



FINAL EXAMINATION
MARCH 2023

COURSE TITLE	PRINCIPLES OF PSYCHOLOGY
COURSE CODE	FSDV0154
DATE/DAY	14 JUNE 2023 / WEDNESDAY
TIME/DURATION	09:00 AM - 12:00 PM / 03 Hour(s) 00 Minute(s)

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 OMR sheet.

1. The idea of free will is often seen as the opposite of _____.
 - A. Monism
 - B. Dualism
 - C. Determinism
 - D. Environmentalism

2. The mind–brain (or mind–body) problem refers to the question of “_____”
 - A. What happens to the brain during an out-of-body experience?
 - B. Which part of the brain does the mind control?
 - C. What is the relationship between mind and brain?
 - D. Which is more important, the mind or the brain?

3. Which two types of cells compose the central nervous system?
 - A. Gametes and autosomal cells
 - B. Neurons and glia
 - C. Sympathetic cells and parasympathetic cells
 - D. Axons and dendrites

4. What is the primary function of a neuron’s axon?
 - A. It insulates the neurons from other cells.
 - B. It contains the chromosomes, and it synthesizes new proteins.
 - C. It conducts information toward other cells.
 - D. It receives information from other cells.

5. When you see something, what happens?
 - A. Light goes into your eye.
 - B. Rays come out of your eye.
 - C. First, rays go out of your eye, and then light comes into it.
 - D. Light goes into your eye and rays come out of it, simultaneously.

6. What does Gestalt psychology emphasize?
- A. How we coordinate vision with movement
 - B. How unconscious motivations and emotions influence visual perception
 - C. The function of each neuron as a feature detector
 - D. How we perceive a complex pattern as a whole
7. Someone cannot read while walking because the words seem blurry. What is probably impaired?
- A. The audition system
 - B. The olfaction system
 - C. The vestibular system
 - D. The parasympathetic system
8. What is the main difference between classical conditioning and operant conditioning?
- A. In classical conditioning, the animal must move its skeletal muscles.
 - B. In classical conditioning, the animal learns rapidly but also forgets rapidly.
 - C. In classical conditioning, the animal's responses do not control the reinforcements.
 - D. In classical conditioning, the animal receives rewards instead of punishments.
9. What is the goal of behaviourism?
- A. To teach people to get along with one another peacefully.
 - B. To understand the conscious and unconscious thoughts that produce behaviour.
 - C. To understand behavior in simple non-mentalistic terms.
 - D. To trace behaviors to underlying genetics and brain processes.
10. People hear a tone, followed by a puff of air to the eyes. Soon, they blink their eyes when they hear the tone. Which are the conditioned stimulus and conditioned response?
- A. The tone is the conditioned stimulus, and the puff of air is the conditioned response.
 - B. The puff of air is the conditioned stimulus, and the tone is the conditioned response.
 - C. The tone is the conditioned stimulus and blinking is the conditioned response.
 - D. The puff of air is the conditioned stimulus and blinking is the conditioned response.
11. According to the drive theory of motivation, what is motivation?
- A. A tendency to maintain biological conditions close to their optimum level.
 - B. A stimulus that pulls the individual toward an action.
 - C. An irritation that energizes behavior to remove the irritation.
 - D. An attempt to prepare for future needs.

12. Which term refers to the tendency to maintain constant temperature, weight, and body water?
- A. Belongingness
 - B. Homeostasis
 - C. Incentives
 - D. Self-actualization
13. According to Abraham Maslow, what happens if you have several motivations at once?
- A. You start on each of them and then alternate rapidly from one to another.
 - B. You satisfy the most urgent motivation before starting on the next one.
 - C. You try to get someone else to help you with one or more of your tasks.
 - D. You postpone working on all of them, and do something enjoyable instead.
14. Does a newborn infant look longer at one type of display or another? If so, what display does it look the longest at?
- A. Yes. An infant looks longest at a page that is all one color.
 - B. Yes. An infant looks longest at a face or a drawing of a face.
 - C. Yes. An infant looks longest at a straight black line.
 - D. No. An infant looks equally at any display.
15. Which of these did Piaget point out about the stages of intellectual development?
- A. Some children skip over one of the intermediate stages.
 - B. Everyone goes through the same stages in the same order.
 - C. The stages of development vary sharply from one culture to another.
 - D. People generally take a step backward at adolescence before making further progress.
16. When someone has social or emotional difficulties, what explanation did Erik Erikson emphasize?
- A. Failure to master the challenges of an earlier age
 - B. An unfavorable ratio of reinforcements to punishments
 - C. Genetic abnormalities that alter neurotransmitters or their receptors
 - D. Lack of sufficient self-esteem
17. Which of these would you probably find through an "attentive" process?
- A. A large bear that is charging directly at you
 - B. A well-camouflaged animal in the forest
 - C. A wolf that howls loudly
 - D. A single white pigeon in a group of gray pigeons

18. Which of the following would you be most likely to find through a "preattentive" process?
- A. Your own car in a crowded parking lot
 - B. A car in the parking lot that has two Zs on its license plate
 - C. The most typical, average car in the parking lot
 - D. A car in the parking lot that suddenly starts moving
19. What does the "language acquisition device" do?
- A. It helps people with brain damage communicate.
 - B. It measures brain activity during speech.
 - C. It stores words in short-term memory while someone plans a sentence.
 - D. It helps young children develop language.
20. When a new worker lacks the skills of experienced workers but learns those skills quickly, what kind of intelligence does this new worker have much of?
- A. Multiple intelligence
 - B. Crystallized intelligence
 - C. Fluid intelligence
 - D. Mnemonic intelligence
21. What does Howard Gardner's theory of multiple intelligences claim?
- A. Intellectual development depends on equal contributions from heredity and environment.
 - B. Nutrition, health, and other factors contribute to the development of all intellectual skills.
 - C. People can be outstanding at one intellectual skill without being good at others.
 - D. On average, intellectual performance has improved from one generation to the next.
22. What is meant by a "culture-reduced" intelligence test?
- A. The test is appropriate for use in only a small number of cultures.
 - B. The test avoids asking for facts that your culture might teach you.
 - C. Representatives of many world cultures worked together to write the test.
 - D. Performance on this test has been declining in our culture.
23. A politician refuses to believe evidence that contradicts his/her position on an issue. Which defense mechanism does this example illustrate?
- A. Projection
 - B. Displacement
 - C. Denial
 - D. Sublimation

24. What do humanistic psychologists believe?
- A. Personality depends on people's beliefs and perceptions.
 - B. The way to understand behavior is to reduce it to its component parts.
 - C. Most human behaviour results from unconscious influences.
 - D. Personality can be described in terms of a few major traits.
25. How did psychologists initially identify the Big Five personality traits?
- A. They identified five major genes that control certain aspects of social behavior.
 - B. They assembled the points of agreement in the theories of Freud, Jung, and Adler.
 - C. They observed the behavior of children in school and at play in several cultures.
 - D. They looked for correlated words to describe personality in the English language.
26. When are you most likely to offer help to a person who appears hurt?
- A. When you are not sure whether the person needs help
 - B. When you are in a hurry
 - C. When you are surrounded by people you don't know
 - D. When you are alone
27. Which policy generally works best for decreasing group prejudices within an organization?
- A. Recognizing and enjoying the differences among groups
 - B. Strong penalties against anyone who makes a prejudiced remark
 - C. Telling all people to try to avoid seeming prejudiced
 - D. Emphasizing a policy of treating all people the same
28. What is one way to reduce cognitive dissonance?
- A. Change your attitudes to match your behavior.
 - B. Increase your cooperation with other people.
 - C. Convince other people to change their attitudes.
 - D. Use a self-handicapping strategy.
29. "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

30. If a group debates a controversial issue, when is "group polarization" likely to occur?
- A. If the group has highly diverse opinions at the start of the discussion
 - B. If most group members lean the same direction at the start of the discussion
 - C. If the group is composed of people who do not know each other well
 - D. If nearly all members of the group are well informed about this topic
31. What is the defining symptom of generalized anxiety disorder?
- A. Failure to sympathize with other people's anxiety
 - B. Tendency to interpret almost every facial expression as meaning anxiety
 - C. Inability to feel anxiety
 - D. Frequent, exaggerated anxiety
32. What type of object is a common basis for a phobia?
- A. Something that we encounter frequently almost every day
 - B. Something that causes injuries to many people today
 - C. Something associated with unpredictable, uncontrollable danger
 - D. Something that people encounter in early childhood
33. Identify one reason why some people with obsessive-compulsive disorder engage in endless rituals.
- A. They suffer panic attacks whenever they pause the rituals.
 - B. They have a series of involuntary reflexes that force ritual behaviors.
 - C. They doubt their memory of having completed the rituals.
 - D. They hallucinate voices that tell them to continue the rituals.
34. What type of trouble in adolescence predicts increased risk of depression later in life?
- A. Outbursts of anger
 - B. Difficulty sleeping
 - C. Difficulty maintaining balance
 - D. Impairment with binocular vision
35. Which of the following is **NOT** a symptom of schizophrenia?
- A. Hallucinations
 - B. Alternation between personalities
 - C. Loss of social behaviors
 - D. Loss of emotional responses

36. Which of these is cited most often 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.
37. Which of these is an important function that emotional expressions accomplish?
- A. They decrease tension.
 - B. They improve body posture.
 - C. They communicate with other people.
 - D. They increase blood flow to the brain.
38. What does "positive psychology" study?
- A. Differences in behaviour between one cohort and another
 - B. Experiences that enrich life, such as hope and creativity
 - C. The ways in which culture or society affect personality
 - D. Methods of improving learning, memory, and intelligence
39. According to Hans Selye, what causes stress?
- A. A fear of interpersonal rejection
 - B. Any experience that seems unpleasant
 - C. Any event that causes a major change in a person's life
 - D. Lifelong difficulties, such as poverty or prejudice
40. When does a sense of control make something seem less stressful?
- A. There are no circumstances where a sense of control makes something seem less stressful.
 - B. Almost always, even if you are wrong in your belief about having control
 - C. Only if you actually do take control successfully
 - D. Only when dealing with rare and unlikely dangers

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.	Insulin increases the flow of glucose and several other nutrients into body cells.	
2.	If you stare at a bright color for a minute and then look at a white surface, you continue seeing the color you had been viewing.	
3.	Jean Piaget argued that children's thinking is just like that of adults, except that children's thinking is slower and less well informed.	
4.	Talking on a cell phone distracts a driver, and so does listening to a passenger who is talking on a cell phone.	
5.	Both positive and negative reinforcement increase the probability of a behavior.	
6.	You are more likely to help a stranger when many people are around than when you are by yourself.	
7.	The Rorschach inkblot test often provides information about a person that could not be easily obtained through other methods.	
8.	People who do well on one cognitive test generally do well on other cognitive tests also.	
9.	All types of psychotherapy concentrate on bringing unconscious thoughts and motivations into consciousness.	
10.	The main evidence for the idea of "basic emotions" is that people throughout the world recognize some of the same facial expressions.	

SECTION C

(10 Marks)

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

1. Motivation based on the pleasure of the act itself, rather than the reward it might bring, is _____.
2. The analysis of how people make hits, misses, false alarms, and correct rejections is known as _____ theory.
3. Strategies for simplifying a problem or for guiding an investigation are called _____.
4. In Piaget's terminology, applying an old schema to a new situation is called _____.
5. Psychologists who study only observable actions, while avoiding discussion of mental processes, are called _____.
6. One method of measuring prejudices or other attitudes that people don't want to admit is the _____ association test.
7. The branch of personality theory that emphasizes people's conscious decisions, values, beliefs, and spiritual experiences is known as _____ psychology.
8. The phenomenon that performance on IQ tests has been increasing from generation to generation is known as the _____ effect.
9. The therapy that uses learning to accomplish specific goals, focusing more on what people do than on what they think, is _____ therapy.
10. Coping with stress by reinterpreting the situation to make it seem less threatening is known as _____.

SECTION D

(40 Marks)

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

QUESTION 1

(20 Marks)

- a) Name and describe the Big Five personality traits. (10 marks)
- b) How do heredity and environment affect personality development? What evidence suggests that family environment contributes little to personality development? (10 marks)

QUESTION 2

(20 Marks)

- a) Define and differentiate trichromatic theory and the opponent-process theory. Which theory most easily explains negative color afterimages? (10 marks)
- b) The Gestalt psychologists described several principles of how we organize perceptions into meaningful wholes. Define **TWO (2)** of the Gestalt principles. (6 marks)
- c) What is one likely explanation for many optical illusions? (4 marks)

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

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