

CHUKA



UNIVERSITY

## UNIVERSITY EXAMINATIONS

### FIRST YEAR EXAMINATION FOR BACHELOR OF SCIENCE IN NURSING

NURU 131: PSYCHOLOGY & COUNSELLING

STREAMS: B.Sc NURSING (UPGRADING) Y1S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 6 /07/ 2021

11.30 AM – 1.30 PM

#### INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- This is a **closed book exam**, no reference materials are allowed in the examination room
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

#### SECTION A: MULTIPLE CHOICE QUESTIONS [ONE MARK EACH] [20 MARKS]

1. Psychology is a science primarily because
  - A. It attempts to understand mental and behavioral processes.
  - B. It utilizes the scientific method to study mental and behavioral processes.
  - C. Its intellectual roots are in philosophy.
  - D. Its research findings are understood only by intelligent people.
2. Which approach to the study of psychology focuses on the active processing and transformation of information.
  - A. Biological
  - B. Behavioral
  - C. Cognitive
  - D. Humanistic
3. A stage theory of development proposes that
  - A. All individuals go through the same stages in the same order.
  - B. All individuals go through the same stages but can do so in differing orders.
  - C. Because the appearance of stages is due to maturation, the environment does not influence the speed with which individuals move through them.
  - D. Development is best characterized as smooth and continuous
4. According to Piaget, children's thinking is

- A. Qualitatively different at different stages.
  - B. Quantitatively different at different stages.
  - C. The result of observation and imitation of developmentally more advanced children
  - D. Not affected by their experiences.
5. The minimum amount of stimulation required to distinguish one stimulus from another is called?
- A. Absolute threshold
  - B. Psychophysical function
  - C. Difference threshold
  - D. Absolute difference
6. Perception is defined as
- A. The stimulation of the senses by events in the external world
  - B. The integration of sensations into percepts of the objects
  - C. The conversion of physical energy into neural energy
  - D. Cognitive problem-solving about emotional events in the external world
7. Ivan Pavlov is important in psychology because he
- A. Discovered the principles of operant conditioning
  - B. Was the first to understand the implications of classical conditioning for drug tolerance
  - C. Discovered the principles of classical conditioning
  - D. Won a Nobel prize for his work in animal digestion
8. Stimuli which act as reinforcers because they are related to basic biological needs are called?
- A. Primary reinforcers
  - B. Secondary reinforcers
  - C. Conditioned reinforcers
  - D. Conditioned stimuli
9. Which of the following is a consequence which increases the likelihood that the preceding behavior will occur again?
- A. Discriminative stimulus
  - B. Punishment
  - C. Conditioned stimulus
  - D. Reinforcement
10. Which of the following is the best explanation for why you would be unable to remember the correct answers if you panic during an exam?
- A. Anxiety causes extraneous thoughts that interfere with retrieval.
  - B. The answers are actively blocked by the subconscious.
  - C. The capacity of your long-term memory has been reduced.
  - D. You have repressed them because the test anxiety was unbearable.
11. Memory span refers to the
- A. Duration of storage in working memory
  - B. Duration of storage in long-term memory
  - C. The capacity of working memory storage
  - D. The capacity of long-term memory storage
12. Which of the following statements about cognitive appraisals of emotions is correct?

- A. They primarily result from unconscious processing.
  - B. They primarily result from conscious processing.
  - C. They result from conscious and unconscious processing.
  - D. None of the above is correct.
13. According to Freud, our values are internalized within the
- A. Id.
  - B. Ego.
  - C. Superego.
  - D. All of the above
14. Physical illnesses related to emotional stress are called?
- A. Psychogenetic illnesses
  - B. Psychophysiological illnesses
  - C. Parasympathetic illnesses
  - D. Visceral-somatic illnesses
15. The motivation theory which proposes that human behaviour is determined and regulated by the way people think about themselves and the environment is: -
- A. Cognitive theory
  - B. Humanistic theory
  - C. Abraham Maslow's theory of Hierarchy of human needs
  - D. Maslow's theory of growth motivation
16. A situation where an individual expresses a particular opinion or behaviour in order to fit in a given situation or meet expectations of others even if he does not believe that it is appropriate is referred to as: -
- A. Conformity
  - B. Social influence
  - C. Power
  - D. Authority
17. Which of the following is true about nurse-patient therapeutic relationship: -
- A. The focus is on both client's and nurse's needs
  - B. The nurse should ensure that the client likes him/her
  - C. The relationship should be allowed to drift into more general form of social relationship
  - D. The relationship should remain focused on clients needs, feelings, experiences and ideas only
18. Which of the following is not true about self awareness: -
- A. Self awareness is important in establishing a therapeutic relationship
  - B. Examining one strengths and weaknesses helps on e to gain a strong sense of self understanding
  - C. Self awareness is a continuous discovery of self
  - D. Self awareness is an obvious and automatic occurrence which does not need extra effort.

19. The stage of counselling that involves making a concrete plan for carrying out a particular course of action is: -
- A. Rapport building
  - B. Exploration
  - C. Decision making
  - D. Implementing a decision
20. The task of attempting to infer the causes of behavior is called
- A. Attribution
  - B. Implication detection
  - C. Detecting covariation
  - D. Schematic processing

**SECTION B: SHORT ESSAY QUESTIONS**

**[30 MARKS]**

1. Explain the following concepts as used in psychology [6 marks]
- i. Classical conditioning
  - ii. Development
  - iii. Awareness
2. State four (4) strategies of peer pressure resistance that can be adopted by an individual [4 marks]
3. Outline four (4) functions of ego as a controlling component of the human personality [4 marks]
4. Describe three (3) stages of the human memory process [6 marks]
5. Describe the concept of Flynn effect in relation to intelligence [4 marks]
6. Describe three types of anxiety according to Sigmund Freud [6 marks]

**SECTION C: LONG ESSAY QUESTIONS**

**[20 MARKS]**

1. Describe the need theory of motivation  
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