

UNESWA
FACULTY OF HEALTH SCIENCES
GENERAL NURSING SCIENCE DEPARTMENT
FINAL EXAMINATION

DECEMBER 2018

COURSE NAME: INTRODUCTION TO PSYCHOLOGY

COURSE CODE: GNS 111

TOTAL MARKS: 75 MARKS

DURATION: 2 HOURS

INSTRUCTIONS:

- ANSWER ALL THE QUESTIONS
- UNLESS INDICATED OTHERWISE, EACH FACT IS WORTH 1 MARK
- WRITE LEGIBLE
- ANSWER EACH QUESTION ON A NEW PAGE
- TOTAL NO. OF PAGES = 6

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

QUESTION 1:

[25 MARKS]

ANSWER THE QUESTIONS BY SELECTING THE MOST APPROPRIATE RESPONSE eg. 1. E

1. The school of psychology that used introspection to explore the elemental structure of the human mind.
 - A. Functionalism
 - B. Behaviourism
 - C. Gestalt psychology
 - D. Structuralism

2. A psychological approach that explains mind and behavior in terms of the adaptive value of abilities that are preserved over time by natural selection
 - A. Evolutionary Psychology
 - B. Biological Psychology
 - C. Cognitive psychology
 - D. Gestalt Psychology

3. Ngcebo is 3 years, and she knows that she has a brother Mthobisi. However, when asked if Mthobisi had a sister, she said he didn't. This way of thinking at this stage is influenced by:
 - A. Competence
 - B. Egocentrism
 - C. Abstract thinking
 - D. Decentration

4. It refers to the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically:
 - A. Emotional Intelligence
 - B. Social Regulation
 - C. Self-awareness
 - D. Discernment

5. The American psychologist who established the psychological school of behaviourism:
- A. Willhelm Wundt
 - B. William James
 - C. James Watson
 - D. BF Skinner
6. Refers to the scientific study of behavior and mental processes
- A. Behaviourism
 - B. Biological Psychology
 - C. Cognitive Psychology
 - D. Psychology
7. The branch of psychology that studies, assesses and treats people with psychological disorders:
- A. Clinical psychology
 - B. Psychiatry
 - C. Mental Health
 - D. Psychodynamic psychology
8. It refers to the tendency to remember information at the beginning of a body of information
- A. Recall
 - B. Primacy effect
 - C. Serial effect
 - D. Recency effect

9. It is the memory system in which information is held for brief periods of time while being used; lasts for 12-30 seconds, magic number 7 plus or minus 2.
- A. Sensory Memory
 - B. Working Memory
 - C. Long Term Memory
 - D. Explicit memory
10. Descartes thought this brain structure was the seed or seat of the soul, and it is responsible for managing all our thoughts.
- A. The Pituitary gland
 - B. The Pineal gland
 - C. The Pons
 - D. The hypothalamus
11. The area of the brain responsible for the formation of Long term memories
- A. The Hippocampus
 - B. The frontal Lobe
 - C. The Amygdala
 - D. The Pons
12. Nurse Anna, took a long bath after a long and hectic shift to soothe her aching muscles. This is an example of:
- A. Positive Reinforcement
 - B. Negative Punishment
 - C. Positive Reinforcement
 - D. Negative Reinforcement

13. A child throws a tantrum in a supermarket, but calms down after the mother bought her a packet of chips.
- A. Positive Reinforcement
 - B. Negative Punishment
 - C. Positive Reinforcement
 - D. Negative Reinforcement
14. Eysenck compared this kind of personality to yellow bile:
- A. Melancholy
 - B. Choleric
 - C. Sanguine
 - D. Phlegmatic
15. Lizzy loves being the centre of attraction, and always displays seductive or provocative behaviour. She is excitable and so concerned with how she looks. These are characteristic traits of:
- A. Antisocial personality disorder
 - B. Schizoid personality disorder
 - C. Histrionic Personality disorder
 - D. Narcissistic Personality disorder
16. Lungelo is socially irresponsible, lacks regard for the rights of others. He exploits and manipulates others for personal gain and is at risk for self-mutilation, homicide, suicide. These are characteristic traits of:
- A. Antisocial personality disorder
 - B. Borderline personality disorder
 - C. Histrionic Personality disorder
 - D. Narcissistic Personality disorder

17. Whenever Mr T. gets angry, he goes out and chops wood. This behaviour is:
- A. Compensation
 - B. Anger management
 - C. Sublimation
 - D. Displacement
18. Julius Malema strongly accused Jacob Zuma of stealing the SA government's money, and recommended that he was reproved for his actions. During investigations, it was also found that he also had shady deals that enriched him. Malema's behaviour is characteristic of:
- A. Reaction Formation
 - B. Projection
 - C. Seeking Justice
 - D. Acting out
19. Mary is 9 and is in grade 4. She focuses all her energy is sports, and learning new knowledge and skills. According to Erikson the virtue that Mimi is likely to master is:
- A. Will
 - B. Innovation
 - C. Purpose
 - D. Competence
20. This theory involves condition of arousal associated with a need that triggers tension and activates behaviour to regain homeostasis:
- A. Arousal theory
 - B. Drive-reduction theory
 - C. Incentive theory
 - D. Homeostasis

21. Nompilo studies for psychology exams to get an A because she wants to impress her sponsor. This type of motivation is:

- A. Extrinsic
- B. Intrinsic
- C. Goal directed
- D. Self-determined

22. It refers to one's ability to reason speedily and abstractly; tends to decrease during late adulthood:

- A. Aptitude
- B. Creativity
- C. Reaction time
- D. Fluid intelligence

23. Nomalungelo just received her exam results which unfortunately stipulated that she has to repeat two courses. She found her roommates celebrating because none of them had failed, but when she told them of her results the mood in the room changed from celebratory to gloom. This change of mood among the roommate represent:

- A. Transference
- B. Empathy
- C. Sympathy
- D. Emotional contagion

24. Kiara (4) now understands that others have their own thoughts and perspectives, and thus listens to her friends without getting annoyed if they don't want to do what she wants. Kiara is acquiring:

- A. the theory of mind
- B. tolerance
- C. social recognition
- D. habituation

25. This stage is also known as the sandwich stage of development:
- A. Adolescence
 - B. Middle adulthood
 - C. Young Adulthood
 - D. School going

QUESTION 2:

[25 MARKS]

2.1 COMPARE THE FOLLOWING BY SELECTING THE MOST APPROPRIATE RESPONSE TO THE STATEMENT eg.1Q

	STATEMENT	POSSIBLE RESPONSE
1	The speed to respond to stimulus, and often declines in Middle adulthood.	A. Anxiety B. Accommodation C. Assimilation D. Conscientious E. Consciousness F. Discernment G. Egocentric H. Empathy I. Metacognition J. Neuroticism K. Reaction Time L. Psychosis M. Neuroplasticity N. Schema O. The Amygdala P. The Hippocampus
2	This brain structure that is responsible for adding emotions into our memories.	
3	Refers to the mental framework that helps us interpret information	
4	It's a trait that involves being diligent, organized, careful and having self-control	
5	The ability of the brain to change and adapt because of experience	
6	This cognitive process involves how we add new information onto an existing concept or knowledge.	
7	This is the process of thinking about thinking	
8	Both adolescents and toddlers suffer this cognitive defect	
9	Its synonymous to emotional instability	
10	The capacity to understand others' thoughts, feelings and condition, also referred to as emotional knowing.	

2.2 **Compare and Contrast** Sigmund Freud and Erik Erikson's personality development theories. *(Discuss similarities and difference).* (15)

QUESTION 3**[25 MARKS]**

3.1 Stenberg identified three forms of intelligence which he termed Triarchic.

Describe these and give an example of each

(12)

3.2 Nancy is a patient admitted in the ward for chest infection. She has been diagnosed with pneumonia. She complains of chest pains and she coughs persistently. She sometimes has difficulty breathing, which makes her very scared and anxious. They have given her cough syrup which makes her drowsy. She is not particularly comfortable being attended by students since she's afraid that they are likely to make medical errors. The ward has other patients and relatives; hence it can be busy and loud during the day. One of your primary responsibilities as a nurse is to educate clients on conditions or issues that affect their health.

3.2.1 With your understanding of learning, discuss five factors that may affect or interfere with effective learning for hospitalized patients, making reference to Nancy's case. **(10)**

3.2.2 Describe three things you can do to optimise the health education session for better learning outcomes. **(3)**

GOOD LUCK !!!
