



**FINAL EXAMINATION**  
**MARCH 2024**

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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>13 JUNE 2024 / THURSDAY</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 12 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. Who is often considered the founder of modern psychology and the first recognized 'psychologist'?
  - A. Wundt
  - B. Fechner
  - C. Weber
  - D. Helmholtz
  
2. To understand thought, emotion, experience and these nonphysical elements, Wundt mentioned that we need to think objectively about our thoughts. Which of the following represents the method of introspection under structuralism's school of psychology?
  - A. Drawing your pictures that you like
  - B. Driving at night with a clear destination
  - C. Journaling your thoughts emotions
  - D. Thinking critically on having holiday at your favorite place
  
3. The question of 'why is it happening?' relates to Psychology's goal to \_\_\_\_\_ whereas the question of 'how can it be changed?' relates to Psychology's goal to \_\_\_\_\_.
  - A. explain ... control
  - B. explain ... predict
  - C. predict ... control
  - D. describe ... explain
  
4. One day, Alif and his friend were walking around the construction area when Alif momentarily stepped on a nail. His quick reflexes prevented the nail from fully affecting his leg. Following the incident, he waved the injured leg, signaling for help from his friend. His voluntary use of his muscles is controlled by which nervous system?
  - A. central
  - B. autonomic
  - C. somatic
  - D. parasympathetic

5. The two major building blocks of the nervous system are \_\_\_\_\_ and \_\_\_\_\_.
- A. glia cells; neurons
  - B. astrocytes; neurons
  - C. astrocytes; axons
  - D. glia cells; axons
6. Since birth, Murni's nose has failed to capture any smell. As a result, it is challenging for her to mingle with others, as she cannot differentiate between the smelly clothes and fresh ones. People tend to keep their distance from her. The problem that she faced is due the problem at \_\_\_\_\_ lobes.
- A. occipital
  - B. parietal
  - C. frontal
  - D. temporal
7. The process by which activities are started, directed, and sustained to meet a person's wants is called \_\_\_\_\_.
- A. drive
  - B. incentive
  - C. motivation
  - D. instinct
8. Your heart is racing, your breathing is rapid, and your mouth is dry. What emotion are you experiencing?
- A. anger
  - B. fear
  - C. happiness
  - D. it is not always possible to distinguish one emotion from another by physiological reactions only
9. Which part of the brain is responsible for biological functions including hunger, thirst, and the sex drive?
- A. medulla
  - B. hypothalamus
  - C. thalamus
  - D. ventricles

10. Which of the following properties of sound would be the most similar to the colour or hue of light?
- A. pitch
  - B. loudness
  - C. purity
  - D. timbre
11. A person who has consumed too much alcohol, became motion sick, or felt dizzy, is showing obvious impairments of which sensory system?
- A. Visual system
  - B. Auditory system
  - C. Vestibular system
  - D. Gustation system
12. Chandran is listening to his stereo at full volume in his room. His father tells him to turn down the volume. Chandran lowers the volume, but his father claims the music is as loud as it was before. This is because \_\_\_\_\_.
- A. Chandran's father is unfamiliar with rock music
  - B. Chandran's father subliminally perceived the volume change
  - C. the change in volume did not reach his father's just noticeable difference
  - D. the music was above his father's absolute threshold
13. What type of problem-solving strategy would be best to use when solving a problem in algebra class?
- A. heuristic
  - B. algorithm
  - C. trial-and-error solution
  - D. means-end analysis
14. Which statements best explains the concept of attention bottleneck?
- A. Attention is unlimited, letting us handle many things at once.
  - B. Attention remains constant, regardless of task complexity.
  - C. Attention isn't affected by the similarity between items, ensuring smooth processing of all information.
  - D. Attention is like a narrow bottleneck, limiting how much information we can process simultaneously.

15. \_\_\_\_\_ refer to mental activity that goes on in the brain when a person is processing information.
- A. Prototype
  - B. Mental images
  - C. Cognition
  - D. Intelligent
16. In \_\_\_\_\_ design, several different age groups of participants are studied at one time.
- A. longitudinal
  - B. cross-sectional
  - C. cross-sequential
  - D. cross-longitudinal
17. Which terms best describes the phenomenon where infants show a decreased response to a repeated sound, but demonstrate an increased response when the sound changes slightly?
- A. Adaptation
  - B. Desensitization
  - C. Habituation
  - D. Dishabituation
18. Nine-year-old primary school pupils will experience the psychosocial development stage of \_\_\_\_\_ if they feel either competent or incompetent after all the efforts given in acquiring new skills and knowledge.
- A. trust vs. mistrust
  - B. industry vs. inferiority
  - C. identity vs. role confusion
  - D. autonomy vs. shame and doubt
19. Who was an early advocate of behaviourism known for his radical views?
- A. William James
  - B. Sigmund Freud
  - C. Ivan Pavlov
  - D. Jacques Loeb

20. In operant conditioning, behavior is a result of its \_\_\_\_\_.
- A. responses
  - B. consequences
  - C. stimuli
  - D. innate pathways
21. Which of the following is one of the most basic types of learning stated in classical conditioning?
- A. the learning of decisions
  - B. the learning of language
  - C. the learning of response
  - D. the learning of associations
22. People are more likely to help others if \_\_\_\_\_.
- A. they are in a bad mood
  - B. they feel guilty about something
  - C. someone else is already helping
  - D. they are in a hurry
23. In Milgram's original study on obedience, what percentage of participants were willing to administer the maximum level of shock?
- A. 5%
  - B. 30%
  - C. 65%
  - D. 100%
24. Prejudice is to \_\_\_\_\_ as discrimination is to \_\_\_\_\_.
- A. thought, action
  - B. race, age
  - C. stereotype, categorization
  - D. negative, positive
25. \_\_\_\_\_ refers to the defense mechanism which involves blocking external events from awareness because people refuse to acknowledge such events.
- A. Repression
  - B. Denial
  - C. Regression

- D. Displacement
26. According to Adler, feelings of helplessness and hopelessness may either make people give up on striving for success, or push them to overcompensate for their feelings of \_\_\_\_\_.
- A. inferiority
  - B. superiority
  - C. success
  - D. achievement
27. According to Carl Rogers, which of the following best describes unconditional positive regard?
- A. Accepting and valuing a person without any conditions or judgment.
  - B. Offering support only when certain conditions are met.
  - C. Criticizing individuals for their thoughts, feelings, or behaviours.
  - D. Showing indifference towards an individual's needs and emotions.
28. \_\_\_\_\_ believed in a general intelligence factor.
- A. Sternberg
  - B. Spearman
  - C. Gardner
  - D. Thurstone
29. In the area of intelligence, WAIS stands for \_\_\_\_\_.
- A. Wernicke Aphasic Intelligence Scale
  - B. Wechsler Adult Intelligence Scale
  - C. Wechsler Aptitude and Intelligence Scale
  - D. Wernicke Approximate Intelligence Scale
30. Alena is an outstanding ballerina. Which of Gardner's multiple intelligences is she most clearly demonstrating when she dances?
- A. Naturalistic
  - B. Linguistic
  - C. Logical mathematical
  - D. Kinesthetic
31. Which of the following scenarios best illustrates hallucinations?
- A. A person sees their friend sitting next to them, engaged in conversation.
  - B. A person experiences a vivid dream during nighttime sleep.



- C. A person hears voices commanding them to perform specific actions, despite being alone in a quiet room.
- D. A person smells their favourite food cooking in the kitchen, but no one is actually cooking.
32. Which type of psychotherapy focuses on changing people's interpretation of events to improve psychological well-being?
- A. Cognitive Therapies
- B. Behavioral Therapies
- C. Humanistic Therapies
- D. Psychodynamic Therapies
33. DSM stands for \_\_\_\_\_.
- A. diagnostic and scientific manual of mental disorders
- B. diagnostic and statistical manual of major disorders
- C. diagnostic and scientific manual of major disorders
- D. diagnostic and statistical manual of mental disorders
34. Which of the following is classed as a basic emotion?
- A. Guilt
- B. Shame
- C. Jealousy
- D. Disgust
35. Which of the following best characterizes high-stress occupations?
- A. Occupations with easy working conditions and low demands.
- B. Jobs with pleasant elements and minimal exposure to noise or threats.
- C. Occupations with demanding, difficult, or unsafe conditions and associated with increased risk of physical problems.
- D. Jobs with high job satisfaction and low workload.
36. Which of the following best defines resilience?
- A. An inability to handle difficult situations effectively.
- B. A tendency to experience maximum distress in challenging circumstances.
- C. An ability to handle difficult situations with a minimum of distress.
- D. A tendency to avoid stressful situations altogether.
37. "I'm going to take this candy because I want it NOW!" said the \_\_\_\_\_. "But stealing is wrong," said the \_\_\_\_\_. "Let's ask mom if she'll advance our allowance so we can buy it today," said the \_\_\_\_\_.



- A. id; ego; superego  
B. ego; id; superego  
C. superego; id; ego  
D. id; superego; ego
38. Aqilah strives to do her best to complete the project as it is one of the ways to receive recognition from her boss. On the other hand, Aimi involves herself in all projects organized by her office as a way to release stress. Aqilah is experiencing \_\_\_\_\_ while Aimi experiencing \_\_\_\_\_.
- A. positive...negative  
B. internal...positive  
C. intrinsic...extrinsic  
D. extrinsic...intrinsic
39. When we attend a football tournament, we can see thousands of supporters from different skin colors and races. However, due to their jerseys, we perceive them as separate and distinct groups because of the Gestalt law of \_\_\_\_\_.
- A. proximity  
B. similarity  
C. closure  
D. continuity
40. A school student can respond to questions regarding gender equality, patriotism and self-esteem. This shows that the student has achieved the \_\_\_\_\_ stage of Piaget's cognitive development.
- A. concrete operations  
B. formal operations  
C. preoperational  
D. sensorimotor

**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.	Conscientiousness is one of the dimensions included in the five-factor model of personality.	
2.	The common treatments for depression are antidepressant medications and psychotherapy.	
3.	James-Lange theory proposed the idea that perception of bodily changes provides the feeling aspect of emotion that arise from physiological arousal.	
4.	A college student who joins a club looking for friendship is mostly satisfying the love and belonging needs of Maslow's hierarchy.	
5.	Sensory adaptation refers to diminished sensitivity after prolonged and constant exposure.	
6.	IQ is a measure of intelligence that takes into account a person's chronological and mental ages.	
7.	The psychodynamic approach was founded by Skinner.	
8.	In Erikson's model, the key challenge of late adulthood is intimacy versus isolation.	

9.	The fatty substance that provides a protective coating to axons is called synapse.	
10.	Clinical psychologists investigate the causes and treatment of psychological disorders, such as homosexuality.	

**SECTION C**

**(10 Marks)**

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

1. If *syntax* is the set of rules governing the structure of sentences, phrases, and words in a particular language, the basic units of sound are called \_\_\_\_\_.
2. \_\_\_\_\_ is a concept that closely matches the defining characteristics of that concept.
3. \_\_\_\_\_ describes the role of reinforcements.
4. \_\_\_\_\_ is a technique for establishing a new response by reinforcing successive approximations to it.
5. Evolutionary psychology has its roots in \_\_\_\_\_.
6. The \_\_\_\_\_ lobe is also known as auditory cortex.
7. We may conform because we want to be liked by others, this is known as \_\_\_\_\_ conformity.
8. \_\_\_\_\_ is made up of the characteristic patterns of thoughts, feelings, and behaviors that make a person unique.
9. A person suffering from OCD will be bothered by repetitive \_\_\_\_\_ and repetitive \_\_\_\_\_.

10. Emotion is a subjective state of being that we often use to describe our \_\_\_\_\_. It is relatively intense and occurs in response to an experience. Emotion is consciously experienced and intentional.

**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) Alif works as a sales executive at Megah Holding Land Berhad, a housing developer company. Describe **THREE (3)** persuasion techniques that he can apply in his effort to sell house units at Taman Megah neighborhoods. (10 marks)
- b) Justify what is an attribution and explain **THREE (3)** types of information influence us to make an internal or external attribution that proposed by Harold Kelley. (10 marks)

**Question 2**

- a) Explain the main features of Erik Erikson's theory of psychosocial development, particularly focusing on the first **TWO (2)** stages: Trust vs. Mistrust and Autonomy vs. Shame and Doubt. Provide examples for each stage to illustrate how individuals navigate through these phases of development. (10 marks)
- b) Elaborate the **FOUR (4)** parenting styles described by Diana Baumrind. Compare them by discussing their unique traits, such as warmth, control, and communication. Provide examples to illustrate each style and discuss how they may influence children's development. (10 marks)

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