



SUBJECT: **Psychology**
DATE: 9th October 2021
TIME: 4:00 p.m. to 7:05 p.m.

This examination paper has two sections. Answer **BOTH** Section A and Section B. Follow instructions given in each section.

SECTION A

Answer Question 1 and another question from this section. Each question carries 20 marks.

1. You are a psychology researcher and you are embarking on a research project to explore the experiences of 8 young people who experienced a relationship breakup during COVID-19.
 - a. Would you use a qualitative or quantitative methodology? Why? (5)
 - b. Describe: (i) the data collection tool; (5)
(ii) participant selection. (5)
 - c. If you want a reliable result of how a large number of students react to breakups, what type of study would you carry out and why? (5)

(Total: 20 marks)

2. Astrid is a 2-year-old child who cries inconsolably every time her mother leaves her with her grandmother. The mother consulted a psychologist who referred to her attachment style. She explained how infants may develop different attachment styles to their caregivers.
 - a. Define attachment. (2)
 - b. Describe the **THREE** attachment styles proposed by the study carried out by Ainsworth and Bell in 1970 and give an example of typical child behaviour for **each** style. (9)
 - c. Describe Bowlby's maternal deprivation hypothesis and provide research evidence for it. (9)

(Total: 20 marks)

3. Humanist psychologists focus on personal responsibility, free will, and the individual's striving for personal growth and fulfilment.
 - a. Explain Maslow's hierarchy of needs. Sustain your answer by giving an example for **each** stage. (10)
 - b. Explain Rogers' actualising tendency and his concept of incongruence. (10)

(Total: 20 marks)

4. Several theories were put forward about the main factors which determine adult personality. Explain **TWO** of the following theories, use examples to support your answers:
 - a. Kelly's personal construct theory;
 - b. Cattell's trait theory;
 - c. Eysenck's trait theory;
 - d. The Big Five model. (10, 10)

(Total: 20 marks)

SECTION B

Answer Question 5 and another question from this section. Each question carries 30 marks.

5. Read the following case study and answer the following questions:

Carla is in the final year of her course at university. She is studying psychology. Her motivation is helping people. She is concerned for the rights, feelings and welfare of others and experiences empathy and concern for them. Her inclination towards prosocial behavior results in helping, sharing, comforting, and cooperating with others and she is therefore well suited to take up a career as a helping professional.

- a. Carla wishes to have a career where she can help people. By referring to the nature-nurture debate, explain how Carla may have developed such prosocial qualities in her personality. (8)
- b. Prosocial behavior and altruism have many things in common however they are **not** the same. If Carla's work is an example of prosocial behavior, how does it differ from altruism? (6)
- c. Studies show that in addition to individual differences in prosocial behavior there could also be cross-cultural differences. Explain cross-cultural differences in prosocial behavior using examples. (8)
- d. Describe **ONE** situation where you engaged in prosocial behavior. Use **ONE** psychological theory to explain how you developed a prosocial attitude. (8)

(Total: 30 marks)

6. Depression is a whole-body disorder. Biological influences contribute to depression but do not fully explain it. The social-cognitive perspective explores the roles of thinking and acting.

- a. Explain the biological perspective on depression. (10)
- b. Explain depression from a social-cognitive perspective. (10)
- c. Many therapists refer to the vicious cycle of depressed thinking. Explain how cognitive therapists attempt to break this cycle by changing the way depressed people process events. (10)

(Total: 30 marks)

7. Kohlberg (1966) puts forward a cognitive-developmental theory of the development of gender-typed behaviour. On the other hand Bandura (1977) puts forward the social learning theory of learning such behaviour.

- a. Describe **BOTH** theories as they apply to gender-typed behavior. Give examples for **each**. (20)
- b. These theories were put forward more than 30 years ago. Do you think they are still valid today? Discuss with the use of appropriate examples. (10)

(Total: 30 marks)

8. Psychologists have argued that there are four major kinds of effects associated with the stressed state.

- a. Mention these **FOUR** types of effects, give **TWO** examples for **each** type. (16)
- b. Holmes and Rahe (1967) gave a list of stressful life events in the Social Readjustment Rating Scale. Mention **FOUR** of the highest stressful life events mentioned in this scale. (4)
- c. Psychologists and health professionals warn us that stress increases the chance of illness. Explain why and how stress can cause illness. (10)

(Total: 30 marks)