



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2020/2021
DIGITAL SCHOOL OF VIRTUAL AND OPEN LEARNING
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

APS 201: PSYCHOLOGY OF PERSONALITY

DATE: FRIDAY, 21ST MAY, 2021

TIME: 2.00 P.M. - 4.00 P.M.

INSTRUCTIONS: Answer Question and any other TWO Questions

Question One (30 marks)

- (a) State four reasons for studying psychology of personality. (4 marks)
- (b) Distinguish between the following concepts:
 - (i) Pre-conscious level and Unconscious level
 - (ii) Ego and Super ego (4 marks)
- (c) Citing examples, explain the three environments that may affect personality development of a child. (6 marks)
- (d) Explain the three structures of psyche according to Jung's theory of personality. (6 marks)
- (e) Explain any three characteristics of a fully functioning person according to Carl Rogers. (6 marks)

Question Two (20 marks)

Discuss with examples four conditions necessary for psychological healing according to personal construct theory. (20 marks)

Question Three (20 marks)

- (a) Define the term trait as used in personality psychology. (2 marks)
- (b) Discuss with examples the three universal traits developed by Eysenck to explain personality. (18 marks)

Question Four (20 marks)

Citing relevant examples, discuss five causes of psychopathology according to Sigmund Freud

Question Five (20 marks)

Discuss with examples the premise advanced by Adler that "every human being has one fundamental goal, which is to attain perfection or improved state of life or actualize himself".

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Question 1.

a) Explain four reasons for studying psychology of personality (4 Mks)

- i) Improve practitioner's ability to diagnose clients' issues taking to account individual differences.
- ii) Promote interpersonal relationship between psychologists and clients.
- iii) Promote interpersonal relationship among professionals.
- iv) Help in choosing intervention strategies and skills meeting client's needs.
- v) Empower psychologists through self-awareness and personal development.
- vi) Basis for further research.
- vii) Help in predicting behavior.

b) Differentiate between; (4 mks)

- (i) *Preconscious and unconscious level- Preconscious is part of mind representing ordinary memory and contains materials within the preconscious memory. Unconscious is the reservoir of feelings, thoughts and urges and memories that are outside our conscious awareness. Most of the content is unacceptable or unpleasant.*
- (ii) *Ego and super ego- Ego is responsible for creating balance between pleasure and pain. Its persons self composed of unconscious desires.*

c) Three environments affecting personality development of a child. (6 mks)

- i) Prenatal – during pregnancy- certain behaviours of the mother eg drugs, lack of balanced diet may affect cognitive and emotional development.
- ii) Perinatal- during birth- unpleasant environment can have physical and emotional effect for example infections....
- iii) Postnatal – encompasses all that may affect personality after birth. Consists of physical, social nutritional and education environments.

d) Three structures of psyche according to Jung's theory: (6 mks)

- i) Ego- seat of conscious' memories, ,perceptions, feelings, action and thoughts.
- ii) Personal unconscious- aspect/region of psyche/mind personal to every individual. Houses our personal hurts, regrets, biteernes and forgotten/repressed memories.
- iii) Collective unconscious- primordial/collective aspect of human mind shared by all human beings by virtue of being members of human race.

e) Three characteristics of a fully functioning person according to Carl Rogers; (6 mks)

- i) Open to experience
- ii) Existential living
- iii) Trust feelings
- iv) Creativity
- v) Fulfilled life.

f) Avoidant adult and anxious adult. (4 mks)

- i) Avoidant adult- are somewhat uncomfortable being close to others'; they find it difficult to trust others completely. Are nervous when anyone gets close.
- ii) Anxious adult- find that others are reluctant to get close as they would like.

2) Four conditions necessary for psychological healing according to construct theory.(20mks)

- ✓) Development of counselling relationship that promotes attitude of experimentation in search of truth.
- ✓ Provision of new education helping revise and contradict rigid opinions eating up clients.
- ✓ Helping clients take hard look (re-reading the meaning) of events and their worlds to persuade them make creative shift.
- ✓ See world through eyes of clients
- ✓ Suspending ones values or ways of constructing events in listening to clients' story.
- ✓ Presence of counselor creativity.

3) a) Trait- relatively stable characteristics that causes individuals to behave in certain

b) Three universal traits by Eysenck explaining personality. (18 mks)

i) introversion/extraversion- Introversion- involves directing attention on inner experience. Involves tender mindedness, introspectiveness. One high in introversion might be quiet, shy, passive.

Extroversion- focusing attention outward on other people and environment. Involves tough mindedness, outgoing. High in extraversion are sociable, lively.

- iii) Neuroticism/emotional stability- neuroticism-related to moodiness versus even temperedness refers to one's tendency to become upset or emotional. Stability- tendency to remain emotionally constant.
- iv) Psychoticism- characterised by poor concentration, poor memory, lack of caring for others. Those high on it tend to have difficulty dealing with reality and may be antisocial, suspicious. Those low are warm, caring

4) Five causes of psychopathology according to Freud. (20 mks)

- ✓ Phenomenon of fixation- tendency to stick to childish ways of doing things where adult behaviours is required. Fixated at one of developmental stages. Eg father crying hysterically coz is unable provide for family.
- ✓ Inadequate super ego fixation- giving rise to scrupulous conscience which is always punishing an individual with guilt even over small mistakes or hardened conscience which can make one commit grievous crime without remorse.
- ✓ Inadequate ego function- reflected on people who are unable to use common sense in addressing life issues.
- ✓ Over-use or unnecessary use of ego defense mechanism- leads to procrastinations, lowered productivity and further frustrations.
- ✓ Inadequate parenting styles- during the 1st three psychosexual stages can result to anal, oral and phallic personalities.
- ✓ Uncontrollable forces from id personality.
- ✓ Repressed wishes from unconscious.

5. The premise by Adler that " Every human being has one fundamental goal, which is to attain perfection"

- ✓ We're influenced by our biological drives in most of what we do.

- ✓ The striving for perfection is generated in early experience by feelings of inferiority started at birth.
- ✓ We're all engaged in the 'upward drive' and this is a true ground of our personality.
- ✓ The building blocks of personality are our goals, aspirations and ideals.
- ✓ He adopted the technological view.