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**UNIVERSITY EXAMINATIONS 2021/2022**

**ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

**MAIN EXAMINATION**

**FOR BACHELOR OF SCIENCE IN NURSING DEGREE**

**COURSE CODE: NUR 123**

**COURSE TITLE: HUMAN PSYCHOLOGY AND COUNSELLING**

**DATE: 29/03/2023**

**TIME: 09:00AM**

**INSTRUCTIONS TO CANDIDATES**

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

**SECTION 1 (MULTIPLE CHOICE QUESTIONS) (50 MARKS)**

1. Which of the following is not one of the processes of Bandura's Social Learning Theory?

- a) Attention
- b) Memory
- c) Motivation
- d) Imagination

2. What is the name of the principle in Bandura's Social Learning Theory that states that people are more likely to imitate behavior that they see as successful?

- a) Reinforcement principle
- b) Observational learning principle
- c) Modeling principle
- d) Vicarious reinforcement principle

3. Bandura's theory suggests that people can acquire new behaviors through:

- a) Classical conditioning
- b) Operant conditioning
- c) Observational learning
- d) All of the above

4. According to Bandura, what are the four main processes of social learning?

- a) Attention, memory, motivation, and imitation
- b) Attention, memory, motivation, and generalization
- c) Attention, memory, motivation, and discrimination
- d) Attention, memory, motivation, and reproduction

5. Freud believed that human behaviour is primarily motivated by the psycho sexual energy he called \_\_\_\_\_.

- A. ego
- B. libido
- C. commitment

D. Superego

6. The unpleasantness of \_\_\_\_\_ motivates individuals to avoid or reduce inconsistencies in cognitive structure.

- A. life space
- B. cognitive dissonance
- C. self-actualization
- D. traits

7. A counselor might use systematic desensitization to help reduce the \_\_\_\_\_ experienced by an agoraphobic client.

- A. anxiety
- B. depression
- C. psychosis
- D. mania

8. In Jung's theory, \_\_\_\_\_ is the tendency toward subjective functioning, with the self being of greatest importance

- A. introversion
- B. extraversion
- C. extinction
- D. shaping

9. Behaviour modification programs in schools or group homes often use \_\_\_\_\_ to motivate participants.

- A. shaping
- B. token economy
- C. modeling
- D. conditioning

10. Through \_\_\_\_\_ undesirable behaviour may be eliminated

- A. counter conditioning
- B. extinction
- C. modeling
- D. reinforcement

11. Counselors who follow Maslow's theory believe people's behaviors are directed by

- A. oral gratification
- B. pleasure principle
- C. pleasing others
- D. need gratification

12. Motivation and reinforcement may come from within a person or from sources external to the person. According to Rotter, people's behaviour is determined by their belief that reinforcements are either internally or externally controlled. This concept is called

- A. locus of control

- B. reinforcement contingency
- C. goal orientation
- D. expectancy level

13. A client who reverts to old behaviour patterns is said to be

- A. projecting
- B. compensating
- C. actualizing
- D. regressing

14. As a counselor in a community mental health centre, you receive a paycheck every other Friday. This is an example of which reinforcement schedule?

- A. variable interval
- B. fixed interval
- C. variable ratio
- D. fixed ratio

15. Counselors who consistently behave in accordance with their own values and perceptions are exhibiting the trait called \_\_\_\_\_.

- A. empathy
- B. transference
- C. intimacy
- D. genuineness

16. Counselors who fear rejection or fear closeness and affection may have difficulty developing \_\_\_\_\_ in the helping relationship.

- A. attending
- B. intimacy
- C. transference
- D. positive regard

17. Some counseling techniques are appropriate for individual counseling, while others apply more to group counseling. Which of the following counselor skills applied to individual as well as group counseling?

- A. summarizing
- B. consensus taking
- C. moderating
- D. linking

18. The counseling profession is based upon some general philosophical propositions. Which of these is not one of them?

- A. counseling aims to promote human growth and development
- B. counseling considers physical as well as psychosocial environment.
- C. counseling facilitates person-environment fit.
- D. counseling is a clearly defined helping relationship.

19. Which counselor intervention most closely follows client verbalizations?

- A. reflection of feeling
- B. confrontation
- C. restatement of content
- D. positive regard

20. The phenomenon whereby an individual in a group will tend to end up agreeing with a strong majority opinion in spite of their own judgement is known as

- A. normative influence
- B. informative influence
- C. critical mass influence
- D. bullying influence

21. An unreasonable or unfair dislike of something, or more usually, someone, typically because they belong to a specific race, religion or group, is referred to as

- A. stereotyping
- B. prejudice
- C. scapegoating
- D. discrimination

22. Client-Centered therapy in counselling is the contribution of:

- A. Ivan Pavlov
- B. Robert Gagner
- C. Jerome Bruner
- D. Carl Rogers

23. Identify the correct matches of list A items to list B items

List A

- 1. Free association
- 2. Electroconvulsive Therapy (ECT)
- 3. Rational Emotive Therapy (RET)
- 4. Aversive conditioning

List B

- a. Biomedical Therapy
- b. Cognitive therapy
- c. Psychodynamic therapy
- d. Behavior therapy

- A. 1a, 2b, 3c, 4d
- B. 1c, 2b, 3a, 4d
- C. 1d, 2c, 3b, 4a
- D. 1c, 2a, 3b, 4d

24. Which theoretical perspective is Erikson's theory of psychosocial development based on?

- a. Cognitive
- b. Behavioral
- c. Humanistic
- d. Psychoanalytic

25. How many stages are there in Erikson's theory of psychosocial development?

- a. 5

- b. 6
- c. 7
- d. 8

26. Which stage of Erikson's theory is associated with the development of a sense of trust or mistrust in the world around them?

- a. Trust vs. Mistrust
- b. Autonomy vs. Shame and Doubt
- c. Initiative vs. Guilt
- d. Industry vs. Inferiority

27. Which stage of Erikson's theory is characterized by the development of a sense of autonomy or self-doubt based on the individual's experiences with independence and control?

- a. Trust vs. Mistrust
- b. Autonomy vs. Shame and Doubt
- c. Initiative vs. Guilt
- d. Industry vs. Inferiority

28. Human Central Nervous System is composed of ...

- a) somatic nervous system
- b) brain and spinal cord
- c) autonomic nervous system
- d) all of these

29. The link between the nervous system and the endocrine system is due to the presence of?

- a) corpus callosum
- b) reticular formation
- c) cerebellum
- d) hypothalamus

30. Melatonin is produced by which gland?

- a) posterior pituitary
- b) hypothalamus
- c) pineal gland
- d) anterior pituitary

31. According to Kohlberg's theory, at which level of moral development do individuals focus on avoiding punishment and seeking rewards?

- a) Preconventional level
- b) Conventional level
- c) Postconventional level
- d) Unconventional level

32. In Kohlberg's theory, what are the six stages of moral development?

- a) Preconventional, Conventional, Postconventional
- b) Reward and Obedience, Self-interest, Social norms, Universal principles

- c) Autonomous, Heteronomous, Self-actualization, Self-transcendence
- d) Punishment and Obedience, Instrumental Relativist, Good Boy/Nice Girl, Law and Order, Social Contract, Universal Ethical Principle

33. According to Kohlberg's theory, which stage of moral development is characterized by an understanding of moral rules as based on the principle of individual autonomy and self-government?

- a) Punishment and Obedience stage
- b) Instrumental Relativist stage
- c) Social Contract stage
- d) Universal Ethical Principle stage

34. Which of the following is not one of Piaget's stages of cognitive development?

- a) Sensorimotor
- b) Preoperational
- c) Concrete operational
- d) Emotional development

35. At what age range does the preoperational stage occur?

- a) Birth to 2 years
- b) 2 to 7 years
- c) 7 to 12 years
- d) 12 years and older

36. What is the main focus of the formal operational stage?

- a) Using symbols to represent objects
- b) Understanding number and mathematical operations
- c) Abstract reasoning and hypothetical thinking
- d) Coordinating movements and grasping objects

37. What is conservation?

- a) The ability to classify objects based on their characteristics
- b) The ability to perform mathematical operations
- c) The understanding that certain properties of objects remain the same despite changes in appearance
- d) The ability to understand and think about abstract concepts

38. What is one critique of Piaget's theory?

- a) It is based on research with primarily European and North American children
- b) It over-emphasizes the role of logic in cognitive development
- c) It takes into account the child's ability to understand the task or the concepts being tested
- d) It deals only with cognitive development and not with emotional and social development

39. What is the main focus of the sensorimotor stage?

- a) Using symbols to represent objects
- b) Understanding number and mathematical operations

- c) Understanding the world through senses and motor skills
- d) Abstract reasoning and hypothetical thinking

40. What is the name of the method of treatment developed by Freud?

- a) Behaviorism
- b) Psychoanalysis
- c) Cognitive therapy
- d) Humanism

41. Which of the following concepts were NOT developed by Freud ?

- a) Id, ego, and superego
- b) Defense mechanisms
- c) Oedipus complex
- d) Self-actualization

42. What is the primary source of pleasure during the Oral Stage of psychosexual development?

- a) Mouth
- b) Anus
- c) Genitals
- d) Mind

43. What is the corresponding psychological conflict during the Anal Stage of psychosexual development?

- a) Trust vs. Mistrust
- b) Autonomy vs. Shame and Doubt
- c) Initiative vs. Guilt
- d) Industry vs. Inferiority

44. What is the Oedipus complex?

- a) A stage of psychosexual development
- b) A defense mechanism that a boy defends the mother
- c) A concept where children have sexual and aggressive desires towards their parents
- d) A method of dream analysis proposed by Freud Sigmund

45. What is the primary source of pleasure during the Latent stage of psychosexual development?

- a) Mouth
- b) Anus
- c) Genitals
- d) Mind

46. What is the corresponding psychological conflict during the Genital stage of psychosexual development?

- a) Trust vs. Mistrust
- b) Autonomy vs. Shame and Doubt
- c) Initiative vs. Guilt



d) Identity vs. Role Confusion

47. What is the main focus of Sullivan's interpersonal model of personal development?

- a) Past experiences
- b) Interpersonal relationships
- c) Self-esteem
- d) Emotional disturbances

48. According to Sullivan, what is the cause of emotional disturbances?

- a) Past experiences
- b) Interpersonal interactions
- c) Self-awareness
- d) Childhood experiences

50. Who developed the theory of cultural-historical psychology?

- a) Jean Piaget
- b) Sigmund Freud
- c) Lev Vygotsky
- d) Erik Erikson

**SECTION 2 (SHORT ANSWER QUESTIONS) (ANSWER ALL QUESTIONS)  
(30 MARKS)**

1. State 4 characteristics of Psychological Tests: (4 marks)
2. State six (6) Symptoms of relationship difficulties (6 marks)
3. Describe the three (3) stages of memory (6marks)
4. State any 4 classes of learning theories (4 Marks)
5. Describe any three (3) Biases in attribution process (6marks)
6. Outline any four (4) sources of prejudice (4 Marks)

**SECTION 3 (LONG ANSWER QUESTIONS) (ANSWER ONE QUESTION)  
(20 MARKS)**

1. Discuss the biological basis of behaviour (20 Marks)
2. Describe Erik Erikson's Stages of Psychosocial Development (20 Marks)