



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 (COUNSELING PSYCHOLOGY)

BACHELOR OF ARTS

APS 303: ADOLESCENCE PSYCHOLOGY

DATE: 18/4/2023

TIME: 2:00 – 4:00 PM

INSTRUCTIONS:

Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

- a) Define the following terms as used in adolescence psychology (10 marks)
- i. Individuation
 - ii. Puberty
 - iii. Identity
 - iv. Deviant behavior
 - v. Teenager
- b) Analyze the importance of studying adolescence psychology (10 marks)
- c) Explain five risky behaviors that adolescents engage in (10 marks)

QUESTION TWO (20 MARKS)

- a) Evaluate the importance of using interpersonal therapy when counseling adolescents. (10 marks)
- b) Assess the identity versus role confusion stage in adolescence psychology. (10 marks)

QUESTION THREE (20 MARKS)

- a) Appraise five healthy behaviors that adolescents can be assisted to engage in for a successful transition to early adulthood (10 marks)
- b) Analyze how as a psychologist you would help an adolescent struggling with body image (10 marks)

QUESTION FOUR (20 MARKS)

- a) Depression is a major mental health threat that needs to be addressed, assess its causes in adolescents (10 marks)
- b) Appraise Piaget's formal operational stage in the development of adolescents (10 marks)

QUESTION FIVE (20 MARKS)

- a) Analyze adolescence egocentrism as expressed in adolescence psychology. (10 marks)
- b) "The adolescence stage is viewed as a trying moment for the adolescent". Discuss five circumstances that can justify this statement (10 marks)