

Chapter 2: Foundations: Emotion, Motivation, and the Nature of Well-Being

Test Bank

Multiple Choice

1. _____ refers to a primitive emotional reaction that is fairly consistently experienced but often not consciously acknowledged.

- A. Mood
- B. Positivity resonance
- C. Core affect
- D. Suppressed negative emotion

Ans: C

Cognitive Domain: Knowledge

Answer Location: Basic Emotions

Difficulty Level: Medium

2. Which part of the brain is more activated when people are happy?

- A. the right prefrontal cortex
- B. the left prefrontal cortex
- C. the amygdala
- D. the thalamus

Ans: B

Cognitive Domain: Knowledge

Answer Location: The "Happy" Brain

Difficulty Level: Medium

3. _____ is related to the neurotransmitter dopamine.

- A. Resilience
- B. Pride
- C. Craving
- D. Flourishing

Ans: C

Cognitive Domain: Knowledge

Answer Location: The "Happy" Brain

Difficulty Level: Easy

4. _____ is associated with social bonding, trust, and emotional support within couples and is released during breastfeeding.

- A. Oxytocin
- B. Dopamine
- C. Enkephalins
- D. Endorphins

Ans: A

Cognitive Domain: Knowledge

Answer Location: Neurotransmitters and the Chemicals of Pleasure
Difficulty Level: Easy

5. Which of the following is TRUE?

- A. Most research has shown that there are three basic emotions.
- B. People can train themselves to increase activation in the area of the brain associated with happiness.
- C. L-dopa is known as the “love hormone.”
- D. Genetic makeup is less important to the long-term quality of our emotional lives than is learned behavior or the quality of early childhood environment.

Ans: B

Cognitive Domain: Analysis

Answer Location: Components of Emotion

Difficulty Level: Hard

6. Lykken and Tellegan proposed the measure of _____, the idea that most people have an average level of happiness.

- A. a set point
- B. an evolutionary average
- C. eudaimonia
- D. an heritability index

Ans: A

Cognitive Domain: Knowledge

Answer Location: Biology of Emotions

Difficulty Level: Easy

7. Which of the following is TRUE?

- A. The highly sensitive person (HSP) was first described by Freud.
- B. The strength of the HSP trait is genetically determined.
- C. The characteristics of HSP include high perfectionism and low depth of processing.
- D. Regardless of their home environment, children who are HSP tend to have emotional problems.

Ans: B

Cognitive Domain: Analysis

Answer Location: Biology of Emotions

Difficulty Level: Hard

8. Research done by the Gallup Institute examining what makes top achievers in business different from their peers showed that top achievers tended to _____.

- A. have greater neuroplasticity
- B. have a higher happiness set point
- C. use their strengths
- D. be “future-oriented types”

Ans: C

Cognitive Domain: Analysis

Answer Location: Behavior: How We Act Influences How We Feel

Difficulty Level: Medium

9. Which of the following has NOT been shown to be a strength (as measured by VIA scores) strongly correlated with life satisfaction?

- A. love
- B. hope
- C. curiosity
- D. conscientiousness

Ans: D

Cognitive Domain: Analysis

Answer Location: Behavior: How We Act Influences How We Feel

Difficulty Level: Hard

10. Which of the following is TRUE?

- A. Most people around the world generally report being in a good mood.
- B. Slower thinking is associated with more positive moods.
- C. Emotions are more diffuse, more global, and more pervasive than moods.
- D. The goal of positive psychology is to create an abundance of positive moods over the course of the life span and to eliminate negative moods.

Ans: A

Cognitive Domain: Analysis

Answer Location: Moods and Well-Being

Difficulty Level: Hard

11. _____ is/are driven by external rewards and is/are not congruent with a person's core values.

- A. Controlled motivation
- B. Autonomous motivation
- C. Intrinsic motivation
- D. Strivings

Ans: A

Cognitive Domain: Knowledge

Answer Location: Intrinsic and Extrinsic Motivation

Difficulty Level: Easy

12. Which of the following is FALSE?

- A. The rate of progress one has made toward goals may be even more important than actual achievement.
- B. Personal strivings are related to subjective well-being in ways similar to goals.
- C. Intrinsic motivation and introjected strivings are similar because they both entail personally meaningful goals.
- D. Highly abstract goals may decrease immediate well-being.

Ans: C

Cognitive Domain: Analysis

Answer Location: Intrinsic and Extrinsic Motivation

Difficulty Level: Hard

13. Shania thought that once she got a big promotion and purchased a larger house, she would finally be happy. In reality, she felt just as empty as she did before. This is an example of _____.

- A. having highly abstract goals
- B. lack of congruence among different goals and high internal conflict
- C. extrinsic motivation
- D. poor affective forecasting

Ans: D

Cognitive Domain: Application

Answer Location: Positive Psychology and Motivation

Difficulty Level: Medium

14 Which of the following is TRUE?

- A. Positive emotions tend to have specific markers in terms of autonomic activation.
- B. There seem to be fewer basic negative emotions than positive ones.
- C. Positive and negative emotions are opposite and balanced ends of an emotional continuum.
- D. People are not very good at predicting how they will feel when they reach their goals.

Ans: D

Cognitive Domain: Application

Answer Location: Well-Being and Positive Emotion

Difficulty Level: Hard

15. According to _____, positive emotions help preserve the organism by providing nonspecific action tendencies that can lead to new adaptive behavior.

- A. the broaden-and-build model
- B. well-being theory
- C. affective forecasting theory
- D. signature strengths theory

Ans: A

Cognitive Domain: Conceptual

Answer Location: The Broaden and Build Model

Difficulty Level: Easy

16. Which of the following is TRUE based on the research of Fredrickson and colleagues?

- A. Love requires real-time connection.
- B. Researchers are in agreement that the critical positivity ratio is 4.5 (those with high well-being experienced at least 4.5 times more positive emotions than negative emotions).
- C. For love to flourish, two preconditions are necessary: high self-esteem and social support.
- D. All studies offer comprehensive support for the broaden-and-build theory.

Ans: A

Cognitive Domain: Analysis

Answer Location: The Broaden and Build Model

Difficulty Level: Hard

17. Melia scores high on measures of _____. Not only is she able to accurately read the emotions of other people, but she is able to reason and problem-solve on the basis of them.

- A. neuroplasticity
- B. emotional intelligence
- C. affective forecasting
- D. signature strengths

Ans: B

Cognitive Domain: Application

Answer Location: Emotional Intelligence

Difficulty Level: Easy

18. Which of the following is TRUE?

- A. Because of its complexity, there are no scales to measure eudaimonia.

- B. There are no physiologic correlates of the eudaimonic or the hedonic approaches.
- C. Since the time of the ancient Greeks, the hedonic and the eudaimonic approaches to well-being have exerted a major impact on how people think about “the good life.”
- D. The engine model of well-being has eight stages.

Ans: C

Cognitive Domain: Analysis

Answer Location: Research Models of Happiness and Well-Being

Difficulty Level: Hard

19. In self-determination theory, the three basic needs are _____.

- A. competence, relatedness, and autonomy
- B. motivation, flow, and social responsibility
- C. conscientiousness, competence, and autonomy
- D. openness, relatedness, and engagement/level of involvement in activities

Ans: A

Cognitive Domain: Knowledge

Answer Location: Self-Determination Theory

Difficulty Level: Medium

20. Organismic-integration theory is a newer subtheory within _____.

- A. character strengths theory
- B. psychological well-being theory
- C. self-determination theory
- D. the broaden-and-build model

Ans: C

Cognitive Domain: Conceptual

Answer Location: Self-Determination Theory

Difficulty Level: Medium

True/False

1. Most research has shown that the total number of basic positive emotions is greater than the number of other basic emotions.

Ans: F

Cognitive Domain: Conceptual

Answer Location: Basic Emotions

Difficulty Level: Medium

2. Serotonin, which has been called the bliss molecule, produces a calming effect when binding to cannabinoid receptors.

Ans: F

Cognitive Domain: Conceptual

Answer Location: People Can Flourish and Thrive

Difficulty Level: Medium

3. More recent research has not supported an extreme interpretation of set-point theory that proposes that genes are considered the major determining factor in overall well-being.

Ans: T

Cognitive Domain: Conceptual

Answer Location: Biology of Emotions
Difficulty Level: Medium

4. Although research shows that how people think about time can impact work satisfaction, it does not impact well-being and physical health.

Ans: F

Cognitive Domain: Knowledge

Answer Location: Cognition: How We Think Impacts How We Feel

Difficulty Level: Medium

5. People in the United State think of happiness in terms of quiet contentment that is a somewhat private emotion.

Ans: F

Cognitive Domain: Conceptual

Answer Location: Social and Cultural Influences on Emotions

Difficulty: Medium

Essay

1. Research has shown that top achievers tend to use their strengths, their unique positive qualities. Describe at least two scenarios of people who use their signature strengths. How is this approach different from past approaches?

Ans: Examples will vary but includes a discussion of building on what people already do well rather than trying to constantly trying to “fix” weaknesses.

Cognitive Domain: Application

Answer Location: Virtues, Strengths, Character, and Our Emotions

Difficulty Level: Medium

2. Describe the components of the engine model of well-being.

Ans: Inputs: variables that are pre-existing or endogenous to the person. Process: internal states that influence people’s choices that, in turn, influence their well-being. Outcome refers to voluntary behavior that people choose in their quest for well-being.

Cognitive Domain: Application

Answer Location: Research Models of Happiness and Well-Being

Difficulty Level: Hard

3. Describe broaden and build theory. In your answer, include how it might apply to children or adults.

Ans: This theory posits that positive emotions lead to new adaptive behaviors. A child who is happy might be more likely to create and explore while playing. An adult who is happy might be more open to new experiences as well as more likely to seek out opportunities to meet new people. The result for both is more resources.

Cognitive Domain: Conceptual | Application

Answer Location: The Broaden-and-Build Model

Difficulty: Medium

4. Discuss at least two of the characteristics of emotional intelligence as outlined in the original model by Salovey and Mayer (1990). In addition, discuss at least one research finding linking it to better outcomes.

Ans: Components include knowing one's emotions, ability to handle interpersonal relationships well, ability to use emotions to motivate oneself, ability to recognize emotions in others, and ability to manage one's emotions. Examples will vary regarding research but include higher emotional intelligence related to better family and intimate relationships, better social relationships at work, and greater psychological well-being.

Cognitive Domain: Conceptual

Answer Location: Dimensions of Emotional Intelligence

Difficulty Level: Medium

5. The textbook authors note that "researchers have tended to speak less about intrinsic motivation, preferring to see motivation as either 'controlled' or 'autonomous.'" Define these three terms and explain why there has been a shift in focus.

Ans: People are intrinsically motivated when they are compelled to engage in some activity for its own sake rather than for external rewards. Controlled motivation is driven by external rewards or guilt and it not consistent with one's core values. Autonomous motivation, on the other hand, is self-chosen and consistent with one's true self.

Cognitive Domain: Conceptual

Answer Location: Positive Psychology and Motivation

Difficulty Level: Medium