C

**Saying “I will go to Wizdo ” after thinking of other options
:is an example of**

A) Choice

B) Decision

C) Consequence

D) Evaluation

Answer is B

Which of the following statements best represents a positive thinker?

- A) “Obstacles mean I should stop trying.”
- B) “Failure is just a temporary setback.”
- C) “A smile might be hiding criticism.”
- D) “Past mistakes define my future.”

answer is B

Which of the following is an example of how psychology can be applied for hospitals in the medical field

- A) Teaching patients relaxation techniques
- .B) Designing private and comforting spaces within medical facilities
- .C) Providing stress management programs for nurses
- D) Training dentists in communication skills

Answer is B