



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

THIRD YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS (COUNSELLING)

APS 319: MATE SELECTION AND PREMARITAL COUNSELING

DATE: 17/4/2023

TIME: 2:00 – 4:00 PM

INSTRUCTIONS:

Answer **QUESTION ONE** and any other **TWO QUESTIONS**

QUESTION 1(30 MARKS)

- a) Explain in details four factors that are likely to influence the initial attraction between couples. (12 marks)
- b) Discuss some of the socio-cultural challenges likely to be faced by couples who are;
 - (i) From different ethnic/racial backgrounds (3 marks)
 - (ii) Homo sexual (3 marks)
 - (iii) Have over ten years age difference (3 marks)
 - (iv) Are in a long distance relationships (3 marks)
- c) According American psychologist Dr. Robert Sternberg love is based on three domains. Identify and explain these three domains. (6 marks)

QUESTION TWO (20 MARKS)

- a) Define the terms dating and courtship (4 marks)
- b) Discuss four main differences between dating and courtship (16 marks)

QUESTION THREE (20 MARKS)

- a) A mother of a twelve year old who has started dating has been referred to you for counseling. How would you help the mother to deal with her worries regarding her child dating at that age? (5 marks)
- b) Identify and explain the five stages in romantic relationships (15 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the challenges that would hinder a couple from undertaking premarital counseling before marriage (5 marks)
- b) Demonstrate an understanding of five critical areas that a counselor needs to process with clients during premarital counseling. (15 marks)

QUESTION FIVE (20 MARKS)

- a) According to John Gottman, what are the four communication habits that increase the likelihood of divorce, give suitable examples of each. (12 marks)
- b) Discuss four ways of communication that couples can employ to avoid the four communication problems in (a) above. (8 marks)