



# MACHAKOS UNIVERSITY

University Examinations for 2019/2020 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

THIRD YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 317: GROUP DYNAMICS

DATE: 9/11/2020

TIME: 2:00 -4:00 PM

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**INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS**

## QUESTION ONE (30 MARKS)

- a) Define the following terms (10 marks)
- i) Group storming
  - ii) Group norming
  - iii) Adjourning
  - iv) Group therapy
  - v) Group dynamics
- b) Using a well labelled diagram, illustrate the benefits of self-awareness in a group (10 marks)
- c) Discuss **five** characteristics of a group leader required to run a therapy group (10 marks)

## QUESTION TWO (20 MARKS)

- a) Evaluate **five** factors that influence group behavior (10 marks)
- b) Citing examples, discuss **five** challenges that are likely to be faced by a beginner group-leader. (10 marks)

## QUESTION THREE (20 MARKS)

- a) Evaluate **five** roles that are played by members of a therapy group (10 marks)
- b) Highlight five **advantages** and five **disadvantages** of group counselling (10 marks)

## QUESTION FOUR (20 MARKS)

- a) Distinguish between a formal group and an informal group (10 marks)
- b) Discuss how you would facilitate conflict resolution in a group (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Discuss factors that one would consider while forming a group (10 marks)
- b) Explain the following types of groups (10 marks)
  - i) Leadership Groups
  - ii) Training Groups
  - iii) Self Help Groups
  - iv) Task Groups
  - v) Personal Growth Groups