



# MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

THIRD YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 317: GROUP DYNAMICS

DATE:

TIME:

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## INSTRUCTIONS:

Answer Question One and Any Other Two Questions.

### QUESTION ONE (30 MARKS)

- a) Define the following terms as used in psychology. (10 marks)
- Group process
  - Group
  - Group counselling
  - Group therapy
  - Group psychotherapy
- b) Discuss how self-awareness of group members assists in a group process. (10 marks)
- c) Discuss five characteristics of a counseling group. (10 marks)

### QUESTION TWO (20 MARKS)

- a) Evaluate five specific goals for a group. (10 marks)
- b) Group leaders may face some specific challenges as they begin to do group therapy. Discuss five such challenges citing examples. (10 marks)

### QUESTION THREE (20 MARKS)

- a) Describe how you would open and close a session in a therapy group. (10 marks)
- b) Evaluate the importance of a group leader's self-disclosure in a therapy group. (10 marks)

**QUESTION FOUR (20 MARKS)**

- a) Distinguish between a task group and a personal growth group. (10 marks)
- b) Discuss five major challenges faced by group members in a group. (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Discuss five factors that a therapist would consider while forming a group. (10 marks)
- b) Evaluate the importance of feedback in a growth group. (10 marks)