



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

SECOND SEMESTER EXAMINATION FOR DEGREE IN

BACHELOR OF SCIENCE COMMUNITY RESOURCE AND MANAGEMENT

BACHELOR OF ARTS

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 its importance in one's functioning (4 marks)
 - b) Discuss the difference between primary emotions and secondary emotions (10 marks)
 - c) Explain the importance of setting personal goals (10 marks)
 - d) Discuss ways how a student would cope with test anxiety (6 marks)
2.
 - a) With a well labeled diagram, explain the Maslow's hierarchy of needs (10 marks)
 - b) Explain the importance of anger management for any individual in the society (10 marks)
3.
 - a) Define the term 'fear' as an emotion and give two causes of fear (4 marks)
 - b) Discuss the components of emotions (10 marks)

- c) Explain how you would tell that a student is a victim of bullying (6 marks)
- 4.
 - a) Distinguish between Psychological health and Emotional health (5 marks)
 - b) Discuss the importance of emotional intelligence (10 marks)
 - c) Explain five causes of lack of good relationships with others in the society (5 marks)
- 5.
 - a) Explain five ways to overcome emotional pain (10 marks)
 - b) Discuss any five primary sources of emotional pain (10 marks)