

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS
EXAMINATION FOR THE AWARD OF DEGREE OF
BACHELOR OF SCIENCE IN NURSING UPGRADING

NURU 131: PSYCHOLOGY AND COUNSELING

STREAMS: BSC (NURS) UPG YIT2

TIME: 2 HOURS

DAY/DATE: TUESDAY 03/12/2019

8.30 AM – 10.30 AM

INSTRUCTIONS:

- Do not write anything on the question paper.
- Mobile phones and any other reference materials are NOT allowed in the examination room.
- The paper has THREE sections. Answer ALL questions.
- Answers for SECTION A should be on first page of the answer booklet.
- Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet

Part A: Multiple Choice Questions (20 MKS)

1. The psychosexual state in which children derive pleasure from fondling their genitals is
 - a. Oral stage
 - b. Anal stage
 - c. Phallic stage
 - d. Genital stage
2. 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. Maslow's theory of Hierarchy of human needs
 - d. Maslow's theory of growth motivation

3. 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

4. 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 them 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.

5. Psychophysics is the study of:
 - a. Depth perception
 - b. Perceptual illness
 - c. Movement perception
 - d. The psychological perception of physical stimuli

6. The human process of growth and development is the result of which two interrelated factors?
 - a. Heredity and environment
 - b. Heredity and religion
 - c. Faith and culture
 - d. Physical and psychosocial skills

7. The type of perspective in psychology involving orientation towards understanding observable behaviour in terms of conditioning and reinforcement is
 - a. Biological
 - b. Behavioural
 - c. Cognitive
 - d. Psychoanalytic

8. Which of the following theorists is associated with the theory of social learning?

- a. Piaget
 - b. Brunner
 - c. Thorndike
 - d. Bandura
9. The type of memory which has limitless capacity to store information with little or no decay and requires little or no rehearsal is
- a. Immediate memory
 - b. Short term memory
 - c. Long term memory
 - d. Photographic memory
10. Which of the following theorists listed the unconscious mind, the id, the ego, and the superego as the primary aspects of the psychoanalytic theory?
- a. Erik Erikson
 - b. Robert Havighurst
 - c. Jean Piaget
 - d. Sigmund Freud
11. Which of Freud's stages of development marks the transition to adult sexuality during adolescence?
- a. Latency stage
 - b. Anal stage
 - c. Phallic stage
 - d. Genital stage
12. The expansion of Freud's theory to include cultural and social influences in addition to biologic processes is credited to which of the following theorists?
- a. Erik Erikson
 - b. Robert Havighurst
 - c. Jean Piaget

d. Lawrence Kohlberg

13. Transduction refers to

- a. Process of converting receptor energy into neural impulses the brain can understand
- b. Filtering and analyzing of sensations before messages are sent to the brain
- c. Decreased sensory response to continuous stimuli
- d. Making inferences about properties of a physical environment based on scenes

14. A child who learns that he must sit quietly during story hour in kindergarten, thereby integrating this new experience into his existing schemata, is applying the process of:

- a. Accommodation
- b. Dissemination
- c. Assimilation
- d. Orientation

15. In which stage of Piaget's cognitive development theory is logical thinking developed with an understanding of reversibility, relations between numbers, and loss of egocentricity?

- a. Sensorimotor stage
- b. Preoperational stage
- c. Concrete operational stage

16. Piaget is to intellectual development as Chomsky is to

- a. Cognitive development
- b. Language development
- c. Cybernetics
- d. Operant conditioning

17. Evolutionary psychology is to Darwin as Positive psychology is to

- a. Maslow
 - b. Watson
 - c. Freud
 - d. Seligman
18. When rats were put into a maze with multiple routes to the reinforcer, the rats would repeatedly attempt the shortest route. If their preferred route was blocked, they would choose the next shortest route to the reward. This is an example of
- a. Social learning
 - b. Behavioral learning
 - c. Cognitive learning
 - d. Latent learning
19. A man who feels inferior joins a charitable organization to be perceived as worthwhile. This is an example of
- a. Sublimation
 - b. Projection
 - c. Rationalization
 - d. Identification
20. In the sensory process, sensitivity to stimuli intensity is measured by
- a. Absolute threshold
 - b. Partial threshold
 - c. Difference threshold
 - d. All of the above

Part B: Short Answer Questions (30 MKS)

- 1. Describe human motivation according to Abraham Maslow. (6 marks)
- 2. Describe three defence mechanisms. (6 marks)
- 3. Differentiate between fluid and crystallized intelligence. (6 marks)
- 4. Describe Jean Piaget's cognitive development. (8 marks)
- 5. Describe the two-factor theory of emotions. (4 marks)

Part C: Long Answer Questions (20 MKS)

Describe the stages of human development according to Erik Erickson. (20 marks)
