

CHUKA

UNIVERSITY



UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
SCIENCE IN NURSING

NURS 133/HRIM 132: INTRODUCTION TO PSYCHOLOGY

STREAMS: BSc. NURSING

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 23/04/2025

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS

1. Do not write anything on the question paper.
2. Mobile phones and any other reference materials are NOT allowed in the examination room.
3. All questions are compulsory.
4. Write legibly and use your time wisely

PART I: MULTIPLE CHOICE QUESTIONS (choose one best option)

1) Life-span development begins with _____ and ends with _____.

- a) birth; death
- b) conception; old age
- c) infancy; old age
- d) conception: death

2)The traditional and life-span perspectives are contrasting views of developmental change.

According to the life-span perspective, when do developmental changes occur?

- a) throughout the entire life cycle
- b) during infancy and early childhood
- c) during adolescence and early adulthood
- d) during middle and late adulthood

3)The period of development during which school readiness skills are developed and most free time is spent playing with friends is called:

- a) infancy
- b) early childhood
- c) middle childhood
- d) late childhood

4)The number of years since a person was born is a key element in the definition of:

- a) chronological age
- b) biological age
- c) psychological age
- d) developmental age

5)The expectations society has that a person will act his or her age refers to:

- a) biological age
- b) psychological age
- c) social age
- d) historical age

6)Erik Erikson's theory emphasized:

- a) repeated resolutions of unconscious conflicts about sexual energy
- b) developmental change throughout the human life span
- c) changes in children's thinking as they mature
- d) the influence of sensitive periods in the various stages of biological maturation

7)Most life-span developmentalists recognize that:

- a) nature, continuity, and stability are the primary determinants of behavior
- b) nurture, discontinuity, and change are the primary determinants of behavior
- c) while nurture (the environment) is important, nature (heredity) plays the stronger role
- d) extreme positions on these issues are unwise

8)From B.F. Skinner's point of view, behavior is explained through:

- a) external consequences of that behavior
- b) the self-produced consequences of that behavior
- c) individuals' cognitive interpretations of their environmental experiences
- d) the biological processes that determine maturation

9) According to Albert Bandura's social cognitive theory, the three factors that reciprocally influence development involve:

- a) behavior, the person, and the environment
- b) punishment, reward, and reinforcement
- c) memory, problem solving, and reasoning
- d) cognition, reward, and observation

10) Which theory would be BEST to consider if you wanted to understand how and why children copy the behaviors they see in TV cartoons?

- a) Skinner's behaviorism
- b) Piaget's cognitive theory
- c) Erikson's psychosocial stages
- d) Bandura social cognitive theory

11) Mr X believes people are primarily influenced by the environment and learned experiences, so he believes _____ plays a more powerful role in human development.

- a) nurture
- b) maturation
- c) change
- d) nature

12) Development is characterized by growth and decline asserts that development is:

- a) contextual
- b) multidimensional
- c) multidirectional
- d) plastic

13) In one study, the reasoning abilities of older adults were improved through retraining meaning development is:

- a) contextual
- b) multidirectional
- c) multidimensional
- d) plastic

- 14) Which theoretical perspectives describe development as an unconscious process?
- a) contextual theories
 - b) ecological theories
 - c) psychoanalytical theories
 - d) ethological theories
- 15) At the time of acute stress, the adrenal medulla releases _____ that grows heart rate and respiration.
- a) Endorphins
 - b) catecholamines
 - c) dopamine
 - d) corticosteroids
- 16) Acute stress has activation of the _____ system; and prolonged stress has activation of the _____ system.
- a) sympathetic nervous; endocrine
 - b) parasympathetic nervous, endocrine
 - c) endocrine; sympathetic nervous
 - d) none
- 17) Which of the following is an example of the negative attitude towards people?
- a) Stereotype
 - b) Prototype
 - c) Prejudice
 - d) Discrimination
- 18) Which of the following part of the brain is responsible for transferring short-term memory to long-term memory?
- a) Cerebellum
 - b) Amygdala
 - c) Hippocampus
 - d) None of the above
- 19) Humanistic psychologists embraced the idea of:
- a) Repression
 - b) unconscious drives

- c) the id
- d) free will

20) Freud founded the _____ approach to understanding human behaviour.

- a) palliative
- b) psychodynamic
- c) patronymic
- d) psychedelic

PART II: SHORT ANSWER QUESTIONS (30 MARKS)

- 1) Compare and contrast classical and operant conditioning (8 marks)
- 2) With an example, explain four defense mechanism (8 marks)
- 3) Describe the general adaptation syndrome of stress (6 marks)
- 4) Explain four of the psychosexual stages of human development (8 marks)

PART III: LONG ANSWER QUESTION (20 MARKS)

- 1) Describe the four major determinants of personality development (20 marks)

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