



**FINAL EXAMINATION**  
**NOVEMBER 2023**

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<b>COURSE TITLE</b>	<b>FUNDAMENTAL OF PSYCHOLOGY</b>
<b>COURSE CODE</b>	<b>EPSY1113</b>
<b>DATE/DAY</b>	<b>19 FEBRUARY 2024 / MONDAY</b>
<b>TIME/DURATION</b>	<b>02:00 PM - 04:00 PM / 02 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 3 Printed Pages including front page)

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

There are **THREE (3)** questions in this exam paper. Answer **ALL** questions in the answer booklet provided. **[50 MARKS]**

*Terdapat TIGA (3) soalan di dalam kertas peperiksaan ini. Sila jawab SEMUA soalan dalam buku jawapan yang disediakan.* **[50 MARKAH]**

**QUESTION 1** **(15 Marks)**

Sleep study is one of the important areas for psychologists who study human consciousness.

- a) Determine your understanding of dream. **(5 marks)**
- b) Explain **TWO (2)** functions of circadian rhythm. Provide examples for each explanation. **(10 marks)**

**SOALAN 1** **(15 Markah)**

*Tidur adalah salah satu bidang penting untuk ahli psikologi yang mengkaji tentang kesedaran manusia.*

- a) *Jelaskan pemahaman anda tentang mimpi.* **(5 markah)**
- b) *Terangkan DUA (2) fungsi ritma sirkadian. Berikan contoh bagi setiap penerangan.* **(10 markah)**

**QUESTION 2** **(20 Marks)**

1 in 3 Malaysians have mental health issues, with highest prevalence among those aged 16 – 19 years as well as those from low-income families. This statistic was conducted by the National Health and Morbidity Survey, Minister of Health (2015).

- a) Describe what is mental health. **(5 marks)**
- b) Distinguish **TWO (2)** difference between physical health and mental health. **(10 marks)**
- c) Explain what is obsessive compulsive disorder. **(5 marks)**

**SOALAN 2** **(20 Markah)**

*1 daripada 3 rakyat Malaysia mempunyai masalah kesihatan mental, dengan kelaziman tertinggi di kalangan mereka yang berumur 16 – 19 tahun serta mereka daripada keluarga berpendapatan rendah. Statistik ini dijalankan oleh Kajian Kesihatan dan Morbiditi Kebangsaan, Menteri Kesihatan (2015).*

- a) *Terangkan apa itu kesihatan mental.* **(5 markah)**
- b) *Bezakan DUA (2) perbezaan antara kesihatan fizikal dan kesihatan mental.* **(10 markah)**
- c) *Terangkan apakah itu gangguan obsesif kompulsif.* **(5 markah)**

**QUESTION 3**

**(15 Marks)**

Social psychology deals with all kinds of interactions between people. This subfield of psychology studies how human cognitive and behaviour relates to others around them. Social perception and cognition are the processes for learning about others and making inferences from that information.

- a) Compare and contrast between social influence, social cognition and social interactions. (15 marks)

**SOALAN 3**

**(15 Markah)**

*Bidang psikologi sosial membincangkan mengenai segala jenis interaksi di antara manusia. Sub-bidang psikologi ini mengkaji bagaimana kognitif dan tingkah laku manusia berkaitan dengan orang di sekeliling mereka. Persepsi sosial dan kognitif adalah proses untuk mempelajari tentang orang lain dan membuat kesimpulan daripada maklumat tersebut.*

- a) *Banding dan bezakan antara pengaruh sosial, kognisi sosial dan interaksi sosial. (15 markah)*

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