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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR**  
**FIRST YEAR, SECOND SEMESTER EXAMINATION**  
**FOR THE BACHELOR OF SCIENCE IN INFORMATION TECHNOLOGY**  
**KLC 2103 – HUMAN PSYCHOLOGY**

Date: 09<sup>TH</sup> December 2024  
Time: 11:30AM – 1:30PM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

**READ THE FOLLOWING PASSAGE THEN ANSWER THE QUESTIONS THAT FOLLOW.**

**PERSONALITY DISORDERS**

Erik Erikson's theory of psychosocial development offers a framework for understanding how people evolve through different stages of life, each marked by a specific conflict that must be resolved to develop a healthy personality. For example, during adolescence, the key challenge is identity vs. role confusion, where individuals explore who they are and what they value. Sigmund Freud proposed that the human personality is composed of three parts: the id, ego, and superego. The **id** operates on the pleasure principle, seeking immediate gratification of basic needs. The **ego** operates on the reality principle, mediating between the unrealistic desires of the id and the constraints of the external world. Finally, the **superego** represents internalized societal norms and morals, functioning as a kind of conscience. A balanced interaction between these three elements is crucial for healthy psychological functioning. However, imbalances can lead to psychological issues, including personality and mood disorders. There are several types of personality disorders, that deviate significantly from cultural expectations. The disorders are categorized into three clusters. Cluster A includes odd or eccentric behavior, such as in **paranoid personality disorder**. Cluster B involves dramatic or erratic behavior, as seen in **borderline personality disorder**, where individuals often struggle with unstable emotions and relationships. Cluster C covers anxious and fearful behavior, exemplified by **avoidant personality disorder**, where individuals have an intense fear of rejection and avoid social interaction. Mood disorders on other hand usually disturb an individual's emotional state. One common example is **major depressive disorder**, which involves persistent feelings of sadness, loss of interest in activities, and physical symptoms such as fatigue or changes in sleep. Another is **bipolar disorder**, where individuals experience extreme mood swings ranging from depressive lows to manic highs. During manic episodes, individuals may exhibit heightened energy, euphoria, and impulsivity, while depressive episodes are marked by hopelessness and lethargy. The interaction between personality structure and mood can also lead to complex mental health issues. For instance, unresolved internal conflicts between the id, ego, and superego may exacerbate anxiety and mood disorders. Likewise, social and psychosocial development is deeply impacted by mood and personality disorders. Individuals with such disorders may struggle to form and maintain healthy relationships, further intensifying feelings of isolation and depression.

- a) Explain Erik Erikson's concept of psychosocial development and its significance during adolescence. (5 Marks)
- b) Identify and describe the three components of Sigmund Freud's personality structure. (5 Marks)
- c) Demonstrate how an imbalance between the id, ego, and superego potentially lead to psychological issues? (5 Marks)
- d) Differentiate between personality disorders and mood disorders. (5 Marks)

- e) Explain how social and psychosocial development can be impacted by mood disorders like depression or bipolar disorder. (5 Marks)
- f) Numerate how unresolved conflicts in Freud's personality structure contribute to anxiety or depression? (5 Marks)

### **QUESTION TWO (20 MARKS)**

- a) Using Erikson's theory of psychosocial development, explain how a failure to resolve the conflict during the stage of identity vs. role confusion in adolescence can affect an individual's social relationships in adulthood. (6 Marks)
- b) Discuss the Idea behind Behavioral Psychology (6 Marks)
- c) Describe how societal norms influence individual psychosocial development, particularly in shaping gender roles during early childhood (4 Marks)
- d) Outline the causes personality disorders (4 Marks)

### **QUESTION THREE (20 MARKS)**

- a) Discuss Erik Erikson's Integrity vs Despair stage of social development (4 Marks)
- b) A student develops anxiety every time they hear the school bell because it signals the start of a stressful class. Using classical conditioning, discuss how it can be reversed. (6 Marks)
- c) Evaluate Sigmund Freud's theory of Psychosexual Development addressing common criticisms regarding its validity (4 Marks)
- d) Narrate a case where abnormal psychology might overlap with social factors, and explain how treatment can be tailored to address both psychological and social dimensions (6 Marks)

### **QUESTION FOUR (20 MARKS)**

- a) Describe a treatment approach for somatoform disorders that involves both psychological and medical interventions, and explain how it addresses both the mental and physical aspects of the disorder (6 Marks)
- b) There are many different types of attention that people may use. Discuss any **THREE** types (6 Marks)
- c) A teacher rewards students with extra points when they actively participate in class. Using Skinner's operant conditioning theory, enumerate how positive reinforcement works in this situation and its potential long-term effect on student behavior (4 Marks)
- d) A person with schizophrenia exhibits delusions and hallucinations. Explain how these symptoms are examples of abnormal behavior (4 Marks)

### **QUESTION FIVE (20 MARKS)**

- a) Explain how cultural norms can influence the diagnosis of abnormal psychology, particularly in cases of disorders like depression and anxiety (6 Marks)
- b) Describe the characteristics of an **Avoidant** [personality disorder](#) (4 Marks)
- c) Discuss how shaping, a process in operant conditioning, can be used to train an employee to master a new task at work (6 Marks)
- d) Differentiate between extrinsic and intrinsic motivation (4 Marks)