

AP Psychology 12
8A- MOTIVATION
35 MC Practice Questions
Ms Carey

1. *Motivation* is defined by psychologists as
 - A) an impulse to accomplish something of significance.
 - B) rigidly patterned behavior characteristic of all people.
 - C) a need or desire that energizes and directs behavior toward a goal.
 - D) the cause of behavior.
 - E) an external reward or goal that pushes a person toward accomplishments.

2. Which theory has been accused of simply naming rather than explaining behaviors?
 - A) drive-reduction
 - B) set point
 - C) arousal
 - D) instinct
 - E) incentive

3. An instinctive behavior is one that is
 - A) designed to reduce drives.
 - B) triggered by an incentive.
 - C) similar in all living organisms.
 - D) unlearned.
 - E) internally motivated.

4. A drive refers to
 - A) a rigidly patterned and unlearned behavior characteristic of a species.
 - B) anything that is perceived as having positive or negative value in motivating behavior.
 - C) an aroused, motivated state that is often triggered by a physiological need.
 - D) the body's resting rate of energy expenditure.
 - E) an unconscious, repressed desire for pleasure.

5. A need refers to
- A) a physiological state that usually triggers motivational arousal.
 - B) an aroused or activated state that is often triggered by a psychological need.
 - C) anything that is perceived as having positive or negative value in motivating behavior.
 - D) a desire to perform a behavior as a result of rewards or threats of punishment.
 - E) a rigidly patterned behavioral urge characteristic of all people.
6. Food deprivation is to _____ as hunger is to _____.
- A) homeostasis; thirst
 - B) incentive; instinct
 - C) need; drive
 - D) motivation; emotion
 - E) anorexia; bulimia
7. *Homeostasis*, which is the goal of drive reduction, is defined as
- A) a desire to perform behavior in return for rewards.
 - B) a rigidly patterned behavior characteristic of an entire species.
 - C) an aroused or activated state that is often triggered by a physiological need.
 - D) the body's tendency to maintain a constant internal state.
 - E) a physical need that usually triggers motivational arousal.
8. An incentive is a
- A) rigidly patterned behavior characteristic of an entire species.
 - B) state of deprivation that triggers arousal.
 - C) positive or negative environmental stimulus that motivates behavior.
 - D) state of arousal triggered by deprivation.
 - E) basic need listed on the lower levels of Maslow's hierarchy.
9. The influence of personal and cultural experience on our wants and desires can most clearly be seen in the influence of _____ on motivation.
- A) instincts
 - B) homeostasis
 - C) incentives
 - D) set points
 - E) needs

10. The arousal theory of motivation would be most useful for explaining an infant's urge to
- A) cry.
 - B) sleep.
 - C) eat.
 - D) explore.
 - E) smile.
11. According to Maslow, our need for
- A) love must be met before we are preoccupied with satisfying our need for food.
 - B) adequate clothing must be met before we are preoccupied with satisfying our need for self-esteem.
 - C) religious fulfillment must be met before we are preoccupied with satisfying our need for adequate housing.
 - D) self-actualization must be met before we are preoccupied with satisfying our need for friendship.
 - E) political freedom must be met before we are preoccupied with satisfying our need for economic security.
12. According to Abraham Maslow, our need for belongingness must be met before our need for
- A) food and water.
 - B) safety.
 - C) arousal.
 - D) esteem.
 - E) homeostasis.
13. A. L. Washburn swallowed a balloon. When inflated, the balloon filled his stomach and transmitted his stomach contractions to a recording device. Washburn found that
- A) we have an inborn "weight thermostat" that signals the body to maintain its weight.
 - B) lesions to the ventromedial hypothalamus depress hunger.
 - C) activity along the lateral hypothalamus brings on hunger.
 - D) hunger pangs accompany feelings of hunger.
 - E) the hormone ghrelin is secreted by an empty stomach.
14. Blood glucose levels are regulated by secretions of _____ by the pancreas.
- A) PYY
 - B) leptin
 - C) orexin
 - D) insulin
 - E) thyroxin

15. In addition to producing orexin, the _____ monitors levels of the body's other appetite hormones.
- A) hippocampus
 - B) amygdala
 - C) cerebellum
 - D) hypothalamus
 - E) medulla
16. The set point is
- A) the stage of the sexual response cycle that occurs just before orgasm.
 - B) the body temperature of a healthy organism, for example, 98.6 degrees Fahrenheit in humans.
 - C) the point at which energy expenditures from exercise and from metabolism are equal.
 - D) the specific body weight maintained automatically by most adults over long periods of time.
 - E) the current stage achieved on the hierarchy of needs.
17. A drop in basal metabolic rate is most likely to result from
- A) high testosterone levels.
 - B) a semistarvation diet.
 - C) erotic plasticity.
 - D) excess leptin.
 - E) decreased testosterone.
18. The level of serotonin in the brain is
- A) decreased by a diet high in sugar.
 - B) decreased by a diet high in salt.
 - C) increased by a diet high in protein.
 - D) increased by a diet high in carbohydrates.
 - E) decreased by a diet high in calories.
19. Campa Indians in Peru consider roasted ants a delicious delicacy, but this is not the case for most North Americans. This best illustrates
- A) the impact of unit bias on the foods we choose to eat.
 - B) the role our basal metabolic rate plays in food choices.
 - C) the influence of culture on food preferences.
 - D) the complex interaction of appetite hormones and brain activity.
 - E) our basic need to have our physiological needs met.

20. Bulimia nervosa is characterized by
- A) losses of 25 percent or more of normal weight.
 - B) episodes of overeating followed by vomiting.
 - C) the loss of regular menstrual periods.
 - D) lifelong obesity.
 - E) periods of unhealthy eating habits followed by starvation.
21. Anorexia patients are most likely to have parents who
- A) have physically abused their children.
 - B) are high-achieving and protective.
 - C) are able to afford adequate food supplies.
 - D) are unconcerned about physical appearance and body weight.
 - E) have difficulty expressing emotional attachments.
22. The World Health Organization identifies obesity as a high
- A) basal metabolic rate.
 - B) body mass index.
 - C) set point.
 - D) unit bias.
 - E) glucose level.
23. Research on the human sexual response cycle indicates that
- A) blood pressure rates decrease during the plateau phase and increase during orgasm.
 - B) conception is not possible without the occurrence of male orgasm.
 - C) female orgasm increases the likelihood of conception.
 - D) the resolution phase of the female sexual response cycle is especially lengthy following multiple orgasms.
 - E) the so-called "refractory period" is a myth for most healthy people.
24. The refractory period is the
- A) moment before orgasm during which sexual arousal is maintained at a fairly high level.
 - B) stage of the sexual response cycle during which sexual excitation reaches its climax.
 - C) span of the monthly female reproductive cycle during which ovulation occurs.
 - D) time span after orgasm during which a male cannot be aroused to another orgasm.
 - E) short time before the plateau stage during which orgasm is delayed.

25. Research on sex hormones and animal sexual behavior indicates that
- A) female mammals' sexual receptivity peaks at the time of ovulation.
 - B) the level of testosterone is the most important factor determining the sexual receptivity of female mammals.
 - C) castrated male rats show virtually no reduction in sexual motivation.
 - D) sex hormones have very little influence on the sexual behavior of most female mammals.
 - E) hormone levels are not correlated with sexual behavior in most mammals.
26. Brain scans of people viewing erotic material reveal a more active _____ in men than in women.
- A) thalamus
 - B) medulla
 - C) amygdala
 - D) cerebellum
 - E) hippocampus
27. Rates of adolescent sexual intercourse are
- A) higher in Arab and Asian countries than in Western Europe.
 - B) higher in Latin American countries than in Western Europe.
 - C) similar in Western Europe and Latin America.
 - D) similar in North America than in Arab countries.
 - E) higher in North Americans of Asian descent.
28. A homosexual orientation is
- A) equally likely among members of both sexes.
 - B) associated with a lack of clear gender identity.
 - C) very persistent and difficult to change.
 - D) a result of being sexually victimized during childhood.
 - E) characteristic of over 10 percent of American males.
29. Simon LeVay discovered that a neural cluster located in the _____ was larger in heterosexual men than in homosexual men.
- A) cerebellum
 - B) amygdala
 - C) hypothalamus
 - D) medulla
 - E) hippocampus.

30. Male sex offenders lose much of their sexual urge when voluntarily taking
- A) PYY.
 - B) orexin.
 - C) estrogen.
 - D) Depo-Provera
 - E) testosterone.
31. Evolutionary psychologists are most likely to suggest that almost all humans are genetically predisposed to
- A) engage in both homosexual and heterosexual behaviors.
 - B) form close enduring relationships with fellow humans.
 - C) avoid eating carbohydrate-laden foods when feeling depressed.
 - D) satisfy their need for political freedom before seeking emotional security.
 - E) respond to environmental incentives.
32. Our need to belong is most clearly threatened by
- A) cluster migration.
 - B) drive reduction.
 - C) ostracism.
 - D) unit bias.
 - E) refractory periods.
33. The anterior cingulate cortex shows increased activity in response to both physical pain and
- A) ostracism.
 - B) refractory periods.
 - C) social facilitation.
 - D) pleasure.
 - E) the sexual response cycle.
34. Researchers have discovered that “cyber-ostracism” by strangers elicits increased activity in the
- A) anterior commissure.
 - B) lateral hypothalamus.
 - C) anterior cingulated cortex.
 - D) ventromedial hypothalamus.
 - E) occipital fissure

35. Those who trace the origins of social bonding to its survival value are most likely to agree that the need to belong is
- A) an incentive.
 - B) genetically influenced.
 - C) a sexual instinct.
 - D) Maslow's highest-level need.
 - E) inversely related to homeostasis.

Answer Key

1. C
2. D
3. D
4. C
5. A
6. C
7. D
8. C
9. C
10. D
11. B
12. D
13. D
14. D
15. D
16. D
17. B
18. D
19. C
20. B
21. B
22. B
23. C
24. D
25. A
26. C
27. C
28. C
29. C
30. D
31. B
32. C
33. A
34. C
35. B