



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

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

EGC 513: BEHAVIOUR MODIFICATION & LIFESTYLE REHABILITATION

DATE: FRIDAY, 4TH FEBRUARY 2011

TIME: 2.00 P.M. - 5.00 P.M.

INSTRUCTIONS: Answer Question ONE and any other Two questions.

1.
 - a) Describe the principal of classical conditioning that may be applied to change behaviour of alcoholics. (6 marks)
 - b) What changes should the alcoholic make in his behaviour to fight the addiction. (6 marks)
 - c) Explain the contribution to behaviour modification movement by the following psychologists:
 - i) J. B. Watson (3 marks)
 - ii) Josep Wolpole (3 marks)
 - d) Describe the socio-cultural and health problems associated with obesity, then explain how to change the eating behaviour. (12 marks)
2.
 - a) Explain problem behaviour associated with bullying in the school. (5 marks)
 - b) Describe how you would teach the bully to apply:
 - i) Functional analysis (5 marks)
 - ii) Self-instruction therapy (5 marks)
 - iii) Self-regulation (5 marks)

3. a) Define observational learning and explain how it can be applied to change the behaviour of a child with dog phobia. (8 marks)
- b) Explain when you are likely to use
- i) Response facilitation in behaviour change (4 marks)
- ii) Response inhibition in behaviour change (4 marks)
- Illustrate your answers with examples from the school setting.
- iii) Explain the principle of satiation and explain when you would apply it to change behaviour of students. (4 marks)
4. a) Differentiate between assertiveness training and social skills training showing how each of these principles may be used to change behaviour. (10 marks)
- b) Explain the behaviour modification you would recommend for adolescents with the behaviour problem of truancy. (10 marks)
5. a) Define the theory of behaviour change proposed by Albert Ellis. Explain how you would apply this theory to change the behaviour of weak failing students. (10 marks)
- b) Define the term systematic desensitization and explain how you would apply it to change the behaviour of children who fear going for swimming. (10 marks)
