



FINAL EXAMINATION

JULY 2022

COURSE TITLE	PRINCIPLES OF PSYCHOLOGY
COURSE CODE	FSDV0154
DATE/DAY	18 OCTOBER 2022 / TUESDAY
TIME/DURATION	09:00 AM - 12:00 PM / 3 Hours

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)

There are **THREE (3)** sections in this question paper.

(100 Marks)

SECTION A

There are **FORTY (40)** questions in this section. Answer **ALL** questions in the OMR sheet. **(40 Marks)**

1. Which belief does the term monism refer to?
 - A. All animal life on Earth evolved from a single ancestor.
 - B. Every behaviour has a cause.
 - C. Mental activity is the same thing as brain activity.
 - D. Heredity and environment are equally important for behavioural development.

2. What does a cognitive psychologist study?
 - A. Hunger and thirst.
 - B. Thought and knowledge.
 - C. Brain mechanisms of behaviour.
 - D. Emotional conflicts.

3. Which of these is most likely to study the effects of brain damage on behaviour?
 - A. Psychoanalyst
 - B. Cross-cultural psychologist
 - C. Human factors specialist
 - D. Biopsychologist

4. How many axons can a cell have?
 - A. Only one
 - B. Half as many as its number of dendrites
 - C. As many as the number of dendrites
 - D. No limit

5. What does a neurotransmitter do?
 - A. It measures the amount of activity in a brain.
 - B. It either excites or inhibits a neuron.
 - C. It flows through the bloodstream.
 - D. It conveys information from one brain to another.

6. What is the function of the corpus callosum?
- A. It maintains short-term memory of language information.
 - B. It combines information from vision, hearing, and other senses.
 - C. It communicates between the left and right hemispheres.
 - D. It controls the muscles of the tongue, mouth, and larynx.
7. How does "incentive motivation" differ from "drive"?
- A. An incentive, unlike a drive, is stronger at some times than at others.
 - B. Incentive motivation is based on weak or uncertain rewards.
 - C. An incentive can motivate action when need is low or absent.
 - D. An incentive motivates action that continues until the person achieves their goal.
8. In Maslow's hierarchy of needs, which is the lowest need?
- A. Self-esteem
 - B. Self-fulfilment
 - C. Social interaction
 - D. Physiological needs
9. With regard to hunger, what does "set point" mean?
- A. The weight that your body acts to maintain
 - B. The time when you begin to feel hunger
 - C. The time when you end a meal
 - D. The location where insulin enters the blood stream
10. Which of these evidence favours the opponent-process theory of colour vision?
- A. After staring at a bright-coloured image, we see a negative afterimage.
 - B. From a distance, tiny blue dots appear to be black.
 - C. It is possible to mix three colours to match any other colour.
 - D. We can still recognize all colours while wearing tinted glasses.
11. What keeps your eyes focused on something while your head is moving?
- A. Cutaneous system
 - B. Sympathetic system
 - C. Vestibular system
 - D. Limbic system

12. What is a “top-down” approach to visual perception?
- A. First focusing on the details and then putting them together
 - B. Starting with brain activity and proceeding to the muscles
 - C. Applying expectations to guide interpretation of vision
 - D. Asking the leader of each group of people to decide what the others will view
13. Which of these means about the same as “bottom-up” process?
- A. Prototype
 - B. Priming
 - C. Preattentive process
 - D. Attentive process
14. What kind of thinking or problem solving relies on “System 1”?
- A. Decisions about social interactions
 - B. Decisions about hand or arm movements
 - C. Decisions about nonverbal problems
 - D. Quick, almost automatic decisions
15. Which of the following tends to be true of satisficers?
- A. They consider many possibilities before making a decision.
 - B. They often regret their decisions and wonder whether another one would have been better.
 - C. They choose fairly quickly but generally feel pleased with their choices.
 - D. They consistently choose the least expensive of the choices available.
16. What was the main emphasis of Jean Piaget’s stages of cognitive development?
- A. Parenting style influences intellectual as well as social and emotional development.
 - B. Children go through major transitions in how they think.
 - C. Children’s thinking differs greatly from one culture to another.
 - D. Intellectual development continues showing major changes throughout adulthood.

17. Whose theory proposes that people begin in the stage of basic trust versus mistrust?
- A. William James
 - B. Jean Piaget
 - C. Sigmund Freud
 - D. Erik Erikson
18. If you explored various identities and then decided about your future, which state are you in?
- A. Identity diffusion
 - B. Identity moratorium
 - C. Identity foreclosure
 - D. Identity achievement
19. When Pavlov paired a buzzer with food and measured salivation, what was the buzzer?
- A. Conditioned stimulus
 - B. Unconditioned stimulus
 - C. Conditioned response
 - D. Unconditioned response
20. Which of these is true in operant conditioning, but NOT in classical conditioning?
- A. The events to be associated occur close together in time.
 - B. The only response is a visceral change such as salivation or a change in heart rate.
 - C. The individual's response controls the delivery of reinforcement.
 - D. The response is forgotten quickly unless it is rehearsed frequently.
21. What do positive reinforcement and negative reinforcement have in common with each other?
- A. They both strengthen a behaviour.
 - B. They both weaken a behaviour.
 - C. They both depend on presenting some stimulus.
 - D. They both depend on avoiding some stimulus.

22. Which of these is an example of an external attribution?
- A. The team lost because it did not practice properly.
 - B. The team lost because the other team was extremely strong.
 - C. The team lost because its players are not very talented.
 - D. The team lost because its players did not try hard enough.
23. According to the actor-observer effect, what attributions do you make for other people's behaviour, and for your own?
- A. External attributions for other people; external also for your own
 - B. External attributions for other people; internal for your own
 - C. Internal attributions for other people; external for your own
 - D. Internal attributions for other people; internal also for your own
24. What happened in Milgram's research on obedience?
- A. People assigned to be "guards" had power over those assigned as "prisoners."
 - B. People thought they were administering shocks.
 - C. People gave speeches on assigned topics, defending ideas they in fact opposed.
 - D. People told lies in return for either large or small bribes.
25. In Freud's theory, which part of your personality is similar to the term conscience?
- A. The id
 - B. The ego
 - C. The superego
 - D. The unconscious
26. According to Alfred Adler, what is natural for all people?
- A. Striving for superiority
 - B. The collective unconscious
 - C. A progression through stages of psychosexual development
 - D. Childhood sexual fantasies

27. What do humanistic psychologists emphasize?
- A. Conscious experiences, values, and beliefs
 - B. The effects of conflicting unconscious thoughts and motivations
 - C. How human behaviour evolved from that of other animal species
 - D. Reinforcements of stimulus-response connections
28. What is the Big Five trait of “agreeableness”?
- A. Low probability of feeling anxiety or hostility
 - B. Self-discipline in completing duties
 - C. Enjoyment of new intellectual activities and ideas
 - D. Compassion and trust toward others
29. What evidence was the concept of the g factor in intelligence based on?
- A. Scores on an IQ test correlate positively with activity in certain brain areas.
 - B. Most people who do well on one mental test also do well on many others.
 - C. Children usually get IQ scores similar to those of their parents, brothers, and sisters.
 - D. People who take the same IQ test repeatedly usually get about the same score.
30. What does crystallized intelligence refer to?
- A. The tendency for IQ scores to increase from one generation to the next
 - B. The decrease of intellectual skills in old age or as a result of disease
 - C. Practiced skills and knowledge about a particular field
 - D. Reasoning and solving new problems
31. What is the observation that each generation tends to do better than the previous generation on IQ tests?
- A. The Stroop effect
 - B. Spearman's g factor
 - C. The Flynn effect
 - D. Gestalt psychology

32. What does "stereotype threat" mean?
- A. Impaired performance because of worry about supporting an unfavourable stereotype
 - B. Impaired performance because a test is biased against someone's group
 - C. Impaired performance because of poverty, poor health, or poor nutrition
 - D. Impaired performance because of fear of doing better than other group members
33. Which other disorder would people with a panic disorder are also likely to have?
- A. Seasonal affective disorder
 - B. Obsessive-compulsive disorder
 - C. Agoraphobia
 - D. Attention deficit disorder
34. What is meant by an "obsession" in OCD?
- A. A fear that interferes with everyday life
 - B. A repetitive, unwanted thought
 - C. A repetitive, almost irresistible action
 - D. A belief that is strongly held despite a lack of evidence for it
35. Which of the following is most common among people with major depression?
- A. Excessive eating
 - B. Sleep abnormalities
 - C. Rapid heart rate
 - D. Joint laxity ("double-jointedness")
36. What is the main goal of behaviour therapy?
- A. To change people's interpretations of events to something more favourable
 - B. To bring unconscious thoughts and emotions to consciousness
 - C. To provide unconditional positive regard while people solve their own problems
 - D. To change specific actions and habits through positive reinforcement
37. Which of the following describes the James-Lange theory?
- A. An emotional feeling causes changes in certain body activities.
 - B. You feel an emotion when you perceive certain changes in your body.
 - C. Emotional experiences are based on six basic emotions.
 - D. Emotions vary along two dimensions, valence and intensity.

38. If we have a few "basic" emotions, what do psychologists assume about those basic emotions?
- A. Each basic emotion should have a distinct facial expression.
 - B. All the basic emotions should depend on the same brain area.
 - C. The basic emotions should vary from one culture to another.
 - D. Each basic emotion should make its first appearance at a different age.
39. How did Hans Selye define stress?
- A. The result from facing lifelong difficulties such as poverty
 - B. The way the body reacts to any demand made upon it
 - C. Mental fatigue caused by dealing with unrealistic expectations
 - D. Events that lead to unpleasant emotions such as fear and sadness
40. Why is problem-focused coping an effective way to deal with stress?
- A. Thinking you have control is calming, even if you don't.
 - B. Thinking about the problem is a good distraction.
 - C. Thinking about the problem makes it seem less threatening.
 - D. Thinking about the problem increases heart rate and breathing rate.

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SECTION B

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

No	Statements	True or False
1.	Determinism is the assumption that everything that happens has a cause.	
2.	Proteins are the main source of fuel for the brain.	
3.	Many optical illusions result from errors of depth perception.	
4.	People can do two unrelated tasks at the same time just as easily as doing one.	
5.	The personalities of adopted children correlate highly with those of the adopting parents.	
6.	In operant conditioning, the subject's behavior determines an outcome and is affected by the outcome.	
7.	Asch's research showed that many people sometimes conform to the majority's opinion, even when they know the majority is wrong.	
8.	A personality trait is more temporary than a personality state.	
9.	Aptitude is similar to fluid intelligence, and achievement is similar to crystallized intelligence.	
10.	Most types of psychotherapy are equally effective for improving a client's quality of life.	

SECTION C

There are TEN (10) questions in this section. Write the correct answer in the answer booklet by completing each statement. (10 Marks)

1. The highest point on Maslow's hierarchy of needs is the need for _____.
2. The field of psychology that emphasizes how we perceive overall patterns through a top-down process is known as _____ psychology.
3. If you assume something is common just because you can easily think of a few examples of it, you are using the _____ heuristic.
4. An investigator who follows a single group of individuals year after year is using a _____ study.
5. If something has become reinforcing to you because you learned that it is associated with other reinforcers, then this new, learned reinforcer is called a _____ reinforcer.
6. The tendency to work less hard when you are sharing the job with other people is known as social _____.
7. The Big Five personality traits are neuroticism, extraversion, agreeableness, openness to experience, and _____.
8. Charles Spearman identified a *g* factor in intelligence. The *g* stands for _____.
9. A fear that interferes with normal living is called _____.
10. The study of the features that enrich life, such as happiness, hope, creativity, courage, spirituality, and responsibility, is known as _____ psychology.

SECTION D

There are TWO (2) questions in this section. Write your answer in the answer booklet. (40 Marks)

Question 1 (20 marks)

- a) Explain the views of motivation by describing drive-reduction theory, homeostasis, and incentive. Provide appropriate examples. (10 marks)
- b) Define extrinsic and intrinsic motivations, and provide appropriate examples to show differences between the two. (10 marks)

Question 2 (20 marks)

- a) Describe reinforcement and punishment in learning, and provide examples. (10 marks)
- b) Define the technique of shaping in learning and provide examples. (5 marks)
- c) Describe what observational learning is and provide examples. (5 marks)

*** END OF QUESTION PAPER ***