



MACHAKOS UNIVERSITY

University Examinations for 2019/2020 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

THIRD YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF EDUCATION (ARTS)

BACHELOR OF ARTS

APS 323: BEHAVIORAL MODIFICATION

DATE:

TIME:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Outline five places where behavioral therapy is used (5 marks)
- b) Explain the contribution of Skinner, Pavlov, Bandura and Thorndike to the development of behavioral modification movement (12 marks)
- c) Define the following terms and give an example for each. (10 marks)
 - i. Conditioned stimulus
 - ii. Conditioned response
 - iii. Unconditioned stimulus
 - iv. Unconditioned response
 - v. Extinction
- d) Differentiate between operant conditioning and classical conditioning (3 marks)

QUESTION TWO (20 MARKS)

- a) Describe in details the social learning approach and cognitive behavior therapy (CBT) (10 marks)
- b) Analyze the history of Arnold Lazarus and its contribution to behavior therapy. (10 marks)

QUESTION THREE (20 MARKS)

Explain the techniques you would use to change the behaviors of clients who have the following issues

- a) Fear of heights

- b) Poor social skills
- c) Poor managements skills
- d) Lack of sleep.

QUESTION FOUR (20 MARKS)

- a) Describe the basic assumptions of behavior therapy (10 marks)
- b) Analyze the therapists functions during behavior therapy (10 marks)

QUESTION FIVE (20 MARKS)

- a) Highlight 5 reasons why punishment as a way of behavior modification is not ideal for use in schools (10 marks)
- b) Describe the limitations of behavior therapy (10 marks)