



MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)

University Examinations for 2015/2016 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF SCIENCE IN COMMUNITY RESOURCE AND MANAGEMENT

BACHELOR OF ARTS IN GENDER AND DEVELOPMENT

APS 210: MOTIVATION AND EMOTION

DATE: 10/8/2016

TIME: 2:00 – 4:00 PM

INSTRUCTIONS.

Answer Question One and any other TWO questions.

1.
 - a) Define motivation and explain its two levels. (4 marks)
 - b) Discuss the differences between intrinsic and extrinsic motivation. (10 marks)
 - c) Explain any FIVE types of personal goals. (10 marks)
 - d) Discuss the importance of goals in personal motivation (6 marks)
2.
 - a) With a well labeled diagram, explain the Maslow's hierarchy of needs. (10 marks)
 - b) Explain the importance of understanding ones needs in the society. (10 marks)
3.
 - a) Define the term emotions and give two examples. (4 marks)
 - b) Discuss the components of emotions (10 marks)
 - c) Explain any THREE motives for bullying. (6 marks)
4.
 - a) Explain the difference between Psychological health and Emotional health (5 marks)
 - b) Compare the negative emotions of Anger and Jealousy. (10 marks)

- c) Explain 5 factors related to happiness. (5 marks)
- 5.
 - a) Explain Five ways to overcome emotional pain. (10 marks)
 - b) Discuss any Five primary sources of emotional pain. (10 marks)