

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
BACHELOR OF NURSING YEAR 4 HEALTH SCIENCES**

**FINAL EXAMINATION PAPER 2012**

**TITLE OF PAPER: NORMAL PSYCHOLOGICAL DEVELOPMENT  
11**

**COURSE CODE : NUR 453**

**MARKS ALLOCATION: 75**

**TIME ALLOCATION : 2 HOURS**

**INSTRUCTIONS : THIS PAPER CONSISTS OF THREE  
QUESTIONS.  
ANSWER ALL QUESTIONS.  
DO NOT OPEN THIS PAPER UNTIL TOLD  
TO DO SO.**

## QUESTION 1

State whether each statement is true or false by writing (T) or (F) against the number e.g. 28=  
F

1. Primary mental health care is the same as primary health care.
2. Principles of primary Health care in general Health setting also become important boundaries in primary mental health care setting.
3. The holistic approach in caring is easily applicable in primary mental health care.
4. Accessibility to services in primary mental health care in other words refers to the enabling of the internal environment to benefit from the external environment.
5. Proper condom utilization is an essential message that is also part of psycho-education.
6. In the true sense the meaning of mental health problems is synonymous to mental disorders.
7. The planning of psycho-education should not be necessarily different from that of mental disorders.
8. Comprehensive mental health promotion is synonymous to internal environment holistic caring.
9. The scope of primary mental health care could be synonymous to services rendering in the internal and external environment,
10. Rehabilitating an individual in mental health is about enabling an individual to function adequately in some parts but not necessarily all the parts.
11. The SOS village is one of the organizations that offer perfect forensic services in some developing countries.
12. Services offered by Family Life Association of Swaziland are good examples of services offered to institutionalized patients/clients.
13. Consultation among mental health workers is not possible because they are working with mentally challenged individuals.
14. Team approach in mental health refers to good working relations among the different sectors of the profession.
15. It is essential to realize that it is not always possible to apply the concept of comprehensive mental health promotion when caring for individuals, groups and society.
16. Institutionalization is good because it is not expensive.
17. What makes de-institutionalization a bad form of care is that it does not give freedom to families to care for their relatives.
18. When patients are institutionalized, they may develop some tendency to be lazy.
19. Once mentally disordered, most patients become always.
20. The reason for preferring prevention of mental disorders in mental health, it is because mental disorders are better to prevent than to cure.

21. The roles of community mental health nurse are to some extent similar to those of community health nursing.
22. What makes it difficult to deal with issues relating to OVCs is because these young people are difficult to handle.
23. Allowing orphans to participate in community service is not good because that most often result to child abuse.
24. One of the reasons why it is difficult to campaign against alcohol abuse in Swaziland is because alcohol is legally and commercially allowed to be sold.
25. It is important to take care of children as opposed to adults because children are the future of the country and therefore a priority.

**[25 marks]**

## **QUESTION 2**

There seems to be a problem regarding the holistic promotion of mental health of school going children in Swaziland. This is due to the fact that mental health professionals are not deployed in schools. Therefore, the normal psychological growth and development of school going children has been grossly compromised. As a result children are often disturbed and sometimes totally wrecked by the problems prevailing in schools. How would the following interventions minimize the impact of mental health problems at school?

- |   |                    |
|---|--------------------|
| 1.1 Provision of counselors at school               | <b>(10 marks)</b>  |
| 1.2 Training of teachers on mental health promotion | <b>(10 marks).</b> |
| 1.3 Training of children on mental health promotion | <b>(5 marks).</b>  |

**[25 marks]**

## **QUESTION3**

The care givers who are caring for orphans are not trained in mental health promotion. They handle the orphans without knowing them who they are. Discuss why care givers should be equipped with skills in mental health promotion, counseling and normal psychological growth and development in children.

- |   |                    |
|---|--------------------|
| 2.1 Normal psychological growth and development of children | <b>(10 marks).</b> |
| 2.2 Counseling in children/orphans                          | <b>(10 marks).</b> |
| 2.3 Mental health promotion                                 | <b>(5 marks ).</b> |

**[25 marks]**