

CHUKA



UNIVERSITY

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**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN  
HUMAN NUTRITION AND DIETETICS**

**NURS 133: PSYCHOLOGY**

**STREAMS:Y1S1**

**TIME: 2 HOURS**

**DAY/DATE: WEDNESDAY 4/12/2019**

**11.30 A.M – 1.30 P.M**

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**INSTRUCTIONS**

**Answer all the questions**

**SECTION A 30 MARKS**

1. Explain the following psychological concepts; [10 marks]
  - (i) Social psychology
  - (ii) Behaviour
  - (iii) Personality
  - (iv) Operant conditioning
  - (v) Correlational study
2. Explain two components of human personality as postulated by Sigmund Freud. [4 marks]
3. Explain four techniques that can be effective in persuading others. [4 marks]
4. Explain one situational factor and one individual factor that affect conformity. [4 marks]
5. Highlight four principles of human growth and development. [4 marks]
6. State four risk factors for psychological disorders. [4 marks]

**SECTION B (40 MARKS)**

7. (a) The government has commissioned you to find if dietary intake has an effect on pupil's class performance. Describe how you would implement ethical guidelines to ensure participants within this study are protected from harm. [12 marks]
- (b) Explain with relevant examples four branches of psychology. [8 marks]
8. (a) Using your psychological knowledge, describe ways in which psychology may be used to enhance patient/client nutrition care. [10 marks]
- (b) Danel is suffering from acute work related stress. Describe five techniques that he can use to cope with the stress. [10 marks]
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