



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

DNS 115: INTRODUCTION TO PSYCHOLOGY, GROWTH AND DEVELOPMENT

DATE: THURSDAY 7TH DECEMBER 2023

DURATION: 2 HOURS START: 1400 HOURS FINISH: 1600 HOURS

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. 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. One of the following was the founding father of the psychosocial stages of development:-
 - A. Sigmund Freud
 - B. Erik Erikson
 - C. Abraham Maslow
 - D. Ivan Pavlov
2. The humanistic perspective of psychology is based on: -
 - A. The past
 - B. Free will and individual choice
 - C. Culture
 - D. Hormones and neurotransmitters
3. In classical conditioning, the sound of the bell before conditioning occurs is considered as a: -
 - A. Neutral stimuli
 - B. Unconditioned stimuli
 - C. Conditioned stimuli
 - D. Unconditioned response
4. In classical conditioning, the sound of the bell after conditioning occurs is considered as a: -
 - A. Neutral stimuli
 - B. Unconditioned stimuli
 - C. Conditioned stimuli
 - D. Unconditioned response
5. Offering an unpleasant consequence to an undesired behaviour is known as: -
 - A. Negative punishment
 - B. Positive punishment
 - C. Negative reinforcement
 - D. Positive reinforcement
6. Dreams are found in the following levels of the mind: -
 - A. Unconscious level
 - B. Conscious level
 - C. Subconscious level
 - D. Semiconscious level
7. The following was the founding father of the psychosexual stages of development: -
 - A. Sigmund Freud
 - B. Erik Erikson
 - C. Abraham Maslow
 - D. Ivan Pavlov

8. Behavioral psychology was established by: -
- A. Abraham Maslow
 - B. Ivan Pavlov
 - C. John Watson
 - D. B. F. Skinner
9. The process that involves looking inward to examine one's own thoughts and emotions is known as: -
- A. Retrospection
 - B. Introspection
 - C. Meditation
 - D. Extroversion
10. Functionalism in psychology was proposed by: -
- A. B. F Skinner
 - B. John Watson
 - C. William James
 - D. Erik Erikson
11. Comparative psychology is: -
- A. Also known as animal psychology
 - B. Based on how people grow and develop
 - C. The study of abnormal behavior
 - D. How individuals behave in a social setting
12. Learning is: -
- A. Change in performance
 - B. Permanent change in behavior
 - C. A permanent process
 - D. All the above
13. The following term refers to a situation in which an organism responds in the same way to stimuli that is similar to the conditioned stimuli is known as: -
- A. Stimuli discrimination
 - B. Stimuli generalization
 - C. Reinforcement
 - D. Contiguity
14. The act of using a conditioned stimuli to condition a neutral stimuli is referred to as:-
- A. Spontaneous recovery
 - B. Contiguity
 - C. Higher order conditioning
 - D. Reinforcement

15. The most effective type of conditioning is: -
- A. Forward conditioning
 - B. Simultaneous conditioning
 - C. Backward conditioning
 - D. Trace conditioning
16. A defense mechanism characterized by taking out frustrations, feelings and impulses on people or objects that are less threatening is referred to as: -
- A. Displacement
 - B. Projection
 - C. Reaction formation
 - D. Mirror effect
17. Regression is when: -
- A. Unpleasant information is unconsciously kept from the conscious mind
 - B. Unacceptable behavior is explained in a rational way
 - C. Coping strategies are abandoned for earlier patterns of behavior
 - D. Unacceptable behavior is ascribed to other people
18. A person with high levels of thoughtfulness, good impulse control and goal directed behavior is described as: -
- A. Open
 - B. Agreeable
 - C. Conscientious
 - D. Eager-to-please
19. A single personality characteristic that directs most of a person's activities is known as: -
- A. Cardinal trait
 - B. Central trait
 - C. Primary trait
 - D. Secondary trait
20. Unusual degrees of cleanliness and orderliness indicates fixation in the following developmental stage: -
- A. Oral stage
 - B. Anal stage
 - C. Phallic stage
 - D. Latent stage

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Define psychology (2 Marks)
2. Describe THREE (3) school of thoughts in psychology (6 Marks)
3. Outline the FOUR (4) main goals of psychology (8 Marks)
4. With the use of examples, describe any FOUR (4) ego defense mechanisms (8 Marks)
5. Distinguish between Id, Ego and Superego (6 Marks)

SECTION III: LONG ANSWER QUESTION (20 MARKS)

1. Discuss the psychosocial stages of development according to Erick Erickson, clearly outlining the developmental tasks expected of each stage and the virtue expected to be attained at each stage (20 Marks)

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