



DIPLOMA UNIVERSITY EXAMINATIONS

**SCHOOL OF ARTS, HUMANITIES, DEVELOPMENT
STUDIES AND SOCIAL SCIENCES (SADS)**

DIPLOMA IN COUNSELING PSYCHOLOGY

DCP 101: HUMAN GROWTH AND DEVELOPMENT

DATE: 3RD AUGUST 2026

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:

STUDYING THE EFFECTS OF SCREEN TIME ON COGNITIVE DEVELOPMENT IN EARLY CHILDHOOD

A researcher conducted a study to examine the effects of daily screen time (e.g., watching TV, using tablets or smartphones) on the cognitive development of children aged 3 to 5 years.

The researcher selected a sample of 50 children from three preschools in an urban area. A mixed-methods approach was used:

- **Quantitative data** was collected through cognitive assessment tests administered to the children.
- **Qualitative data** was gathered through interviews with parents and teachers about the children's behavior, attention span, and language use.

The study aimed to find out if increased screen time was related to delayed cognitive development, including attention, memory, and problem-solving skills.

Key findings:

- Children who had more than 3 hours of screen time daily scored lower on cognitive tests.
- Teachers reported that these children had shorter attention spans and difficulty following instructions.
- Parents of children with less than 1 hour of screen time daily noted better communication skills and play-based learning abilities.

Required:

- a) Define research in the context of human development.

(2 Marks)

- b) Discuss the importance of using appropriate research methods when studying early childhood development.

(8 Marks)

- c) Describe the possible ethical considerations the researcher should have taken into account when involving children.

(10 Marks)

- d) Highlight the implications on child development as witnessed in the case above and give possible recommendations on how to improve child cognitive development

(10 Marks)

QUESTION TWO

- a) Discuss the developmental characteristics of middle adulthood. **(5 Marks)**

- b) Explain the challenges faced during late adulthood and how they affect development

(5 Marks)

QUESTION THREE

- a) Discuss how a developmental delay can impact learning and behavior.

(5 Marks)

- b) What role can early intervention play in managing developmental disorders?

(5 Marks)

QUESTION FOUR

- a) Explain how culture influences moral development in human growth
(5 Marks)
- b) Describe the stages of grief according to Elisabeth Kübler-Ross. **(5 Marks)**

QUESTION FIVE

- a) Compare and contrast the theories of Freud and Erikson. **(5 Marks)**
- b) How do economic factors affect development during adolescence?
(5 Marks)

QUESTION SIX

Using two relevant theories, explain how cognitive development occurs from infancy through adolescence.

(10 Marks)