



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)
DISTANCE LEARNING
UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR
BACHELOR OF SCIENCE IN NURSING**

COURSE CODE: NCD 126

COURSE TITLE: PSYCHOLOGY AND COUNSELLING

SPECIAL EXAMINATION

DATE: 7TH OCT, 2022 TIME: 3PM – 6 PM

INSTRUCTIONS TO CANDIDATES

Answer all Questions in all sections.

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

SECTION ONE: MCQs (1mark each)

1. Someone who feels as though they are not living up to expectations would be described by Adler as having:
 - a. low self-realization
 - b. an Adlerian complex
 - c. an inferiority complex
 - d. low actualization

2. In the Maslow's need hierarchy model which of the following need is kept above the safety needs-
 - A. Self-actualization need
 - B. Belonging need or need to be loved
 - C. Esteem needs
 - D. Physiological needs

3. The ability of a person to develop something new which was not in existence, is known as-
 - A. Achievement
 - B. Aptitude
 - C. Attitude
 - D. Creativity

4. Which of the following biological factor is the most important in determining one's Personality-
 - A. Nervous system
 - B. Endocrine glands
 - C. Height and weight
 - D. Body structure

5. Which of the following is NOT one of the Big Five traits?
 - a. sense of humour

- b. openness to experience
 - c. conscientiousness
 - d. extraversion
6. Freud founded the _____ approach to understanding human behaviour.
- a. palliative
 - b. psychodynamic
 - c. patronymic
 - d. psychedelic
7. The influence of parents on the personality of their children is:
- a. non-existent
 - b. weakest in early childhood
 - c. strongest in early childhood
 - d. consistent across the lifespan
8. Trial and error theory of learning was given by-
- A. Ivan pavlov
 - B. Thorndike
 - C. Skinner
 - D. Kohler
9. A person's need of belongingness is called as-
- A. Physical need
 - B. Achievement motive
 - C. Affiliation motive
 - D. Power motive
10. A corrupted politician gives lecture against corruption in an election rally, he is using following defence mechanism-
- A. Rationalization
 - B. Projection
 - C. Reaction formation

D. Identification

11. Three elements- Need, drive and incentive are related with-

A. Motivation

B. Emotion

C. Thinking

D. Perception

12. According to Freud which of the following is not a part of subsystem or structure of personality-

A. Id

B. Ego

C. Oedipus complex

D. Super Ego

13. All of the following are characteristics of a genius child except-

A. Interest in abstract thinking

B. Ability of attention

C. High level of intelligence (I.Q. more than 130)

D. Interest in concrete thinking

14. Which of the following is not a type of Intelligence-

A. Concrete intelligence

B. Abstract intelligence

C. Mental intelligence

D. Social intelligence

15. When pavlov did his experiment with dog, the sound of bell was the-

- A. Conditioned response
- B. Unconditioned response
- C. Conditioned stimulus
- D. Unconditioned stimulus

16. 'Classical conditioning' theory of learning was proposed by-

- A. Thorndike
- B. Ivan pavlov
- C. Watson
- D. Emold

17. In psychoanalytic method the main focus is on-

- A. Conscious mind
- B. Unconscious mind
- C. Mind
- D. Behavior

18. Simplest form (method) of girl thinking is-

- A. Abstract thinking
- B. Logical thinking
- C. Creative Thinking
- D. Perceptual thinking

19. Repulsion, curiosity, self-assertion and construction are example of:

- A. Needs
- B. Drives
- C. Incentives
- D. Instincts

20. Play for the preschool age child is necessary for the emotional development of-

- A. Projection
- B. Competition
- C. Introjection
- D. Independence

SECTION 2: SHORT ANSWER QUESTION (40 marks)

1. Explain four elements of therapeutic communication (8mks).
2. Giving an example, describe four defense mechanisms in psychology(8mks)
3. Describe four Factors Affecting Self-Concept in psychology (8 marks)
4. Describe the difference between crystallized and fluid intelligence (8 Marks)
5. Describe four goals of psychology(8mks).

SECTION C: LONG ANSWER QUESTIONS(40marks)

1. Discuss the application of counselling skills in the management of clients and patients in clinical practice (20 mks)
2. Discuss Erik Erickson's theory of personality development (20 mks)