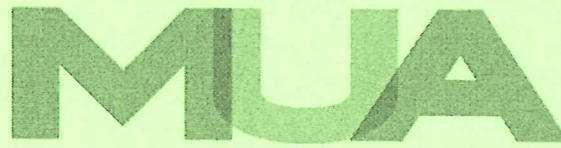


The
Management
University
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CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
CERTIFICATE COUNSELLING PSYCHOLOGY

CCP 102 : FOUNDATION OF PSYCHOLOGY

DATE: 5TH APRIL 2023

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. DO NOT write on this question paper.
3. This paper contains SIX (6) questions.
4. Question ONE is compulsory.
5. Answer any other FOUR questions.
6. Question ONE carries 30 MARKS and the rest carry 10 MARKS each.
7. Write all your answers in the Examination answer booklet provided.

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

PSYCHOLOGY ONE ON ONE

Many people believes that mental problems are not real, and Africans associate the problem with , curses , witchcraft and sorcery demon possessed, consequences of sin and inherited sickness .This attitude does not only worsen the situation but can end up in loss of life due to the delay to seek help from hospitals access to access healthcare. When mercy was 15 years, she started having difficulties in concentrating in her studies, she was lonely and most of her day was spent thinking of death. of course nobody took notice of her downward experience She kept it a secret because she feared that if she shared with other people, they may start judging her ad excommunicate her from their circles also she was scared that her family would suffer disgrace and shame .Mercy experienced mood swings from being very excited to crying She had alternating bouts of excess energy. She was irrational and always felt low. Sometimes she would isolate herself. She felt hopeless and neglected her hygiene. Her family and friends assumed she was just lazy. "I was a playful and cheerful child. But sometimes I would lose interest in everything. I did not realise I had a mental problem until late into my adulthood when my mental health deteriorated," she recalls all this when she visited a psychologist 27 years later. "People around me thought I was moody, but could not connect my condition with mental illness. Luckily, I had not reached the point of walking naked on the streets," says Mercy. She began treatment, but it was involving and quickly drained her financially. Mercy says she was put on Electroconvulsive therapy (ECT), which along with medication, helped in managing her condition, but side effects were drowning the benefits. "Due to financial constraints, I was forced to take low-quality medication. The ECT and drugs have affected my memory and concentration. Before 10am, my mind is usually sluggish," she says. This predicament is a picture of the challenges that thousands of Kenyans suffering from mental health grapple with. Electroconvulsive therapy (ECT) is a procedure, done under general anaesthesia, in

which small electric currents are passed through the brain, intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental health conditions. ECT often works when other treatments are unsuccessful and when the full course of treatment is completed, but it may not work for everyone. Much of the stigma attached to ECT is based on early treatments in which high doses of electricity were administered without anaesthesia, leading to memory loss, fractured bones and other serious side effects.

Required:

- A) From the case study explain ten signs in mercy that can lead to a diagnosis of a psychological /mental disorder. (10 marks)
- B) Discuss how the mind affects the body in our study on psychology as we look at Mercy in the case study (5 marks)
- C) Analyze five types of emotions in psychology field that you know (5 marks)
- D) Determine Factors that Influence personality development of human beings (6marks)
- E) State any benefits that is gained in study of Nervous System Principles of Heredity (4marks)

QUESTION TWO

- a) Explain the Learning Theory as used in the study of psychology (6 marks)
- b) Elucidate different Types of Memory Storage in the study of psychology (4 marks)

QUESTION THREE

- a) Analyze various types of Sleep disorders (7marks)
- b) Determine any three theories of motivation in the study of psychology (3marks)

QUESTION FOUR

- a) Explain the benefits of Meditation in psychology (5marks)

- b) Discuss signs of Emotional Suffering (5marks)

QUESTION FIVE

- a) Explain the Different Approaches in Psychology (7 marks)
b) Determine the elements Sensation and Perception the study of psychology (3 marks)

QUESTION SIX

- a) Discuss two Trait Theories in the study of psychology (4 marks)
b) Determine the elements Sensation and Perception the study of psychology (6 marks)