Assignment 5: Hope, Optimism, Self and related concepts, and Resilience

The due date for submitting this assignment has passed. As per our records you have not submitted this assignment.

1) Psychological capital is characterised by:
   - Self-efficacy, Optimism, Hope, Resilience
   - Resilience, Self-esteem, Optimism, Hope
   - Hope, Optimism, Resilience, Self-confidence
   - Optimism, Self-regulation, Hope, Resilience
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Self-efficacy, Optimism, Hope, Resilience
   - Resilience, Self-esteem, Optimism, Hope
   - Hope, Optimism, Resilience, Self-confidence
   - Optimism, Self-regulation, Hope, Resilience

2) State True or False: Perceived threat coping increases resilience whereas problem-focused coping impairs resilience.
   - True
   - False
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - True

3) Learned Optimism is associated with:
   - Avoidant coping style
   - Lower vulnerability to depression
   - Increased vulnerability to depression
   - Greater Life satisfaction
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Avoidant coping style
   - Lower vulnerability to depression
   - Increased vulnerability to depression
   - Greater Life satisfaction

4) Identify the theoretical component of the hope theory.
   - Goals
   - Pathways
   - Agnosia
   - All of the above
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Goals
   - Pathways
   - Agnosia
   - All of the above

5) The explanatory style of pessimism for a bad event is characterised as:
   - Irrational
   - Unrealistic
   - Illusory
   - All of the above
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Irrational
   - Unrealistic
   - Illusory
   - All of the above

6) State True or False: Self-efficacy is a genetically endowed pattern of human thinking.
   - True
   - False
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - True
   - False

7) Self-efficacy is based on the premise of which of the following theories?
   - Social cognition theory
   - Self-actualisation theory
   - Expectancy-value theory
   - Social cognitive theory
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Social cognition theory
   - Self-actualisation theory
   - Expectancy-value theory
   - Social cognitive theory

8) Successful resolution of identity and role confusion results in the development of which virtue?
   - Care and compassion
   - Wisdom and self-control
   - Competence and skill
   - Morality and devotion
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Care and compassion
   - Wisdom and self-control
   - Competence and skill
   - Morality and devotion

9) As per Erik Erikson’s Theory, self-efficacy is built on early foundations of:
   - Hope, Care and unconditional love
   - Security, Trust and unconditional love
   - Will, Security and Trust
   - Competency, hope and trust
   [No, the answer is incorrect.]
   
   Accepted Answers:
   - Hope, Care and unconditional love
   - Security, Trust and unconditional love
   - Will, Security and Trust
   - Competency, hope and trust