

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
MAY 2013**

COURSE NAME:	INTRODUCTION TO PSYCHOLOGY
COURSE CODE:	HSC 100
TIME ALLOCATED:	2HRS
MARKS ALLOCATED:	75

INSTRUCTIONS:

1. ANSWER ALL 3 QUESTIONS.
2. WRITE LEGIBLY.
3. EACH QUESTION CARRIES A TOTAL MARK OF 25.

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

QUESTION 1:

1. It refers to the field of psychology that focuses on studying crime, its prevention and rehabilitation of criminals.
 - a. Industrial psychology
 - b. Forensic psychology
 - c. Counselling
 - d. Social psychology

2. This practitioner investigates clinical problems and the methods of treatment by using psychotherapy.
 - a. Psychiatrist
 - b. Mental health nurse
 - c. Clinical psychologist
 - d. Bio-psychologist

3. This theory was concerned with observable behaviour; and that behaviour can be explained by environmental causes rather than by internal forces.
 - a. Humanistic view
 - b. Behaviourism
 - c. Psychoanalysis
 - d. Structuralism

4. Freud believed in studying people's unconscious cognitive processes such as using free association. Free association refers to
 - a. Saying whatever that comes to one's mind.
 - b. Letting one express all that he feels.
 - c. A form of counselling where the patient is allowed to associate with the therapist or any other person.
 - d. Encourage patients to focus on their free will, personal growth and the self-determination.

5. The majority of what we have experienced is stored in the unconscious according to:
 - a. Erik Erikson
 - b. John Locke
 - c. Sigmund Freud
 - d. Hans Eysenck

6. In the cognitive theory, what is period when people develop the ability to think about abstract concepts?
- Sensory-motor stage
 - Sensory-neural stage
 - Concrete Operations
 - Formal operations
7. The school of thought that focuses on individual free will, personal growth and the concept of self-determination as influencing behaviour is
- Motivation
 - Cognitive
 - Behaviourism
 - Humanistic
8. At this stage of cognitive development, one is able to think about abstract concepts.
- Formal operational stage
 - Concrete operational stage
 - Pre-operational stage
 - Abstraction stage
9. Sifiso is a 21 years old male who impregnated a girlfriend when he was 18. At that time he was convinced that she was taking contraceptives as per their discussions. He learnt from that instance to always wear protection and not to rely on the other partner. Sifiso's behaviour to always protect himself during sex is a display of which form of learning?
- Negative reinforcement
 - Negative punishment
 - Extinction
 - Vicarious learning
10. Mr. Mabaso has recently been diagnosed with lung cancer. He has been smoking since college and now, 5 months after receiving the news; he has stopped smoking and has consulted his pastor for prayers for healing. He is asking God to forgive him for smoking and views the cancer as punishment for staying out of church as well. According to Kubler Ross' grieving process, at which stage is Mr. Mabaso?
- Denial
 - Bargaining
 - Guilt
 - Acceptance

11. The typical developmental process of a middle aged adult include all the following except for:
- Cessation of ovulation
 - Inability to reproduce for both sexes
 - Reaction time slowly declines
 - Decline in sensory-motor activities.
12. Bandura's theory of self-efficacy
- Measures our ability to be effective.
 - Guarantees success by increasing the probability of effectiveness.
 - Requires one to possess skills for its effect.
 - Is concerned with the belief we have in the likelihood of success.
13. The erogenous zone in the latent phase according to Freud is
- None
 - Genitals
 - Mouth
 - Brain
14. Moses' understanding of Johannesburg after three days of driving around represent
- Latent learning
 - Vicarious learning
 - Situational learning
 - Reinforcement
15. Nkosing'vile is a six year old who has difficulty reading words and numbers. Her teacher is concerned that she might be:
- Unintelligent
 - Having ADHD
 - Dyslexic
 - Having Autism
16. Define the following defence mechanisms and give examples of each:
- Rationalization
 - Repression
 - Sublimation
 - Displacement
 - Regression

(10)

TOTAL (25)

Question 2

Nomzamo is a 16 years old form 5 pupil from one high school in Mbabane. She has two siblings; Mongi and Mimi, 13 and 11 respectively. She was diagnosed with HIV at 6 months and has lived with the infection all her life. She is on Anti Retroviral Therapy and gets her medication from VCT unit at the Mbabane Government hospital. Both her parents passed away when she was 13 and now they are staying with their grandmother who is also frail. Nomzamo has been experiencing more of the opportunistic infection lately and last month, she has been admitted at the Mbabane Government Hospital for a week, for a pulmonary infection. Her dream is to be an immunologist, and hopefully, she can find a cure for HIV. Her siblings look up to her and she has so far been able to support and even inspire them by being a responsible big sister. Her class teacher understands her situation, and always encourages her and gives her the financial and emotional support such that she is no longer afraid to discuss anything with her. Nomzamo works hard and does not want to disappoint these important people in her life. She does not have a boyfriend yet and is not keen to be in any relationship. Her focus is mainly on her schoolwork and attending to her family needs.

- 2.1 With your understanding of the factors that influence learning, discuss how Nomzamo's circumstances could affect her education? (9)
- 2.2 With your understanding of human development, discuss how Nomzamo's psychosocial development may be influenced by her circumstances? (6)
- 2.3 Applying your knowledge of the components of motivation, explain how Nomzamo can be motivated to pursue her dream despite the challenges she's facing? (10)

Question 3.

Professor Mary worked as the head of the school of nursing at the University of Delamare[†]. She has greatly contributed to the development of nursing in the country and this has been acknowledged by the Minister of Health. She has never had children of her own and could not care for any relatives' because she believed that every man must carry his own load. She grew up in a farm at Malkerns as the first born in a family of four. She was happy and well provided for by her parents. With her siblings, she was brought up by both her parents who taught her the two most important things in her life:

- a. to be independent and
- b. that education is the key to success.

Her father was strict and hardworking, and expected that they help around the farm. Her mother was very gently and gave all her children the necessary love and support they needed. The Prof. has worked hard almost all her life with the support of her parents. In her early twenties, she did not have time for relationships as these “wasted her time”. She focused on her studies and in developing her career, and was never afraid of any challenge. She fitted well at the university; because she could cope with the challenging workload, research and teaching. She has authored many books and papers, hence the title of professorship is evidence of her great success in academia. Naturally, the Prof. is not concerned about what others' think of her. She acknowledges that every person is entitled to his own opinion. She loves her pets (two Jack Russells) and is engaged with the activities of the Swaziland Animal Protection organization.

At 72, Prof. Mary is retired and for the first time in her busy life, she feels lonely, useless and miserable. She tries to be involved in research and she gets disappointed when she is not informed of big projects. She sometimes feel like people do not appreciate her aptitude and experience. She has recently been diagnosed with Hypertension. She stays alone in her mansion at Malkerns as none of her close relatives are keen to be around her yet she desires company.

[†] Fictitious university

3.1 Using Erik Erikson's psychosocial theory of personality development, discuss Prof. Mary's life and how it has influenced her personality? (15)

3.2 Understanding Maslow's Hierarchy of needs, examine the life of Professor Moore, and discuss your position on whether she has reached self actualization or not? (10)

GOOD LUCK!!