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(Knowledge for Development)

KIBABII UNIVERSITY

UNIVERSITY EXAMINATIONS 2021/2022

ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER

MAIN EXAMINATION

FOR BACHELOR OF SCIENCE IN NURSING DEGREE

COURSE CODE: NUR 123

COURSE TITLE: HUMAN PSYCHOLOGY AND COUNSELLING

DATE: 26/04/2022

TIME: 09:00AM

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME:

This paper consists of 7 printed pages. Please Turn Over



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SECTION 1 (MULTIPLE CHOICE QUESTIONS) (50 MARKS)

1. Abraham Maslow is considered the founder of which branch of psychology?
 - A. Psychogenetics
 - B. Differential psychology
 - C. Abstract Philosophy
 - D. Humanistic psychology

2. Systematic change in the mental processes that underlie all learning and performance is referred to as:
 - A. moral maturation.
 - B. cognitive development.
 - C. social-emotional development.
 - D. intellectual development.

3. Abraham Maslow was active in the study of self-actualizing individuals. What does the term "self-actualization" mean?
 - A. It is a person's desire to discover and develop his or her fullest personal capabilities.
 - B. It is a person's exploration of his or her own mental and physical characteristics, making sense of himself or herself.
 - C. It is the realization of personal potential, the realization of one's human purpose and vocation.
 - D. It's a person coming to terms with his human nature and increased acceptance of self and others

4. Which of the following advancements would be new to a child reaching the preoperational stage?
 - A. The ability to consider multiple aspects of a problem.
 - B. The ability to consider past and present activities.
 - C. The ability to experiment with circular reactions.
 - D. The ability to calculate probabilities.

5. According to Vygotsky, cognitive development depends on:
 - A. environmental pressure.
 - B. mental maturity.
 - C. social interactions.
 - D. genetics.

6. Susan's children are all married and living a good distance from home. Susan works as a legal secretary, and most of what she earns goes into college funds for her 2 grandchildren. Her own children lead busy lives, with friends and work activities occupying most of their time, so Susan volunteers one evening each week at the Children's Hospital, reading bedtime stories to the young children there. Susan is BEST classified as fitting into Erikson's _____ stage.
 - A. intimacy vs. isolation
 - B. generatively vs. stagnation
 - C. integrity vs. despair
 - D. identity vs. role confusion

7. A child who says it is wrong to steal because she might get caught would be in Kohlberg's _____ stage.

- A. punishment and obedience orientation (stage 1)
- B. instrumental hedonism (stage 2)
- C. "good boy" or "good girl" morality (stage 3)
- D. authority and social order maintaining morality (stage 4)

8. According to the cognitive view of learning, _____ largely determines what learners pay attention to, perceive, learn, remember, and forget.

- A. declarative knowledge
- B. conditional knowledge
- C. prior knowledge
- D. procedural knowledge

9. Which of the following theorists would MOST agree with the belief that knowledge is socially constructed?

- A. a radical constructivist
- B. an information processing theorist
- C. a social constructivist
- D. a cognitive constructivist

10. Vygotsky argued that Piaget overlooked the force of society and culture on human learning and development. (If True indicate (T), if False indicate F)

- True
- False

11. When Raija studies for her exams, she takes time to read the text carefully and examine any graphics, tables, or diagrams in her book. She knows that when she does this she is able to picture these images in her mind during the exam. What type of memories does Raija create and use in exam preparation?

- A. episodic memories
- B. flashbulb memories
- C. iconic memories
- D. textual memories

12. Learning is best defined as a relatively permanent change in behaviour that _____.

- A. is innate
- B. occurs as a result of experience
- C. is found only in humans
- D. occurs by observing others

13. _____ is when you take away a pleasant stimulus to stop a behaviour.

- A. positive reinforcement
- B. negative reinforcement
- C. positive punishment
- D. negative punishment

14. The person who performs a behaviour that serves as an example is called a _____.
- A. teacher
 - B. model
 - C. instructor
 - D. coach
15. The oldest parts of the brain, which are responsible for basic functions, like breathing and walking are
- A. Brainstem, Thalamus, Reticular formation and Cerebellum
 - B. Thalamus, Reticular formation and Cerebellum and Pituitary
 - C. Brainstem, Thalamus, Reticular formation, and Hypothalamus
 - D. Reticular formation, Cerebellum, Brainstem and Pituitary
16. Stimulation of the reticular formation would most likely cause an animal to:
- A. sneeze
 - B. become blind
 - C. wake up if it had been sleeping
 - D. stop breathing
17. The limbic system includes the:
- A. amygdala, hypothalamus, hippocampus
 - B. hypothalamus, medulla, hippocampus
 - C. hippocampus, pons, thalamus
 - D. cerebellum, pons, hypothalamus
18. Positive reinforcement involves _____ something to increase a response whereas negative reinforcement involves _____ something.
- A. repeating/increasing
 - B. adding/removing
 - C. removing/adding
 - D. increasing/repeating
19. A psychologist primarily interested in mental processes such as memory and perception would most likely be a(n):
- A. humanist
 - B. behaviourist
 - C. evolutionist
 - D. cognitivist
20. MBTI stands for:
- A. Manifold Barometric Temperature Indicator
 - B. Multiple Behavioural Theories Instrument
 - C. Myers Briggs Type Indicator
 - D. Maslow Bosun Trend Indicator

21. Intrinsic motivation refers to:
- A. enjoying a task for its own sake
 - B. being motivated by money and/or other rewards
 - C. enjoying a task because it meets physical needs
 - D. motivation that can only be experienced indoors
22. Sensation is to _____ as perception is to _____.
- A. vision, olfaction
 - B. conscious, unconscious
 - C. awareness, interpretation
 - D. taste, vision
- 23 Which of the following is NOT a sleep disorder?
- A. Narcolepsy
 - B. Somnambulism
 - C. sleep apnea
 - D. epilepsy
24. Kohlberg proposed a stage theory of:
- A. cognitive development
 - B. sexual development
 - C. social development
 - D. moral development
25. Younger adults would typically outperform older adults on a test of:
- A. fluid intelligence
 - B. crystallized intelligence
 - C. wisdom
 - D. vocabulary
26. Mary complains when her tall thin glass of juice is poured into a short but wider glass. She tells her father that she now has less juice. Mary has not yet grasped the principle of:
- A. assimilation
 - B. integration
 - C. attenuation
 - D. conservation
27. The study of learning is most closely associated with which school of psychology?
- A. Psychoanalytic
 - B. Humanist
 - C. Social
 - D. behaviourist

28. _____ schedules of reinforcement are based on number of responses while _____ schedules of reinforcement are based on elapsed time.

- A. fixed, variable
- B. variable, fixed
- C. interval, ratio
- D. ratio, interval

29. To train her puppy to roll over, Kim began by rewarding it for simply lying down. Later, she only rewarded the puppy if it lay down AND turned to one side. Later still, the puppy only got a reward if it lay down, turned, then rolled over. Kim was using:

- A. classical conditioning
- B. modelling
- C. a fixed interval schedule
- D. shaping

30. In classical conditioning, US stands for:

- A. unintentional stimulus
- B. unconditioned stimulus
- C. unconnected stimulus
- D. none of the above

31. In OCD, _____ are to thoughts as _____ are to actions.

- A. opinions, convictions
- B. obsessions, conditions
- C. obsessions, compulsion
- D. compulsions, obsessions

32. Acrophobia is to _____ as arachnophobia is to _____.

- A. open spaces, spiders
- B. spiders, open spaces
- C. heights, spiders
- D. spiders, heights

33. Physically attractive people are usually perceived as:

- A. more intelligent than unattractive people
- B. more dominant than unattractive people
- C. more socially skilled than unattractive people
- D. all of the above

34. In Milgram's original study on obedience, what percentage of participants were willing to administer the maximum level of shock:

- A. 5%
- B. 30%
- C. 65%
- D. 95%

35. The fact that as group size increases, group productivity tends to decrease is most likely explained by:

- A. groupthink
- B. stereotyping
- C. social loafing
- D. social facilitation

36. Stress has _____ costs.

- A. Social
- B. Economic
- C. Personal
- D. all of the above

37. Which of the following would be classed as a cognitive action strategy for dealing with stress?

- A. goal setting
- B. asking questions
- C. analyzing the problem
- D. all of the above

38. According to the transactional theory of stress and coping, our response to stress follows which path?

- A. primary appraisal, secondary appraisal, stressor, coping response
- B. stressor, emotional appraisal, cognitive appraisal, coping response
- C. stressor, primary appraisal, secondary appraisal, coping response
- D. emotional appraisal, cognitive appraisal, stressor, coping response

39. During an encounter judged as stressful, cortisol is released by the _____.

- A. sympathetic nervous system
- B. hypothalamus
- C. pituitary gland
- D. adrenal glands

40. According to the Holmes and Rahe scale, which life event requires the greatest amount of readjustment?

- A. marriage
- B. personal illness
- C. divorce
- D. death of spouse

41. What do people face during each psychosocial stage that can serve as a turning point in development?

- A. Love
- B. Turmoil

- C. Conflict
- D. Trust

42. What does IQ, the numerical measure of intelligence given by the performance in an intelligence test, stand for?

- A. intelligence quota
- B. irrelevant questions
- C. intelligence quotient
- D. intelligence questions

43. What term is given to a group of instruments that have been developed for measuring mental characteristics?

- A. psychoanalytic tests
- B. psychosomatic tests
- C. psychometric tests
- D. psychopathological tests

44. The phenomenon whereby an individual in a group will tend to end up agreeing with a strong majority opinion in spite of their own judgement is known as

- A. normative influence
- B. informative influence
- C. critical mass influence
- D. bullying influence

45. An unreasonable or unfair dislike of something, or more usually, someone, typically because they belong to a specific race, religion or group, is referred to as

- A. stereotyping
- B. prejudice
- C. scapegoating
- D. discrimination

46. Client-Centered therapy in counselling is the contribution of:

- A. Ivan Pavlov
- B. Robert Gagner
- C. Jerome Bruner
- D. Carl Rogers

47. Identify the correct matches of list A items to list B items

List A

- 1. Free association
- 2. Electroconvulsive Therapy (ECT)
- 3. Rational Emotive Therapy (RET)
- 4. Aversive conditioning

List B

- a. Biomedical Therapy
- b. Cognitive therapy
- c. Psychodynamic therapy
- d. Behavior therapy

- A. 1a, 2b, 3c, 4d
- B. 1c, 2b, 3a, 4d
- C. 1d, 2c, 3b, 4a
- D. 1c, 2a, 3b, 4d

48. According to Rogers, _____ from parents is necessary for children to develop healthy self- concepts.
- A. self-actualization
 - B. contextual world view
 - C. unconditional positive regard
 - D. consequences
49. Adler is related to :
- A. vicarious conditioning
 - B. stage theory of development
 - C. use of family constellation
 - D. traits and values
50. A client who reverts to old behaviour patterns is said to be
- A. projecting
 - B. compensating
 - C. actualizing
 - D. regressing

SECTION 2 (SHORT ANSWER QUESTIONS) (30 MARKS)

1. Outline the steps in Eclectic counseling (6 marks)
2. State five (5) important things to do while listening:
3. Describe any four (4) characteristics of a self-actualized individual (4 marks)
4. State five (5) importance of perception to a nurse (5 marks)
5. Name any four (4) negative effects of using punishment in classical conditioning (4 marks)
6. Enumerate any six (6) factors that influence helping and altruistic behavior (6 marks)

SECTION 3 (LONG ANSWER QUESTIONS) (20 MARKS)

1. Discuss and critique Sigmund Freud's psychosexual stages of development (20 Marks)
2. Discuss the three stages of Egan model of counselling (20 Marks)