

KENYA MEDICAL TRAINING COLLEGE – CHUKA CAMPUS

DEPARTMENT OF NURSING

CLASS: MARCH 2020 & SEPTEMBER 2020

PROGRAM: DIPLOMA IN KENYA REGISTERED COMMUNITY HEALTH NURSING-

BASIC (KRCHN-B)

YEAR 1 SEMESTER 1 EXAMINATION

MODULE: PSYCHOLOGY

DATE: THURSDAY 08/04/2021 TIME ALLOWED: 1 HOUR 30 MINUTES

INSTRUCTIONS TO CANDIDATES:

1. Read the questions carefully and answer only what is asked.
2. Enter your college number and question number on the foolscaps provided.
3. All questions are compulsory.
4. For part I (Multiple choice questions);
Write your answers in capital letters on the foolscaps provided.
5. Each M.C.Q is 1 mark.
6. For part II (Short answer questions);
Answers to these questions should follow each other on the foolscaps provided.
7. For part III (Essay /Long answer questions);
Answers to each question must be written on separate page (s) in the foolscaps provided.
8. Omission of or wrong numbering of examination paper, questions or parts of the question
will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return from after handing in ALL the scripts.
10. Mobile phones and smart watches are not allowed in the examination room.

1. **The process of gradually acquiring certain skills and feelings as the child grows up is referred to as: -**
 - a) Growth.
 - b) Heredity.
 - c) Milestone.
 - d) Development.
2. **The part of the mind where the censored materials are kept is the: -**
 - a) Conscious mind.
 - b) Pre conscious mind.
 - c) Subconscious mind.
 - d) Unconscious mind.
3. **Psychological causes of stress are: -**
 - a) Pain, hunger & bereavement.
 - b) Anxiety, bereavement & Pain.
 - c) Fear, anxiety & tension.
 - d) Hunger, illness & Injury.
4. **The field of psychology that deals with diagnosis and treatment of mental disorders is: -**
 - a) Clinical.
 - b) Developmental.
 - c) Experimental.
 - d) Personality.
5. **The psychological theory that views that people have free will and potential for self-actualization is: -**
 - a) Behaviourism.
 - b) Psychodynamic theory.
 - c) Cognitive theory.
 - d) Humanism.
6. **Psychomotor learning: -**
 - a) Includes acquisition of physical skills.
 - b) Includes ability to think & form mental concepts.
 - c) Includes ability to express emotions.
 - d) Takes place later in life i.e. after 70 years.

7. **A recall of events that occurred over the past few hours or days are stored in which type of memory?**
- a) Immediate memory.
 - b) Recent past memory
 - c) Recent memory.
 - d) Remote memory.
8. **The process whereby sensory information is changed into usable form so as to enter short-term memory: -**
- a) Encoding.
 - b) Decoding.
 - c) Recall.
 - d) Registration.
9. **A psychologist whose interests lay on reasoning, problem solving and memory is probably a: -**
- a) Historical psychologist.
 - b) Clinical psychologist.
 - c) Educational psychologist.
 - d) Cognitive psychologist.
10. **The mental defense mechanism where dangerous memories are allowed back into the consciousness but the associated motives and emotions aren't recalled is:-**
- a) Isolation.
 - b) Denial.
 - c) Displacement.
 - d) Conversion.
11. **During repression as a mental defense mechanism:-**
- a) The individual demonstrates an attitude of hostility resulting from frustration.
 - b) Painful, frightening, or threatening emotions, memories, impulses or drives that are subconsciously pushed or "stuffed" deep inside.
 - c) Painful, frightening, or threatening emotions, memories, impulses or drives that are consciously pushed or "stuffed" inside.
 - d) An individual substitutes unacceptable suppressed type of behavior for another more acceptable form.

12. Which one of the following is an example of avoidance-avoidance conflict?

- a) Ms June is forced to work at a job that she dislikes or else remain unemployed.
- b) Karl, a first year nursing student chooses to study and forgoes attending a party.
- c) Max is torn between getting married or remaining single to escape responsibilities.
- d) Joseph has a headache and chooses to take paracetamol for relief.

13. Homeostasis as a motivation theory suggests that:-

- a) Human behaviour is determined by two basic forces i.e. the life and death instincts.
- b) It is essential that the body maintains a constant internal environment for its optimum functioning.
- c) Tension builds up in an organism in response to certain needs which are necessary.
- d) An organism is likely to engage in a certain type of behavior if it were **rewarded** following food-seeking behaviour.

14. Pavlov demonstrated that dogs could be conditioned to salivate in response to new stimulus such as ringing a bell followed by food for several times. In this case, the unconditioned stimulus is:-

- a) The food.
- b) The bell.
- c) Act of salivation.
- d) The dog.

15. In Psychology, '*psyche*' is a Greek word meaning:-

- a) Soul.
- b) Study.
- c) Attitude.
- d) The mind.

16. The first psychology laboratory was established by:-

- a) JB Watson.
- b) Wilhelm Wundt.
- c) Aristotle.
- d) Socrates.

17. Persons who are mostly enthusiastic, make friends easily and tend to be exaggerative are likely to be:-
- a) Extroverts.
 - b) Introverts.
 - c) Melancholics.
 - d) Sanguines.
18. Which two disciplines provided foundations for the field of psychology?
- a) Philosophy and physiology.
 - b) Sociology and philosophy.
 - c) Physiology and sociology.
 - d) Physiology and theology.
19. How did Wilhelm Wundt define psychology?
- a) The scientific study of the unconscious.
 - b) The scientific study of the conscious experience.
 - c) Scientific study of behaviour.
 - d) Scientific study of the brain.
20. Which one of the following would both Carl Rogers and Abraham Maslow agree with?
- a) People have a basic need to fulfil their potential for personal growth.
 - b) Human behaviour is entirely shaped by environmental events.
 - c) Human behaviour is largely influenced by genetic forces.
 - d) Human behaviour is largely influenced by primitive sexual urges.

PART II: SHORT ANSWER QUESTIONS **(10 MARKS)**

1. Explain the application of classical conditioning in our social and professional lives. **5 marks**
2. Describe two (2) types of conflicts. **5 marks**

PART III: ESSAY/LONG ANSWER QUESTION **(20 MARKS)**

Question one (1): -

Psychological care is a vital constituent of wholistic management of every patient.

- a) Discuss the classical conditioning theory and its application in our socio and professional lives. **10 marks**
- b) Explain the structure of personality according to Sigmund Freud. **6 marks**

c) Explain two (2) reasons for studying Growth & Development.

4 marks