



**AMREF INTERNATIONAL UNIVERSITY**

**SCHOOL OF PUBLIC HEALTH**

**DEPARTMENT OF HEALTH SYSTEMS MANAGEMENT AND DEVELOPMENT**

**BACHELOR OF SCIENCE IN HEALTH SYSTEM AND DEVELOPMENT**

**SPECIAL/SUPPLEMENTARY EXAMINATION – MARCH 2024**

**UNIT CODE: AIU 114**

**UNIT NAME: INTRODUCTION TO SOCIAL PSYCHOLOGY**

**TIME DATE**

**INSTRUCTIONS**

**SECTION A: THIS SECTION IS COMPULSORY (30 MARKS)**

**Question 1**

- A. Citing examples, highlight four factors that affect human beings' way of thinking, interpreting situations and attitude. (4 marks)
- B. Enumerate three characteristics of Social Psychology. (3 marks)
- C. Outline **SIX** key elements that must be present for classical conditioning to take place. (6 marks)
- D. Outline **FOUR** symptoms of Anxiety disorders. (4 marks)
- E. Highlight the **THREE** components of personality structure according to Sigmund Freud. (6 marks)
- F. Using relevant examples, identify **TWO** psychoanalytic factors that can impact on health systems management. (4 marks)

G. State **THREE** symptoms of schizophrenia.

(3 marks)

## **SECTION B: ANSWER TWO QUESTIONS FROM THIS SECTION**

### **Question 2**

i). Salimah is a 32-year-old woman who recently experienced a significant loss in her life when her long-term romantic relationship ended abruptly. Since then, Salimah has been struggling to cope with overwhelming feelings of sadness, anger, and confusion. Despite her efforts to move on, she finds herself constantly thinking on what went wrong and feeling paralyzed by fear of the future. Using Freud's theory of ego-defense mechanisms, discuss **Five** coping mechanisms she can employ to deal with her predicament. (10 marks)

ii). Tom is a college student who is struggling to stay motivated and focused on his studies. Despite his initial enthusiasm for his courses, he finds himself increasingly disengaged and procrastinating on assignments. Tom's grades have started to decline, and he is worried about his academic performance. Discuss **Five** factors that can influence Tom's behaviour and academic outcomes. (10 marks)

### **Question 2**

i) Alex, a 21-year-old individual, has recently been reflecting on his life experiences and struggles with defining his identity. He finds himself pondering his career choices, relationships, and sense of purpose. Additionally, Alex is questioning the societal expectations placed upon him regarding gender roles and expressions. Discuss Erik Erikson's stages of personality development, focusing on

Alex's current stage of psychosocial development, particularly on the stage relevant to gender role development. (10 marks)

ii) David, a 22-year-old Kenyan college student, recently came out as gay to friends and family. Explain the challenges David is likely to face in college as they explore their identity within a diverse social context. (10 Marks)

### Question 3

1. Zuwena, a 14-year-old, was sitting in a science class watching a film. All of a sudden, she started feeling really strange. Her ears seemed to be stuffed with cotton and her vision was very dim. She was cold, had broken out in a sweat, and felt extremely afraid for no good reason. Her heart was racing and she immediately became convinced that she was dying. A friend sitting behind her saw how pale she had become and tried to ask her what was wrong, but Zuwena couldn't speak. She was in a state of panic and couldn't move. The friend got the teacher's attention, who motioned Zuwena to come over to him. Although she would have sworn she couldn't move, she stood up to go to him and immediately everything returned to normal.

i). Reflecting on the above case study, identify what disorder Zuwena could be suffering from, and justify the answer using relevant examples. (5 marks)

ii). Discuss **FIVE** intervention measures that Zuwena can employ in managing her symptoms. (15 marks)