



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

APS210: MOTIVATION & EMOTION

DATE: 7/3/2023

TIME: 11.00 – 1.00 PM

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) Need (2 marks)
 - ii) Goal (2 marks)
- b) Mention two types of psychological needs. (2 marks)
- c) State two components of motivation (2 marks)
- c) Distinguish between the following:
 - i) Hormones and neurotransmitters. (2 marks)
 - ii) Intrinsic and extrinsic motivation (2 marks)
 - iii) Need and want (2 marks)

- d) Mention two type of neurotransmitters (2 marks)
- f) List four basic emotions. (4 marks)
- g) Discuss two components of emotion. (4 marks)
- h) Explain two ways of encouraging autonomy (4 marks)

QUESTION TWO (20 MARKS)

- a) Explain four biological factors that influence eating behaviors. (8 marks)
- b) Outline the commonsense theory of emotions and give relevant example. (6 marks)
- c) Discuss three components of emotion. (6 marks)

QUESTION THREE (20 MARKS)

- a) Explain James-Lange theory of emotions and give relevant examples. (8 marks)
- b) Discuss four levels of needs as proposed by Maslow. (8 marks)
- c) Discuss two principles of motivational and emotional brain (4 marks)

QUESTION FOUR (20 MARKS)

- a) Explain the drive-reduction theory of motivation and give relevant examples. (10 marks)
- b) Discuss any three steps for effective goal setting. (6 marks)
- c) Other than surgery, discuss two ways through which people can prevent or reverse weight gain and obesity. (4 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss five areas of the brain associated with motivational and emotional states and mention their respective motivational or emotional experiences. (10 marks)
- b) Discuss three reasons why people fail to set goals in life. (6 marks)
- c) Discuss two psychological needs. (4 marks)

