



**FINAL EXAMINATION**  
**JULY 2023**

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<b>COURSE TITLE</b>	<b>PRINCIPLES OF PSYCHOLOGY</b>
<b>COURSE CODE</b>	<b>FSDV0154</b>
<b>DATE/DAY</b>	<b>18 OCTOBER 2023 / WEDNESDAY</b>
<b>TIME/DURATION</b>	<b>09:00 AM - 12:00 PM / 03 Hour(s) 00 Minute(s)</b>

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**INSTRUCTIONS TO CANDIDATES:**

1. Please read the instruction under each section carefully.
2. Candidates are reminded not to bring into examination hall/room any form of written materials or electronic gadget except for stationery that is permitted by the Invigilator.
3. Students who are caught breaching the Examination Rules and Regulation will be charged with an academic dishonesty and if found guilty of the offence, the maximum penalty is expulsion from the University.

(This Question Paper consists of 11 Printed Pages including front page)

**\*\*\*DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO\*\*\***

This paper contains **FOUR (4)** sections. Answer **ALL** questions in the answer booklet provided. **[100 MARKS]**

**SECTION A**

**(40 Marks)**

There are **FORTY (40)** questions in this section. Answer **ALL** questions in the answer booklet.

1. Which of these concepts is opposed by people who support the idea of free will?
  - A. Human behaviour differs from that of animal behaviour.
  - B. Heredity and environment are equally important.
  - C. Parents should apply discipline to disobedient children.
  - D. It is possible for scientists to discover the causes of behaviour.
  
2. Which type of psychologist is most likely to study changes in children's taste preferences as they grow older?
  - A. Human factors specialist
  - B. Forensic psychologist
  - C. Psychoanalyst
  - D. Developmental psychologist
  
3. Who studies the effects of smoking, drinking, diet, and exercise on behaviour?
  - A. Positive psychologist
  - B. Behaviourist
  - C. Counselling psychologist
  - D. Health psychologist
  
4. What is the difference in function between the dendrites and the axon of a neuron?
  - A. Dendrites synthesize proteins and the axon contains the chromosomes.
  - B. Dendrites contain the chromosomes and the axon synthesizes proteins.
  - C. Dendrites receive messages and the axon sends messages.
  - D. Dendrites send messages and the axon receives messages.
  
5. What route does a neurotransmitter follow?
  - A. The presynaptic cell sends it to the postsynaptic cell.
  - B. A dendrite sends it to an axon.
  - C. The chromosomes send it to the mitochondria.
  - D. The sympathetic nervous system sends it to the parasympathetic nervous system.

6. What input does the right hemisphere of the cortex have and which muscles does it control?
- A. It receives input from the left side and controls muscles on the left side.
  - B. It receives input from the left side and controls muscles on the right side.
  - C. It receives input from the right side and controls muscles on the left side.
  - D. It receives input from the right side and controls muscles on the right side.
7. Which of these can be easily explained by the drive theory of motivation?
- A. You volunteer your time for a project to help autistic children.
  - B. When you feel a thorn in your leg, you stop to remove it.
  - C. When you have some free time, you enjoy playing video games.
  - D. Although you are not hungry, you join friends to get ice cream.
8. In Maslow's hierarchy of needs, which is the highest need?
- A. Self-esteem
  - B. Self-actualization
  - C. Social interaction
  - D. Physiological needs
9. How does emotional distress relate to eating, if at all?
- A. Emotional distress is the main reason for obesity.
  - B. Most people with emotional distress lose their appetite and lose weight.
  - C. Most people overeat somewhat in response to temporary distress.
  - D. Emotional distress has no relationship at all with eating.
10. Which of these observations explains the opponent-process theory of colour vision?
- A. After you stare at a bright colour for a minute, you see a different colour when you look away.
  - B. From a greater distance, blue dots look black, although other small dots keep their colour.
  - C. You can easily recognize an object's colour even while wearing tinted glasses.
  - D. Colour vision becomes weaker and weaker toward the periphery of the retina.
11. Which of the following is the emphasis of Gestalt psychology?
- A. Genetic differences influence how people perceive their surroundings.
  - B. Much of our visual perception depends on neurons with feature detector properties.
  - C. Several brain areas control different aspects of visual perception.
  - D. We perceive a pattern as a whole, not just as the sum of its parts.

12. Although motion pictures are actually a rapid series of still photos, we perceive movement. What does this statement describe?
- A. Shape constancy
  - B. Size constancy
  - C. Stroboscopic movement
  - D. Motion parallax
13. What causes you to notice one red tree very quickly within a forest of green trees?
- A. The availability heuristic
  - B. The representativeness heuristic
  - C. A top-down process
  - D. A bottom-up process
14. Suppose a restaurant has an eight-page menu, which of the following is probable?
- A. Maximizers will have a hard time deciding on anything.
  - B. Maximizers will make a poor choice.
  - C. Maximizers will choose quickly and enjoy their choice.
  - D. Satisficers will have a hard time deciding on anything, and will regret their choice.
15. Which of the following observations tends to be true about "word superiority effect"?
- A. People remember something better if they can put it into words.
  - B. People can identify a letter faster if it is part of a word than if it is by itself.
  - C. People can remember a series of words better if they all start with the same letter.
  - D. People can remember a word better if they think about its meaning in their own lives.
16. According to Jean Piaget's view of cognitive development, what did he conclude about children's thinking?
- A. Children's thinking is just like adults' thinking, but slower.
  - B. Children's thinking is just like adults' thinking, but less well informed.
  - C. Children's thinking is qualitatively different from adults' thinking.
  - D. Children imitate adults for years before they start thinking for themselves.
17. What did Erik Erikson regard as the main social need of a newborn infant?
- A. Developing a sense of independence
  - B. Forming a trusting attachment
  - C. Understanding theory of mind
  - D. Developing personal interest

18. What do people do during a midlife transition?
- A. They increase their social activities.
  - B. They grieve over their physical deterioration.
  - C. They take a job with lower pay.
  - D. They reassess their goals.
19. In classical conditioning, which of these becomes stronger as a result of training?
- A. The conditioned stimulus
  - B. The conditioned response
  - C. The unconditioned stimulus
  - D. The unconditioned response
20. What is the main difference between classical conditioning and operant conditioning?
- A. In operant conditioning, the animal receives rewards instead of punishments.
  - B. In operant conditioning, the animal's behaviour controls the outcome.
  - C. In operant conditioning, the animal associates one stimulus with another stimulus.
  - D. In operant conditioning, the animal receives reinforcement on every trial, not just some.
21. What does the social-learning approach emphasize?
- A. The law of effect
  - B. Variable-ratio schedules of reinforcement
  - C. The disequilibrium principle
  - D. Learning by imitation
22. Which of these is an example of an internal attribution?
- A. She was late for class because the bus did not run on time.
  - B. She was late for class because she is not conscientious.
  - C. She was late for class because her alarm clock is broken.
  - D. She was late for class because of unexpected bad weather.
23. "I drove fast today because I was in a hurry. That other driver who drove fast is probably a rude, aggressive person." Which phenomenon do these statements illustrate?
- A. The actor-observer effect
  - B. Cognitive dissonance
  - C. Pluralistic ignorance
  - D. The forewarning effect



24. What hypothesis did Milgram's obedience study test?
- A. People in a position of authority will seek opportunities to abuse that power.
  - B. Normal people will follow orders to hurt someone else.
  - C. Threats of punishment increase people's willingness to obey an authority figure.
  - D. People with low self-esteem will obey orders more than other people will.
25. A student who wants to avoid studying says, "I can concentrate harder tomorrow if I spend tonight relaxing." What does this appear to be an example of?
- A. Projection
  - B. Reaction formation
  - C. Sublimation
  - D. Rationalization
26. What was a major criterion for identifying the Big Five personality traits?
- A. All of them should have been essential for survival throughout human evolution.
  - B. None of them should correlate highly with any of the others.
  - C. None of them should depend on the same brain area as any of the others.
  - D. All of them should be easily identifiable at all ages from infancy to old age.
27. How consistent is personality as people grow older?
- A. Personality fluctuates substantially between one assessment and the next, at all ages.
  - B. Personality is fairly consistent in youth and becomes more and more consistent with age.
  - C. Personality is highly consistent in young people but becomes less consistent later.
  - D. Personality is highly consistent and equally consistent at all ages.
28. What do implicit personality tests try to accomplish?
- A. They try to measure personality aspects that you do not describe openly.
  - B. They try to predict the ways in which your personality will change in future years.
  - C. They try to identify unique or unusual personality types.
  - D. They try to relate personality to brain activity.
29. From what evidence did Spearman infer the existence of a *g* factor in intelligence?
- A. Mean performance on IQ tests has been rising from one generation to the next.
  - B. Scores on any intellectual test correlate positively with almost any other such test.
  - C. Scores on IQ tests are consistently higher in prosperous countries than in poor countries.
  - D. Children's scores on IQ tests correlate highly with those of their parents.

30. Which of the following is an example of "fluid" intelligence?
- A. Finding a creative way to fix a broken machine
  - B. Adding a row of numbers to determine the cost of a product
  - C. Singing a familiar popular song
  - D. Practicing free-throw shooting in basketball
31. What does it mean if an item on the Stanford-Binet IQ test is designated "age 8"?
- A. Most 8-year-olds will answer it correctly.
  - B. Most 8-year-olds will answer it incorrectly.
  - C. The question should be asked only to 8-year-olds.
  - D. The question was written 8 years ago.
32. Which phenomenon does the "Flynn effect" refer to?
- A. People with extremely high or low test scores tend to get closer to the mean on a retest.
  - B. The predictive validity of any test is lower than the reliability of the test.
  - C. Children in small families tend to do better on IQ tests than children in large families.
  - D. Performance on IQ tests tends to improve from one generation to the next.
33. Which disorder is characterized by unprovoked periods of rapid breathing, rapid heart rate, chest pains, sweating, faintness, and trembling?
- A. Depression
  - B. Panic disorder
  - C. Obsessive-compulsive disorder
  - D. Bipolar disorder
34. What is one reason some people with obsessive-compulsive disorder distrust their memories?
- A. Most of them, in fact, have memory impairments.
  - B. They hallucinate voices that tell them that they have not done what they should do.
  - C. They often have lapses of consciousness.
  - D. Repeating an act many times makes each repetition less memorable.
35. What type of sleep disorder is common for people with major depression?
- A. They fail to enter REM sleep.
  - B. They walk and talk during their sleep.
  - C. They wake up early and cannot get back to sleep.
  - D. They have sudden attacks of sleepiness and muscle paralysis during the day.

36. Which type of psychotherapy sets clear goals and tries to achieve them through new learning?
- A. Humanistic therapy
  - B. Psychoanalysis
  - C. Psychodynamic therapy
  - D. Behaviour therapy
37. How do body reactions relate to emotions, according to the James-Lange theory?
- A. Emotional feelings lead to body reactions.
  - B. Body reactions lead to emotional feelings.
  - C. Body reactions suppress emotional feelings.
  - D. Emotional feelings suppress body reactions.
38. Which of these is most often cited as evidence for the view that humans have six basic emotions?
- A. Each of the six emotions depends on a different hormone.
  - B. Each of the six emotions depends on a different brain area.
  - C. Newborn babies show six distinct emotions.
  - D. People can recognize six facial expressions of emotion.
39. What was the main point that Hans Selye emphasized about stress?
- A. The body reacts to difficult life events like it reacts to disease.
  - B. The way people react to stress closely resembles that of other animals.
  - C. People vary genetically in their ability to recover from stressful experiences.
  - D. A feeling of personal rejection is the most harmful type of stress.
40. What does coping with stress by reappraisal mean?
- A. Reinterpreting a situation to make it seem less threatening
  - B. Trying to take control of the situation
  - C. Trying to predict the outcome of the situation
  - D. Trying to suppress the fear, sadness, or other unpleasant emotion that a situation causes



**SECTION B**

**(10 Marks)**

**There are TEN (10) questions in this section. Identify whether the statements are TRUE or FALSE. Write the answer in the answer booklet provided.**

No	Statements	True or False
1.	People usually eat more when alone than when they eat with a group of friends.	
2.	In order to see something, we send rays out from our eyes.	
3.	System 1 thinking relies on heuristics to simplify problems.	
4.	If a cross-sectional study shows a difference between people of different ages, the difference might be due to a cohort effect.	
5.	Money is considered a primary reinforcer.	
6.	You are more likely to refer to personality when explaining other people's behaviour than when explaining your own.	
7.	Freud's goal was to bring unconscious thoughts and memories to consciousness.	
8.	The Flynn effect occurs only in Western, industrialized countries.	
9.	People with panic disorder are likely to have agoraphobia or social phobia also.	
10.	Physiological measurements enable researchers to determine which emotion a person is experiencing.	

**SECTION C**

**(10 Marks)**

**There are TEN (10) questions in this section. Answer all questions in the answer booklet provided.**

1. The hormone that increases the flow of glucose and other nutrients into body cells is \_\_\_\_\_.
2. Our ability to perceive objects as maintaining their size, shape, and color, despite changes in the image striking the retina, is known as visual \_\_\_\_\_.
3. In making decisions, thoroughly considering every possibility to find the best one is called \_\_\_\_\_.
4. According to Piaget, children in the preoperational stage do not understand that someone could rearrange coins without changing their number, or pour a liquid without changing its volume. He therefore said that these children lack the concept of \_\_\_\_\_.
5. In Pavlov's experiments, a sound preceded food, which evoked salivation. We refer to the sound as the \_\_\_\_\_ stimulus.
6. Behavior that helps others, despite some cost or risk to yourself, is called \_\_\_\_\_.
7. In humanistic psychology, the achievement of one's full potential is self-\_\_\_\_\_.
8. Raymond Cattell defined acquired and highly practiced skills in specific situations as \_\_\_\_\_ intelligence.
9. An effective treatment for phobia that proceeds by gradually bringing people into contact with the object that they fear is called \_\_\_\_\_ therapy.
10. The ability to perceive, imagine, and understand emotions and use that information in making decisions is known as emotional \_\_\_\_\_.

**SECTION D**

**(40 Marks)**

**There are TWO (2) questions in this section. Answer all questions. Write your answers in the answer booklet provided.**

**QUESTION 1**

- a) Define nature and nurture in human development, and discuss the ongoing debate of how nature and nurture interact to shape an individual's development. Provide examples and evidence to support your argument. (10 marks)
- b) Describe the fifth stage of human development by Erik Erikson, Identity vs. Role Confusion. Discuss the challenges faced by adolescents in developing their identities, and provide appropriate examples. (10 marks)

**QUESTION 2**

- a) Explain Raymond Cattell's theory of intelligence, specifically his concepts of fluid intelligence and crystallized intelligence. Provide examples to illustrate the differences between the two concepts. (10 marks)
- b) Explain the concepts of reliability and validity in the context of intelligence testing. Provide examples to illustrate the differences between reliability and validity. (10 marks)

**\*\*\* END OF QUESTION PAPER \*\*\***