



# KENYATTA UNIVERSITY

## UNIVERSITY EXAMINATIONS 2017/2018

### DIGITAL SCHOOL OF VIRTUAL AND OPEN LEARNING

#### SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

#### APS 303: PSYCHOLOGY OF ADOLESCENCE

DATE: Thursday, 21<sup>st</sup> June 2018

TIME: 11.00 a.m. - 1.00 p.m.

#### INSTRUCTIONS:

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS

#### QUESTION ONE

- a) Describe the following perspectives as they explain the adolescence phase.
  - i) Social perspective (2 Marks)
  - ii) Biological perspective (2 Marks)
  - iii) Interpersonal perspective (2 Marks)
  - iv) Emotional perspective (2 Marks)
- b) Explain three factors involved in adolescent conflicts according to Anna Freud. (6 Marks)
- c) State six signs of alcohol and substance abuse in adolescents. (6 Marks)
- d) Explain two physical changes that adolescence experience. (6 Marks)
- e) Describe three ways of increasing an adolescent's self esteem. (6 Marks)

#### QUESTION TWO

- a) Using examples, discuss four psychosocial tasks adolescents must accomplish according to Brown. (12 Marks)
- b) Citing relevant examples, explain two skills that are particularly important in developing social competence. (8 Marks)

### **QUESTION THREE**

- a) Annette is a seventeen year old girl who has been brought to you for counseling. The parents noticed that she secludes herself from her friends and family. She says she feels lonely because she doesn't understand herself, and therefore she feels out of place. Using five dimensions of adolescents' self understanding, explain how you would help Annette better understand herself. (10 Marks)
- b) Using examples, explain five challenges adolescents must overcome to successfully progress in life. (10 Marks)

### **QUESTION FOUR**

- a) Using examples compare Kurt Lewin's field theory and the social learning perspective of adolescence. (12 Marks)
- b) Citing relevant examples, discuss four features found in the adolescence phase. (8 Marks)

### **QUESTION FIVE**

You have been invited to give a talk to students of Kenyatta University high school on issues affecting adolescents. Citing examples, discuss two health issues and two risk behaviours you would address in your talk. (20 Marks)