



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2017/2018 ACADEMIC YEAR
FIRST YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION
BACHELOR OF EDUCATION**

**COURSE CODE: EGC 1205
COURSE TITLE: PSYCHOLOGY OF HUMAN
ADJUSTMENT**

DATE: 2ND MAY, 2018

TIME: 1100 - 1300 HRS

INSTRUCTIONS TO CANDIDATES

Answer Question **ONE (1)** and any other **TWO (2)** questions

SECTION A (COMPULSORY)

1 a) Briefly describe the following terms:

- i. Maladaptive
- ii. Neurosis
- iii. Adjustment
- iv. Phobia
- v. Amnesia

(10 marks)

b) Explain the following methods of human adjustment:

- i. Direct methods
- ii. Indirect methods

(8marks)

c) Highlight **FIVE** characteristics of adjustment.

(10 marks)

d) Give clear analysis of James Drever's (1952) understanding of adjustment

(2 marks)

SECTION B: Answer any TWO questions from this section

2 a) Discuss **FIVE** principles of adjustment.

(10 marks)

b) With appropriate illustrations, describe **FIVE** characteristics of a well adjusted person.

(10 marks)

3 a) Discuss the **THREE** factors that would make an individual to be well adjusted or maladjusted.

(6 marks)

b) Briefly examine the following areas of adjustment:

- i. Adjustment at family and home
- ii. Adjustment at school

(8 marks)

(6 marks)

4a) Briefly explain the following disorders of maladaptive:

- i. Anxiety neurosis
- ii. Evasion of growth
- iii. Obsessive-compulsive reactions
- iv. Psychosis

(10 marks)

b) Give an explanation of each of the following defense mechanisms:

- i. Displaced aggression
- ii. Stereotype
- iii. Projection
- iv. Compensation
- v. Repression

(10 marks)

5. a) Discuss **FIVE** factors affecting adjustment in a given school in Kenya.

(10 marks)

b) As a teacher, describe **FIVE** roles of classroom teacher in student adjustment.

(10 marks)

END//

PSY 2205 HUMAN GROWTH AND DEVELOPMENT

SECTION A (COMPULSORY)

1a) Using examples, differentiate between the following concepts:

- i. Growth and development
- ii. Cephalocaudal and proximodistal trends
- iii. Pre-natal and peri-natal stages (8 marks)

b) Explain **FOUR** reasons for the importance of studying human growth and development as a teacher. (8 marks)

c) Give **FIVE** principles of human growth and development. (10 marks)

d) With examples, explain the following research designs as used in human growth and development:

- i. Longitudinal design
- ii. Cross-section design

SECTION B: Answer any TWO questions

- 2a) Explain **FIVE** teratogens that affect prenatal development stage . (10 marks)
- b) Briefly describe any **FIVE** reflex actions displayed by the neonate. (10 marks)
- 3a) Explain **FIVE** ways a teacher can use to foster language development theory. (10 marks)
- b) Describe **FIVE** agents of socialization in school going children. (10 marks)
- 4a) Identify **FIVE** challenges that adolescents face during this stage of life . (10 marks)
- b) Explain **FIVE** reasons for the importance of peer groups to the adolescents. (10 marks)

PSY 410: INTRODUCTION TO EDUCATION GUIDANCE AND COUNSELING.

SECTION A (COMPULSORY)

1 A) Briefly explain the following terms:

- i. Guidance
- ii. Counseling
- iii. Psychotherapy
- iv. Maladjusted behavior (8 marks)

- b) Briefly describe the **FIVE** components of guidance and counseling. (10mks)
- c) With suitable examples, highlight the areas where health guidance enables students to acquire healthy habits. (8mks)
- d) Highlight **TWO** ways counseling can be initiated in a school setting. (2 marks)

SECTION B: Answer any TWO questions

- 2a) Explain **SIX** roles of the counselor in the humanistic approach to counseling. (12 marks)
- b) Describe the **FOUR** key concepts employed by counselors in the humanistic approach. (8 marks)

3a Explain the **FOUR** principals of both guidance and counseling. (8 marks)

b) The psychoanalytic theory has its roots in the causes of maladjusted behaviors. Briefly describe the **FIVE** key concepts of early childhood trauma. (10 marks)

c) Briefly examine the “**pleasure principle**” according to Sigmund Freud. (2 marks)

4a) With suitable examples, briefly describe the following skills of counseling:

i. Attending

ii. Active listening

iii. Observation

iv. Responding

(8 marks)

b) Discuss **SIX** qualities of a good counselor . (12 marks)

5a) Discuss the stages involved in planning and organizing the school guidance program.

(12 marks)

b) Explain ways in which guidance in education helps the individual in planning suitable programs and making progress. (10 marks)

22nd MARCH 2018

The Deputy Vice-Chancellor (Administration, Finance and Planning)

Maasai Mara University

P.O BOX 861-20500

NAROK

SUBJECT: RECOMMENDATION FOR RACHEL K.MUHADI

I wish to recommend Rachel for the post of a Lecturer Grade -12 advertised in your institution. I have known Rachel since 2009 as a post graduate student in Educational Psychology at Kenyatta University while I was a lecturer in the department. She was a determined, disciplined and hardworking student, and these qualities saw her successfully complete her post graduate studies and enroll for a PhD degree. She is currently pursuing her PhD studies in Educational Psychology at Maasai Mara University, since November 2013.

Rachel has embraced intellectual and academic creativity needed for university teaching. She cordially relates with students and other staff members. I have also worked with her in research, and she has displayed positive attitudes and competence in research work.

Having related and worked with Rachel in the above capacities, I do strongly recommend her for the job. She is a valuable, reliable and productive resource person.

Thank you.

Dr. Newton Mukolwe

Chairman Department Of Educational Psychology