

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**FINAL EXAMINATION**  
**MAY 2012**

**COURSE NAME: INTRODUCTION TO PSYCHOLOGY**

**COURSE CODE: HSC 100**

**TIME ALLOCATED: 2 HOURS**

**MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. ANSWER ALL 3 QUESTIONS.**
- 2. EACH QUESTION CARRIES A TOTAL MARK OF 25.**
- 3. ANSWER EACH QUESTION ON A NEW PAGE.**

**DO NOT OPEN THE PAPER UNTIL THE INVIGILATOR INSTRUCTS YOU TO DO SO.**

**QUESTION 1:**

***Respond to the following items with either true or false from question 1-5.***

1. Positive reinforcement refers to adding something positive in order to increase the probability of a behaviour occurring.
2. Sigmund Freud's theory of psychosexual development has six stages that occur in the same order for all children.
3. Ego defense mechanisms are almost always unhealthy no matter how they are used.
4. Conditioning could be considered synonymous with learning in that a conditioned response occurs only after it has been learned.
5. Negative reinforcement refers to the adding of something negative in order to reduce the probability of a behaviour occurring. (5)

***Choose the best answer.***

6. Zanele (5 years) has tried to make her parents breakfast as a surprise. Her parents were definitely surprised when they discovered the considerable mess in the kitchen. Zanele is most likely to be in which stage of Erikson's stages of development?

- a) Industry vs Inferiority
- b) Initiative vs guilt
- c) Generativity vs stagnation
- d) Trust vs mistrust

7. It refers to any observable action or reaction by a living organism ranging from obvious action, anything we say to subtle changes in the electrical activity occurring deep inside our brains.

- a) Psychodynamics
- a) Cognition
- b) Personality trait
- c) Behaviour

8. Electra complex develops in which stage of development:

- a) Phallic Stage
- b) Identity vs role confusion
- c) Genital stage
- d) Latency stage

9. The psychic energy that powers all mental activities:

- a) The id
- b) The superego
- c) Libido
- d) The drive

10. At work, Thuli is well-organised, careful, and responsible. She does not miss any deadline and is so dependable. In which of the personality dimensions would Thuli score high?

- a) Neuroticism
- b) Emotional stability
- c) Self-actualised
- d) Conscientiousness

11. At this stage, Nomzamo begins asserting control and power over her environment. Success in this stage leads to a sense of purpose. Should Nomzamo attempts to exercise too much power and experience disapproval, she could develop guilt. According to Erikson's psychosocial stages, which stage is Nomzamo?

- a) School- Age
- b) Phallic Stage
- c) Pre-school
- d) Latency Stage

12. Lungile is overly concerned with being neat and tidy. Freud would most likely suggest that Lungile is fixated at which stage of psychosexual development.

- a) Latency
- b) Anal
- c) Oral
- d) Phallic

13. \_\_\_\_\_ involves the application of psychological knowledge and skills to work, aiming at improving the quality of working experience.

- a) Psychobiology psychology
- b) Industrial psychology
- c) Experimental psychology
- d) Psychodynamics

14. \_\_\_\_\_ studies diagnosis, causes and treatment of mental disorders.

- a) Clinical psychology
- b) Psychiatry
- c) Psychotherapy
- d) Cognitive psychology.

15. In Erikson's autonomy vs shame and doubt, which important event shall be successfully attained in order to promote development?

- a) Playing
- b) Being Industrious
- c) feeding
- d) Toilet Training

16. Mr. Mahlalela is always suspicious of everyone around him. He has divorced three times because he could not trust any of his wives. At work, he has fired 5 employees whom he believes are all out to sabotage him. The final straw he made was when he accused his brother who is an insurance broker, for planning to kill him after the brother sold him an insurance policy: which personality disorder would you classify Mr. Mahlalela?

- a) Paranoid
- b) Schizoid
- c) Obsessive compulsive
- d) Histrionic

17. Nothando is a 37 year old laboratory technician. She has never had any close friends nor had she ever had any intimate relationship. She prefers to be left alone, and has no desire for any relationship. Which personality disorder would you classify Nothando?

- a) Paranoid
- b) Schizoid
- c) Avoidant
- d) Antisocial

18. \_\_\_\_\_ involves the exploration of a person's unconscious thought processes through methods such as free association (*saying whatever comes to mind*), and dream analysis.

- a) Humanistic Psychology
- b) Introspection
- c) Clinical psychology
- d) Psychoanalysis

19. According to Maslow's hierarchy of needs; confidence, achievement and respect fall under which type of needs:

- a) Self- esteem
- b) Self actualization
- c) Growth needs
- d) A and C.

20. \_\_\_\_\_ is regarded as the father of Psychology.

- a) William James
- b) Wilhelm Wundt
- c) Sigmund Freud
- d) Carl Rogers.

21. Behaviour is guided by one's self- image, subjective perceptions of the world and the need for personal growth. Which behavioural view is this?

- a) Humanistic view
- b) Cognitive view
- c) Behaviouristic view
- d) Psychodynamic view.

22. According to this theory, humans are driven to achieve their maximum potential and will always do so unless obstacles are placed in their way.

- a) Humanistic theory
- b) Goal setting theory
- c) Expectancy theory
- d) Incentive theory

23. This motivational theory is derived from our biological make-up.

- a) Expectancy theory
- b) Goal setting theory
- c) Drive theory
- d) Humanistic theory.

24. Refers to the unique set of characteristics and qualities that only an individual person possess, they are internal and remain stable across the life span.

- a) Personality
- b) Behaviour
- c) Genetics
- d) Personality traits

25. It allows us to satisfy these libidinal impulses when it is morally appropriate or correct to do so.

- a) Ego
- b) Superego
- c) Ego strength
- d) Ego quality

(20).

### QUESTION 2:

i). Nomathemba is a 34 year old female working for a construction company as an Engineer. Her mother left her when she was only 6 months and was solely raised by her father till the age of 12 when he got married. During her school going phase, she befriended only boys and was uncomfortable hanging around with girls. At the age of 14, she was caught by the principal smoking with her friends and has never stopped since then. She has been married to Zonke for 8 years, but still feels that she is not ready to have children. In her current job, she is in charge of 7 foremen (site supervisors) and none of these men undervalue her leadership and managerial abilities. She is still very close to her father and appreciates her step mother.

With your understanding of Freud's psychosexual stages of development, describe Nomathemba's life; your position of her personality and why. (20)

ii). Explain the following defense mechanisms.

- a) Sublimation
- b) Repression

- c) Projection
- d) Denial
- e) Regression

(5)

**QUESTION 3:**

- i). Describe Maslow's Hierarchy of needs and how these influence motivation. (15).
- ii). As a nurse, you encounter a number of clients in their different stages of growth and development. The ultimate of these stages is that of death and dying. Discuss the stages of death and dying according to Elizabeth Kübler-Ross (10).

**GOOD LUCK!!**