



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS APRIL 2023**

DNS 115: INTRODUCTION TO PSYCHOLOGY GROWTH AND DEVELOPMENT

DATE: TUESDAY 11TH APRIL 2023

TIME:

2 Hours

Start: HOURS

Finish: HOURS

INSTRUCTIONS

- 1. This exam will be marked out of 70 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has Three Sections: Section I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions**
- 4. Answer all Questions in the ANSWER BOOKLET provided**
- 5. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.**

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Psychology is said to be the scientific study of :-
 - A. Behavior and mental processes
 - B. Mental illness and Mental health
 - C. Physical states and mental states
 - D. None of the above

2. One following was most closely associated with the structuralism school of psychology
 - A. Titchener
 - B. James
 - C. Descartes
 - D. Watson

3. The psychology school believes it is impossible to objectively study the mind
 - A. Functionalism
 - B. Behaviorism
 - C. Humanism
 - D. Socialism

4. Watson and Skinner both contributed to the following school of psychology:-
 - A. Functionalism
 - B. Cognitive
 - C. Social-cultural
 - D. Behaviorism

5. According to Adler, an individual who feels as though they are not living up to expectations would be described as having:
 - A. Low self-realization
 - B. An adlerian complex
 - C. An inferiority complex
 - D. Low actualization

6. The approach to understanding human behavior attributed to Sigmond Freud is:-
 - A. Palliative
 - B. Psychodynamic
 - C. Patronymic
 - D. Psychedelic

7. According to Maslow, a self-actualized individual is highly:-
 - A. Creative
 - B. Confident
 - C. Spontaneous
 - D. All of the above

8. According to Freud, the id is to the _____ principle as the ego is to the _____ principle.
 - a) Aggressive, sexual
 - b) Sexual, aggressive
 - c) Pleasure, reality
 - d) Reality, pleasure

9. The Greek philosopher who believed that knowledge is acquired through learning and experience is:-
 - a) Aristotle
 - b) Plato
 - c) Archimedes
 - d) None of the above

10. Another term of reinforcement is;
 - a) Reward
 - b) Condition
 - c) Response
 - d) None of the above

11. The branch of psychology concerned with the study of animal behavior is;
 - a) Comparative psychology
 - b) Differential psychology
 - c) Social psychology
 - d) Abnormal psychology

12. The branch of psychology which is related to the diagnosis and treatment of mental diseases is;
- Clinical psychology
 - Educational psychology
 - Comparative Psychology
 - Applied psychology
13. The study of Psychology is of great importance to a student nurse, as;
- Psychology helps them to understand themselves and other people
 - Psychology helps them to understand human relationships and rapport formation
 - Psychology helps to shape the attitude and behavior of a patient.
 - All of the above
14. Classical conditioning theory of learning was proposed by-
- Thorndike
 - Ivan Pavlov
 - Watson
 - Freud
15. In Maslow's needs hierarchy model, the need is kept above the safety need is;
- Self-actualization
 - Belonging
 - Esteem needs
 - Physiological needs
16. A person who gets stressed in his office, uses violence at home to release his tension, is using the following defense mechanism-
- Rationalization
 - Repression
 - Displacement
 - Projection
17. Regression means-
- To behave in a balanced manner
 - To interrupt the thinking process
 - Revert to a childish level of behavior
 - To behave in a mature way
18. World's first psychology laboratory was established by-
- Sigmund Freud
 - Albert Adler
 - Wilhelm Wundt
 - Albert Bandura

19. _____ vs. _____ is the conflict faced during middle adulthood.
- Autonomy vs. Shame and Doubt
 - Identity vs. Role Confusion
 - Integrity vs. Despair
 - Generativity vs. Stagnation
20. In Pavlov's work, dogs salivated naturally in response to being given meat powder. In this situation, salivation is the _____ while the meat powder is the _____.
- UCR, UCS
 - UCS, UCR
 - CS, CR
 - CR, CS
21. The of psychosocial development where there is industry versus inferiority is;
- Adolescence
 - Young adulthood
 - 6 to 11 years
 - Middle adulthood
22. The stage of psychosocial development where there is Basic trust versus mistrust.
- 1 to 3 years
 - 3 to 6 years
 - Birth to 1 year
 - 6 to 11 years
23. The process of using psychological methods by a trained psychologist for helping people with psychological problems is called as -
- Psychoanalysis
 - Psychotherapy
 - Psychiatry
 - None of the above

24. According to Freud a fixation or complex is _____.
- a) Unacceptable
 - b) An unresolved unconscious conflict
 - c) A cigar
 - d) A swirling in the unconscious
25. _____ is central to successful counseling and psychotherapy.
- a) large office
 - b) comfortable couch
 - c) Confidentiality
 - d) A power differential
26. Through _____ undesirable behavior can be eliminated.
- a) Extinction
 - b) Modelling
 - c) Reinforcement
 - d) Counter conditioning
27. A client who reverts to earlier level behavioral patterns is said to be:-
- a) Regressing
 - b) Projecting
 - c) Compensating
 - d) Thinking
28. Two theorists who believed human beings are motivated by needs are:-
- a) Adler and Albert
 - b) Maslow and Rodgers
 - c) Murray and Maslow
 - d) Piaget and Jung
29. A phenomenon in which a client directs feelings that were once attributed to a significant other towards the counsellor is known as:-
- a) Reflection
 - b) Trustworthiness
 - c) Trust
 - d) Transference

30. Empty chair is a counseling technique used in _____ approach
- Behavioral
 - Psychoanalytic
 - Gestalt
 - Transactional analysis.

SECTION B: SHORT ANSWER QUESTIONS (20 MARKS)

- Define the following terms.
 - Psychology (2 Marks)
 - Learning (2 Marks)
- List 4 branches of Psychology (4 Marks)
- What is the difference between Structuralism and Functionalism (2 Marks)
- Discuss psychology as a science (10 Marks)
- Explain the structure of personality (6 Marks)

SECTION C: LONG ANSWER QUESTIONS (30 MARKS)

- Citing examples, describe Erickson's stages of psychosocial development. (20 Marks)