



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

**SPECIAL/ SUPPLEMENTARY EXAMINATION FOR THE DEGREE OF
MASTER OF EDUCATION (GUIDANCE AND COUNSELLING)**

EGC 513: BEHAVIOUR MODIFICATION AND LIFESTYLE

REHABILITATION

DATE: WEDNESDAY, 22ND SEPTEMBER 2010 TIME: 2.00 P.M. – 5.00 P.M.

INSTRUCTIONS:

Answer question **ONE** and any other **TWO** questions

1. (a) Explain the contribution to the behaviour modification movement by the following psychologists:
 - (i) B.F. Skinner (3marks).
 - (ii) A. Bandura (3marks).
 - (b) Define systematic desensitization and explain how it may be applied to change behaviour of students with examination phobia. (10 marks).
 - (c) Describe the processes involved in observational learning showing how they may be applied to change behaviour of rude and disobedient students (6marks).
 - (d) Describe socio-cultural and health problems associated with obesity, then explain how to change eating behaviour of an obese person (8marks).
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2. (a) Define the principle of 'reinforcing the incompatible alternative behaviour'. (2 marks).

Explain how you may apply it to change behaviour of:

 - (i) Bullies (4marks).
 - (ii) Untidy and careless students (4marks).

- (b) Define the principle of shaping (2marks). Explain how you will apply it to modify behaviour of :
- (i) Shy children (4 marks).
 - (ii) Slow learners (4 marks).
3. (a) Differentiate between social skills' training and assertiveness training. (6marks)
- (b) Explain which of them you apply to change behaviour of:
- (i) Children with inferiority complex. (4 marks).
 - (ii) Delinquent children (4 marks).
- (c) Justify your answer (6 marks).
4. (a) Discuss at least four problems associated with students who abuse alcohol abuse. (8 marks).
- (b) Describe a classical conditioning principle that may be applied during the rehabilitation of these students. (8marks).
- (c) What relapse prevention would you recommend for these students. (4marks).
5. (a) Discuss the theory of behaviour change proposed by Aaron Beck stating the assumptions behind his theory. (8 marks).
- (b) Explain how you would apply this theory to help low performing students (6 marks).
- (c) Discuss how you would apply self- instruction therapy to change behaviour of these low achieving students. (6marks).