

**THE NATIONAL UNIVERSITY OF LESOTHO**  
**FACULTY OF HEALTH SCIENCES**  
**BSc IN NURSING AND MIDWIFERY**  
**NRS 2304 – PSYCHOLOGY**

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**AUGUST 2023**

**MARKS 100**

**TIME ALLOWED: 3hrs**

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***INSTRUCTIONS:***

- 1. Answer all questions***
- 2. Read questions carefully***
- 3. Number your answers correctly***
- 4. Numbers in brackets indicate marks allocated to each question.***
- 5. The paper consists of eight (8) pages including the cover page***

## QUESTION 1

### MULTIPLE CHOICE ITEMS

Choose the most appropriate response from the given alternatives. **DO NOT** re-write the statements, E.g. 1.1 F

- 1.1 Baby Kele is calm and playing freely in the presence of his mother. This is observed as he is freely moving around the room, momentarily going back to his mother then continuing to play. What type of attachment is observable in this behaviour?
- A. Avoidant
  - B. Ambivalent
  - C. Disorganized
  - D. Secure
- 1.2 Which of the following manifests disoriented-disorganized attachment? Children
- A. Consider their mothers as a security base
  - B. Demonstrate inconsistent and contradictory behaviour towards their mothers
  - C. Prefer to be with their mothers as compared with strangers
  - D. Show no emotions when their mothers leave and avoid them on their return.
- 1.3 A student was aware of his thoughts and emotions during psychology examination. In which state of consciousness are these characteristics apparent?
- A. Clear consciousness
  - B. Delusional state
  - C. Hypnotic state
  - D. Waking consciousness
- 1.4 . Which of the following characteristics indicates that the person is in the rapid eye movement phase of sleep?
- A. Sleep can be disrupted and be awoken very easily as the stage progresses
  - B. Major body muscles are paralyzed even though breathing increases
  - C. Brain waves become slower with higher peaks and lower valleys in the wave pattern
  - D. There are momentary interruptions of spike spindles and difficulty awakening.
- 1.5 Baby Limpho is frequently producing speech like sounds. Her mother seemed to be happy as according to her perception, this is a sign of normal growth of her daughter. At what age is this milestone reached? ..... month/s.
- A. 1
  - B. 3
  - C. 7
  - D. 9

- 1.6 Mr. and Mrs Mohloare are role models of majority of their community members, as a result many people like to copy the way they conduct themselves. They follow authoritative parenting style. Which of the following are likely characteristics of their children?
- A. Likable with high social skills
  - B. Self-reliant and dependent
  - C. Bully and relatively withdrawn
  - D. Unsociable and jittery
- 1.7 Papi, 8-year-old boy is raised by warm, loving parents and feels so secured. His cognitive capabilities characterise concrete operational stage. Which of the following subscribe to the mentioned developmental stage?
- A. Ability to describe events and feelings
  - B. Transition from egocentric thinking
  - C. Mastery of concept of reversibility
  - D. Development of object permanence
- 1.8 Which of the following outcomes can be observed in autonomy versus shame-and-doubt stage?
- A. Failure to identify appropriate gender roles
  - B. A sense of competence and symbolic thinking
  - C. A sense of contribution to continuity of life
  - D. If exploration is allowed, self-sufficiency is achieved
- 1.9 Betty is satisfied that her son is in a position to make his own choices about his behaviours and most importantly, strives to reach his full potential when given the opportunity to explore his environment. Which perspective is depicted in the scenario?
- A. Behavioural
  - B. Cognitive
  - C. Humanistic
  - D. Psychodynamic
- 1.10 This perspective argues that behaviors is motivated by inner forces and conflicts that people have little awareness and control on them. This is ..... perspective.
- A. Biological
  - B. Cognitive
  - C. Neurocognitive
  - D. Psychodynamic
- 1.11 For people to gain the complete understanding of behaviour, they need to study and modify their environment. Learning of new behaviours is based on this approach. This is
- A. Psychodynamic
  - A. Cognitive
  - B. Humanistic
  - C. Sociological

- 1.12 During return demonstration of a very complex procedure, the supervisor continuously rewarded the student by praising her for every performance closer to a desired behaviour, a process known as
- A. Shaping
  - B. Rewarding
  - C. Recognition
  - D. Reinforcement
- 1.13 You are placed in emergency room where you are encountering patients with different types of wounds. Which memory module is put in use each time you dress a wound?
- A. Episodic
  - B. Flashbulb
  - C. Semantic
  - D. Non declarative
- 1.14 During a group session for occupational therapy, the therapist noticed that one of the clients is experiencing failure to retain information shared within 20 seconds. Which of the following types of memory was failing?
- A. Flashbulb
  - B. Explicit
  - C. Short-term
  - D. Sensory
- 1.15 A process of repetition of information either loudly or silently that an individual need to remember is referred to as
- A. Reinforcement
  - B. Rehearsal
  - C. Repetition
  - D. Memorizing
- 1.16 In which memory module is the information about names of countries and cities of the world as well as dates when major global historical events occurred located?
- A. Declarative
  - B. Non-declarative
  - C. Flashbulb
  - D. Semantic
- 1.17 You are working in children's unit and being assessed. The assessor asks you to calculate the intelligence quotient of your patient prior to drawing the nursing care plan. Which part of memory will be in operation?
- A. Working memory
  - B. Sensory memory
  - C. Implicit memory
  - D. Explicit memory

- 1.18 A student fails to perform well in the second semester examination because she claims that information that was delivered in the first semester disrupts the recall of material learned towards the end of the academic year. This is probably
- A. Cue-dependent forgetting
  - B. Retroactive interference
  - C. Proactive interference
  - D. Poor organization
- 1.19 Following the head injury, Lieketso is unable to remember events that occurred prior the injury but can develop new memories on new information. She is likely to be diagnosed with
- A. Alzheimer's disease
  - B. Anterograde amnesia
  - C. Retrograde amnesia
  - D. Retroactive interference
- 1.20 Babedi is in second year at Tsoelopele University, pursuing Diploma in Psychology. She used to perform exceptionally well but not anymore. Her parents are worried as they learned that often times she spends most of her time in night clubs with friends and as a result fails to attend to her school work. They decided not to provide her with some of the items they used to offer her as well as reducing her monthly stipend. This characterizes
- A. Negative punishment
  - B. Negative reinforcement
  - C. Positive punishment
  - D. Positive reinforcement

Read the scenario below and respond to items 1.21 and 1.22.

Tlotli is in grade five. For about six months, she did not show much interest in learning until she performed well in one of her assignments. The teacher noticed the performance and praised her. She placed an image of a star coloured in glistening gold next to her score as a symbol of acknowledging the good work. Following that incidence, Tlotli strives to always impress her teacher by obtaining higher grades.

- 1.21 The process is known as
- A. Motivation
  - B. Reinforcer
  - C. Reinforcement
  - D. Stimulation
- 1.22 The image of the star attached on her script serves as the
- A. Reinforcement
  - B. Motivator
  - C. Reinforcer
  - D. Token economy

- 1.23 Which of the following conditions can be a result of classical conditioning?
- A. Anhedonia
  - B. Amnesia
  - C. Korsakoff's syndrome
  - D. Specific phobia
- 1.24 A student popular of causing disruption in class coupled with poor performance is portraying an improvement in his academic performance. His teacher is awarding a token each time he portrays a positive behaviour. Which type of reinforcement schedule is the teacher applying?
- A. Continuous reinforcement schedule
  - B. Fixed-interval schedule
  - C. Fixed ration schedule
  - D. Intermittent reinforcement schedule
- 1.25 Which of the following techniques bring about an increase in frequency of the behaviour?
- A. Application of the positive stimulus and the removal of the negative stimulus
  - B. Removal of the negative stimulus and application of the negative stimulus
  - C. Removal of the positive stimulus and removal of the negative stimulus
  - D. Application of the negative stimulus and removal of the negative stimulus.
- 1.26 Building associations between a conditioned stimulus and a conditioned response characterizes
- A. Classical conditioning
  - B. Operant conditioning
  - C. Negative punishment
  - D. Observational learning
- 1.27 Following an overwhelming disappearance of items in the household, Mr Fafa discovered that his son is the culprit. In an effort to reduce the bad behaviour of stealing, the boy was punished. This is
- A. Positive punishment
  - B. Negative reinforcement
  - C. Intermittent punishment
  - D. Positive reinforcement
- 1.28 A baby was taken to the clinic for her regular checkups following a discharge from the hospital. Each time she entered the hospital campus, she would cry and cling to her mother when she sees someone dressed like a nurse who used to inject her. The baby completed the course and realized that she is no more injected. She then stopped crying and shows no signs of anxiety, the behaviour known as
- A. Conditioned response
  - B. Extinction
  - C. Fixation

D. Spontaneous recovery

- 1.29 Mr. Pula, 82 years old spent most of his productive years enjoying himself without engaging his wife and children. His children struggled with education and other basic needs. His son dropped out of school and engaged in drug abuse. He is now looking back and regretting that he failed his loved ones and wishes to turn back the clock to fix his life. Which stage of the psychosocial development is represented in the scenario?
- A. Post conventional
  - B. Formal concrete
  - C. Heterogeneous morality
  - D. Ego-integrity versus despair
- 1.30 Which of the following characteristics marks the beginning of the genital stage?
- A. Coming to terms with Oedipal conflict
  - B. Sexual concerns are less important
  - C. Re-emergence of sexual interests.
  - D. Concerns that persist beyond the developmental stage.

**(Total =30)**

## QUESTION 2

2.1. Match the characteristics in Column A with stages of development in Column B. **NOTE** that items in Column B may be used more than once. Write the number and the character of the corresponding response only; e.g. 25. B.

COLUMN A	COLUMN B
2.1.1. Children begin to make decisions about their behaviour	A. Latent stage
2.1.2 Egocentricity	B. Generativity-versus-stagnation
2.1.3 Object permanence	C. Preoperational
2.1.4 Oedepal complex	D. Concrete operational
2.1.5 Abstract reasoning	E. Initiative-versus-guilt
2.1.6 Language development	F. industry-versus-inferiority
2.1.7 Mastery of concept of reversibility	G. Sensorimotor
2.1.8 Logical thinking	H. Formal operational
2.1.9 Taking stock of contributions to family and society	
2.1.10 Development of sense of competence	

(10)

2.2 Describe three (3) conditions under observational learning theory as stipulated by Albert Bandura. (6)

**(Total =16)**

## QUESTION 3

3.1. Explain any five (5) reasons why people forget. (10)

3.2. Describe any five (5) strategies that can be employed to improve memory for better performance in different areas of daily living. (10)

3.3. Explain the factors causing poor sleep and suggest strategies that can be engaged to improve the situation. Provide any five (5) points. (10)

**(Total= 30)**

## QUESTION 4

4.1. Explain any four (4) less successful coping strategies that people commonly engage during stressful situations. (4)

4.2. Explain the impact of stress on physiological functioning of the body. (5)

4.3. Hardy personality helps people to effectively cope thus reducing the incidence of stress-related illnesses.

In the light of the above, explain hardiness and its components. (6)

4.4. Describe the general adaptation syndrome (GAS) model as illustrated by Hans Selye. (9)

**(Total = 24)**



