40

*(University of Choice)*

# MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

GLOBAL HEALTH AND TRAVEL MEDICINE

## UNIVERSITY EXAMINATIONS
## 2022/2023 ACADEMIC YEAR

### THIRD YEAR SECOND TIMESTER EXAMINATIONS

### FOR THE DEGREE
### OF
### BACHELOR OF SCIENCE IN NURSING

**COURSE CODE:** NCG 328

**COURSE TITLE:** PSYCHOLOGY AND COUNSELLING

MAIN EXAMINATION

**DATE:** THURSDAY 13TH APRIL, 2023          **TIME:** 8- 11AM

INSTRUCTIONS TO CANDIDATES

Answer all Questions in all sections.

TIME:   3 Hours

MMUST observes ZERO tolerance to examination cheating

**MULTIPLE CHOICE QUESTIONS ( 20 Mrks)**

1. Sigmund Freud was the pioneer of which of the following models of psychopathology?
   a) Behaviourist.
   b) Cognitive.
   c) Psychodynamic
   d) Humanistic.

2. If counseling service is to gain understanding of oneself: Follow-up is to:
   a) Keep in constant touch with former student.
   b) Indicate what program may be improved.
   c) Help the student in achieving particular placement he desires.
   d) Understand the world of work.

3. In a group, there are children who usually get out of the social circle. How do you describe these children?
   a) Aggressive type
   b) Friendly type
   c) Quarrelsome type
   d) Shy type

4. A measure that will help a counselor know an individual before the counseling process is:
   a) Conducting personality test.
   b) Asking him to write an autobiography.
   c) Interviewing the individual's parents and significant others.
   d) Studying all available records.

5. The ultimate aim of counseling for the individuals to attain:
   a) Self-knowledge
   b) Self-direction
   c) Self-discovery
   d) Self-understanding

6. Which program should be based upon understanding the needs and problems of the students, competence and interest of the guidance personnel?
   a) Guidance tools
   b) Guidance principles
   c) Guidance services
   d) Guidance techniques

7. The guidance service that suggests the importance for maintaining continuous effort of knowing the whereabouts of the graduates and drop outs is most likely:
   a) Evaluation
   b) Placement
   c) Counseling
   d) Follow-up

8. Which of the following of Freud's ideas is still important to psychopathology today?
   a) Those thoughts are the basis for behaviour.
   b) Behaviour is learned from experience.

   c) Psychopathology has origins in early experience rather than being a manifestation of biological dysfunction.

   d) Dream analysis.

9. Which of the following is not a treatment developed from classical conditioning principles?

   a) Flooding.

   b) Token economies.

   c) Systematic desensitisation.

   d) Aversion therapies.

10. Behaviour modification is an example of which of the following treatment methods:

   a) Enable the individual to unlearn maladaptive behaviours and emotions

   b) Enable the individual to explore their childhood behaviours.

   c) Enable the individual to analyse the behaviour of others.

   d) Enable the individual to modify the behaviour of others.

11. An example of classical conditioning is:

   a) Rat presses lever for delivery of food.

   b) Dog learns to salivate on hearing bell.

   c) Pigeon pecks at key for food delivery.

   d) Dogs learn helplessness from electric shocks.

12. Which of the following is an example of repression?

   a) Stopping yourself from behaving the way you want to

   b) Suppressing bad memories or current thoughts that cause anxiety.

   c) Suppressing your natural instincts.

   d) Stopping others from behaving inappropriately.

13. Id is:

   a) Part of the psyche that controls impulses.

   b) Part of the psyche that reduces anxiety.

   c) A description of innate instinctual needs.

   d) Part of the psyche that controls our morals.

14. What is a defence mechanism?

   a) Any form of martial arts.

   b) A mechanism designed to reduce stress and conflict caused by specific experiences.

   c) A method for negotiating a stage of development.

   d) A mechanism designed to remove psychological barriers.

15. Psychoanalysis is an attempt to explain:

   a) Normal psychological functioning

   b) Normal and abnormal psychological functioning.

   c) Abnormal psychological functioning.

   d) Childhood ideation

16. Ego defence mechanism is:

   a) Part of the Ego state that prevents rational thinking.

   b) Part of the unconscious that attempts to control unacceptable Id influences.

c) Part of the Ego state designed to reduce barriers.

d) Part of the Ego state that aids development.

17. One of the concepts of the humanistic-existential approach is:
    a) Rationalism.
    b) Transference.
    c) Deviation from the statistical norm.
    d) Unconditional positive regard.

18. The acquisition of dog phobia can best be explained by the:
    a) Behavioural model.
    b) Psychodynamic model.
    c) Humanistic model.
    d) Medical model.

19. Operant conditioning:
    a) Represents learning using autobiographical memory.
    b) Represents learning of specific behaviour through reward and reinforcement.
    c) Represents learning through pairing of stimulus and response.
    d) Represents learning through using repetitive stimuli.

20. According to the psychoanalytic approach, an attempt to integrate values learned from parents and society is called:
    a) The Id.
    b) Sublimation.
    c) The Oral stage.
    d) The Superego.

## SHORT ANSWER QUESTIONS (40 Mrks)

1. List any 5 types of long term memory ( 5 marks)
2. Explain Freud's life and death instinct theory ( 8 marks)
3. Outline any 5 sources of stress ( 5 marks)
4. Discuss the following principles of growth and development:
    a. The cephalocaudal principle ( 3 marks)
    b. The proximodistal principle ( 3 marks)
    c. The orthogenetic principle. ( 3 marks)
5. Give the 7 elements of the communication process in sequence (7mrks).
6. Give 6 basic principles of learning ( 6 mrks)

## LONG ANSWER QUESTIONS (40 Mrks)

1. Explain the Kohlbergs Moral Development theory (20mrks)

2. It is necessary to improve self-awareness and personal development among individuals when they are in a group. The 'Johari' window model is a convenient method used to achieve this task of understanding and enhancing communication between the members in a group. Using a well-illustrated diagram, explain the "Johari Window Model" ( 20 mrks)