

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF GENERAL NURSING SCIENCE**  
**MAIN EXAMINATION**  
**NOVEMBER, 2021**

**COURSE TITLE: NORMAL PSYCHOLOGICAL DEVELOPMENT II**

**COURSE CODE: NUR453**

**TIME ALLOCATED: 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE WRITE LEGIBLY**
- 2. THE PAPER CONSISTS OF THREE QUESTIONS, PLEASE ANSWER ALL QUESTION.**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN ON A NEW PAGE.**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE**

## QUESTION 1

Gudlumsele is a 30 years old male with a low self-esteem and inability to sustain meaningful relationships. He reported that he had a difficult up-bringing in an extended family. He recalled days when he would sleep in a garage on an empty stomach due to serious poverty and conflicts within the family (conflicts made sharing the little food impossible). He grew up drinking the same water as the family livestock. As a sickly child, no one cared whether he sought medical attention or not, such that he never communicated when he was sick. He always believed that he was a nuisance in the family and God never cared about him. All throughout his upbringing, he felt an emptiness of being bewitched and needed deliverance. Having had no one to teach him any rules or regulations, he became a law to himself and did whatever his society applauded him for. He now struggles to adhere to his employer's protocols and codes of conduct. This makes his life so miserable.

### Identify and discuss

- A. Physical factors that affected Gudlumsele's growth and development. **10 marks**
- B. Social factors that impaired his personality development. **10 marks**
- C. Spiritual entities that make life miserable for Gudlumsele. **5 marks**

[Subtotal: 25 marks]

## QUESTION 2

As a mental health nurse, you are invited at Ngcoseni Primary School to discuss with The School Committee about the importance of promoting mental health among school going children, how to promote the mental health of school going children and factors that affect the mental health of school children. Outline the key issues you would articulate under the following topics:

- A. The importance of promoting mental health among school going children. **10 marks**
- B. How best can mental health be promoted in a school environment. **10 marks**
- C. The key issues that affect the mental health of school going children. **5 marks**

[Subtotal: 25 marks]

## QUESTION 3

Mangwaneni community is troubled by an escalating number of substance use and suicide cases among children and the youth as exacerbated by the Covid-19 pandemic. As a mental health nurse, discuss strategies that can prevent and minimize the cases of substance use and suicide within the community. **[25 marks]**