



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**SECOND YEAR FIRST SEMESTER EXAMINATION FOR BACHELOR OF ARTS /
B.A COUNSELLING PSYCHOLOGY/ B.A GENDER & DEVELOPMENT**

APS210: MOTIVATION & EMOTION

Date:

Time:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

- a) Define the following terms as used in psychology.
- i) Motivation (2 marks)
 - ii) Display rules (2 marks)
 - iii) Want (2 marks)
- b) Mention two type of hormones. (2 marks)
- c) Distinguish between the following:
- i) Intrinsic & extrinsic motivation (2 marks)
 - ii) Hormones & neurotransmitters (2 marks)
 - iii) Osmometric & volumetric thirst (2 marks)
- d) List down four basic emotions. (4 marks)
- e) Discuss two types of psychological needs as proposed by McClelland . (4 marks)

- f) Outline two types of neurotransmitters and mention their functions (4 marks)
- g) Explain two ways people can prevent or reverse weight gain and obesity (4 marks)

QUESTION TWO (20 MARKS)

- a) Explain Canon-Bard theory of emotions and give relevant examples. (10 marks)
- b) Discuss three principles of motivational and emotional brain (6 marks)
- c) Discuss two psychological needs as proposed by McClelland (4 marks)

QUESTION THREE (20 MARKS)

- a) Explain drive-reduction theory of motivation and give relevant examples. (10 marks)
- b) Discuss three components of motivation. (6 marks)
- c) Describe two benefits of supporting an individual gain autonomy as a psychological need. (4 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss four areas of the brain associated with motivational and emotional states and mention their respective motivational or emotional experiences. (8 marks)
- b) Explain three components of emotion. (6 marks)
- c) Outline three reasons why people fail to set goals in life. (6 marks)

QUESTION FIVE (20 MARKS)

- a) Explain four levels of needs as proposed by Maslow. (8 marks)
- b) Outline the commonsense theory of emotions and give relevant example. (6 marks)
- c) Discuss three environmental factors that influence eating behaviors. (6 marks)

END