

Chapter 2. Theoretical Perspectives on Human Behavior

Test

Multiple Choice

1. The interrelated lives of the McKinley family as well as the impact of external factors such as job insecurity, health care issues, and cultural gender and role definitions that influence their individual behaviors and affect the family's general well-being can be well explained using concepts from the:
A) social exchange perspective
*B) systems perspective
C) rational choice perspective
D) humanistic perspective
2. An elderly person who receives the benefit of her basic needs being met but at the same time endures the cost of feeling that she has nothing to offer in exchange. This is an example of the:
A) rational choice perspective
*B) social constructionist perspective
C) conflict perspective
D) humanistic perspective
3. An individual's participation in a support group for heart attack survivors has helped him modify some of his views about his situation by encouraging a solution-focused approach to his concerns. This is an example of the:
A) humanistic perspective
B) psychodynamic perspective
C) conflict perspective
*D) social constructionist perspective
4. A perspective that is concerned with how internal processes such as needs, drives, and emotions motivate human behavior is known as the:
A) humanistic perspective
*B) psychodynamic perspective
C) developmental perspective
D) systems perspective
5. Ruth is entering into her late old age and struggles with chronic illnesses and losses. This is an example of the:
A) humanistic perspective
B) psychodynamic perspective

- *C) developmental perspective
 - D) systems perspective
6. The assumption that learning takes place as individuals interact with their environments is related to the:
- *A) social behavioral perspective
 - B) psychodynamic perspective
 - C) developmental perspective
 - D) social constructionist perspective
7. When family members make choices based on freedom of action and search for meaning this is an example of the:
- A) social behavioral perspective
 - B) developmental perspective
 - C) psychodynamic perspective
 - *D) humanistic perspective
8. Individuals who hold power in the family but little power in the labor market is an example of the:
- A) social behavioral perspective
 - *B) conflict perspective
 - C) social constructionist perspective
 - D) systems perspective
9. If a social worker were to help family members increase their personal sense of competence in taking care of an elderly relative we would define this as:
- *A) self-efficacy
 - B) agency
 - C) efficacy expectation
 - D) self-actualization
10. Having a sense that you can personally accomplish a goal is known as:
- A) self-efficacy
 - B) agency
 - *C) efficacy expectation
 - D) self-actualization
11. Individuals who weathered several negative environmental experiences and changes in their physical functioning that may be contributing to lowered expectations of self as well as a resistance to measures that might improve their functioning. This is best described

as:

- A) social behavioral perspective
- B) efficacy expectations
- C) social learning theory
- *D) learned helplessness

12. According to Maslow's hierarchy of needs, the needs that must first be satisfied before higher needs can emerge are:
- A) psychological needs
 - B) belongingness and love needs
 - *C) physiological needs
 - D) self-actualization needs
13. According to Maslow's hierarchy of needs, meeting one's needs for affection and intimacy refers to:
- A) psychological needs
 - *B) belongingness and love needs
 - C) safety needs
 - D) self-actualization needs
14. Security is very important to Stanley, which represents which of Maslow's hierarchy of needs?
- A) psychological needs
 - B) belongingness and love needs
 - *C) safety needs
 - D) self-actualization needs
15. A term associated with the capacity to intentionally make things happen is known as:
- A) self-efficacy
 - B) efficacy expectation
 - C) esteem needs
 - *D) agency
16. A theory associated with change that can be sudden, rapid, or radical is:
- A) social learning theory
 - *B) chaos theory
 - C) cognitive theory
 - D) operant conditioning theory
17. A theory that suggests that behavior is also learned by imitation, observation, beliefs, and

expectations is:

- *A) cognitive social learning theory
- B) operant conditioning theory
- C) classical conditioning theory
- D) empowerment theory

18. A theory that guides our practice interventions towards building on client strengths is:
- A) cognitive social learning theory
 - B) operant conditioning theory
 - C) classical conditioning theory
 - *D) empowerment theory
19. A theory that defines behavior as the result of reinforcement is:
- A) cognitive social learning theory
 - *B) operant conditioning theory
 - C) classical conditioning theory
 - D) feminist theory
20. A theory that defines behavior as learned through association is:
- A) cognitive social learning theory
 - B) operant conditioning theory
 - *C) classical conditioning theory
 - D) empowerment theory
21. A theory that is based on the desire to maximize benefits and minimize costs is:
- A) social network theory
 - B) reasoned action theory
 - C) feminist theory
 - *D) social exchange theory
22. A theory that utilizes pictorial representations, like an ecomap, of interactions in a system is:
- *A) social network theory
 - B) systems theory
 - C) person-in-environment theory
 - D) social exchange theory
23. A person's felt and interpreted experience of "who I am" is referred to as:
- A) self-efficacy
 - B) role

- *C) phenomenal self
 - D) feedback mechanism
24. A person's usual behaviors that occupy a particular social position is referred to as:
- A) self-efficacy
 - *B) role
 - C) phenomenal self
 - D) feedback mechanism
25. Which of the following is NOT a term associated with the systems perspective?
- *A) phenomenal self
 - B) boundary
 - C) feedback mechanisms
 - D) role
26. The expansion of conflict theory by Randall Collins to integrate conflict processes at the social level with those at the small group and family levels addresses which criteria for evaluating theory:
- A) diversity and power
 - B) usefulness for social work
 - *C) comprehension
 - D) competence
27. The finding that individual choices and decisions are often inconsistent with assumed rationality and are often too complicated to ascertain the most rational choice illustrates which criteria for judging social theory:
- A) coherence
 - *B) empirical support
 - C) comprehensiveness
 - D) diversity
28. Traditional psychodynamic theories have been criticized on which basis for of theory evaluation:
- A) diversity and power
 - B) testability and empirical support
 - C) coherence and conceptual clarity
 - *D) all of the above are criticisms of traditional psychodynamic theory
29. Classical developmental theories have been criticized primarily for:
- A) usefulness for social work practice

- *B) failure to address diversity and power
- C) lack of coherence and conceptual clarity
- D) poor testability

30. The humanistic perspective is called the 'third force' because it was developed in reaction to:
- *A) psychodynamic and behavioral perspectives
 - B) systems perspective
 - C) developmental and constructionist perspectives
 - D) conflict perspective

True/False

31. True or False. When we consider human behavior from as systems perspective, we see it as an outcome of reciprocal interactions of persons operating within linked social systems.
- *A) True
 - B) False
32. True or False. An open system is one where there is no exchange with external systems.
- A) True
 - *B) False
33. True or False. A closed system is one where there is an exchange of resources with external systems.
- A) True
 - *B) False
34. True or False. One big idea of the conflict perspective is that lack of open conflict is a sign of exploitation.
- *A) True
 - B) False
35. True or False. One big idea of the rational choice perspective is that human consciousness and the sense of self are shaped by continual social interaction.
- A) True
 - *B) False

36. True or False. One big idea of the social constructionist perspective is that people can modify meanings in the process of interaction.
*A) True
B) False
37. True or False. One big idea of the psychodynamic perspective is that human development is a complex interaction of biological, psychological, and social factors.
A) True
*B) False
38. True or False. A big idea of the developmental perspective is that human development occurs in clearly defined age-graded stages.
*A) True
B) False
39. True or False. Stage 1 (birth-1 year) of Erikson's model of human development proposes the psychosocial crisis to be basic trust versus mistrust.
*A) True
B) False
40. True or False. Stage 4 (ages 6-12) of Erikson's model of human development proposes the psychosocial crisis to be industry versus inferiority.
*A) True
B) False
41. True or False. Stage 7 (late 20s -50s) of Erikson's model of human development proposes the psychosocial crisis to be intimacy versus isolation.
A) True
*B) False
42. True or False. One big idea of the social behavioral perspective is that all human problems can be formulated as undesirable behavior.
*A) True
B) False
43. True or False. One big idea of the humanistic perspective is that all behavior can be defined and changed.
A) True
*B) False

Fill-in-the-Blank

44. Social workers have used the conflict perspective as a base to develop practice-oriented _____ theories which focus on inequality, injustice, and increasing power.
* empowerment
45. The theory of _____ presents a vision of a just world which is based on gender equity.
* feminism
46. The premise that social behavior is based on the desire to maximize benefits and minimize cost is _____ theory.
* social exchange
47. Persons in nondominant positions are more vulnerable to _____ because of prior experience with environmental forces that has led to low self-efficacy and expectations of efficacy.
* learned helplessness
48. This family, like other families, has a _____ indicating who is in and who is out.
* boundary
49. _____ refers to the usual behaviors of persons occupying a particular social position.
* Role
50. _____ recognizes vectors of oppression and privilege, including not only gender, but also class, race, global location, sexual orientation, and age.
* Intersectionality theory
51. _____ is the lowest level of outcomes a person will accept in light of alternative opportunities.
* Comparison level alternative

52. The origins of all psychodynamic theories are in the work of _____.
* Sigmund Freud
53. _____ was developed out of concerns about the male bias in existing psychodynamic theories.
* Relational-cultural theory

Short Answer Essay

54. List the eight stages, including age range and psychosocial crisis, of Erikson's model of human development.
55. List in order Maslow's hierarchy of needs.
56. Compare and contrast the ideas of the psychodynamic perspective and the developmental perspective. Cite examples of how you think these theories would help with assessment and intervention in your practice with clients.
57. Which theoretical perspective would you evaluate as meeting the most criteria for judging social theory. Provide a rationale for your answer.