

PSYCHOLOGY MARKING KEY

PART II: SHORT ANSWER QUESTIONS

(10 MARKS)

1. **Explain the importance of studying psychology as a nurse.** **5 marks**
 - Prepares the nurse on how patients are likely to respond to their illnesses.
 - Helps the nurse identify measures that he/she can use to promote positive thinking.
 - Helps the nurse in communication and to relate well with colleagues and clients.
 - Helps the nurse to understand him/herself.
 - Helps the nurse to establish trust with the patient.
2. **State five ways in which a psychologist can help learners improve their memory.** **5 marks**
 - Healthy eating (balanced diet)
 - Physical fitness(exercises)
 - Stress reduction measures
 - Memory exercises improves cognitive function and brain efficiency e.g. brain teasers and verbal memory training techniques
 - Adequate sleep.

PART III: ESSAY/LONG ANSWER QUESTION

(20 MARKS)

Question one (1): -

- a) **Explain the first five (5) stages of psychosocial development by Erick Erickson.** **10 marks**
 - 1. Trust versus mistrust. Occurs in infancy (birth-18 months). Babies must learn to trust their parents care and affection.
 - 2. Autonomy versus shame/doubt. In early childhood (18 months-3 yrs). Child learns to feed themselves and do things on their own.
 - 3. Initiative versus guilt. 3 to 5 years (late childhood). Child becomes assertive and takes initiative. Being too forceful may lead to guilt
 - 4. Industry versus inferiority - 5 to 12 years (School age). Learn to follow the rules imposed by schools or home or the child can start believing they are inferior to others.
 - 5. Identity versus role confusion. Adolescence (13-18 years of age). Acquire a sense of identity or can become confused about ones role in life.
- b) **Explain five (5) motivational theories and their implication in Health care delivery.** **10 marks**
 - i) *Homeostasis & the Drive Theory*
 - It is essential that the body maintains a constant internal environment for its optimum functioning.
 - Corrective measures are in place to ensure that the body's temperature, body fluids, and hormones are maintained within a certain range.
 - ii) *Psychoanalytic theory*. Sigmund Freud stated that human behavior is determined by two basic forces: **the life instincts (eros) & the death instincts (Thanatos)**. The former explains the behavior that is directed towards the preservation of life while the latter leads to destruction for example aggressiveness.
 - iii) *Behavioural theory* - This theory holds that an organism is likely to engage in a certain type of behavior if it were **rewarded** following food-seeking behaviour.
 - iv) *Drive reduction theory* - This theory suggests that tension builds up in an organism in response to certain needs. As the goals are achieved, for example obtaining food, tension is reduced and this is accompanied by a pleasurable feeling.

v) *Humanistic theory* - By Abraham Maslow.

- Maslow reasoned that human motivations are organized in a hierarchy of needs.
- He stated that the lower needs in the hierarchy must be partly fulfilled before those at the next level can assume importance. If they are not, then the organism remains preoccupied with them until the needs are met.