



# **MACHAKOS UNIVERSITY**

University Examinations for 2021/2022 Academic Year

**SCHOOL OF HUMANTIES AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL SCIENCES**

**SECOND YEAR SECOND SEMESTER EXAMINATION FOR**

**BACHELOR OF ARTS (COUNSELLING PSYCHOLOGY)**

**BACHELOR OF ARTS (GENDER & DEVELOPMENT)**

**BACHELOR OF ARTS**

**APS 210: MOTIVATION & EMOTION**

**DATE:**

**TIME:**

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## **INSTRUCTIONS:**

**Answer Question One and Any Other Two Questions.**

### **QUESTION ONE (30 MARKS)**

- a) Define the following terms as used in biological psychology.
  - i. Motivation (2 marks)
  - ii. Need (2 marks)
  - iii. Goal (2 marks)
- b) Mention three type of neurotransmitters. (3 marks)
- c) Distinguish between the following:
  - i. Need and want (2 marks)
  - ii. Hormones & neurotransmitters (2 marks)
- d) List down three basic emotions. (3 marks)
- e) Discuss two types of psychological needs. (4 marks)
- f) Discuss two principles of motivational and emotional brain (4 marks)
- g) Mention three areas of the brain associated with emotions and state their functions. (6 marks)

**QUESTION TWO (20 MARKS)**

- a) Explain four levels of needs as proposed by Maslow. (8 marks)
- b) Discuss four reasons why people fail to set goals in life. (8 marks)
- c) Discuss two components of motivation. (4 marks)

**QUESTION THREE (20 MARKS)**

- a) Explain Canon-Bard theory of emotions and give relevant examples. (10 marks)
- b) Explain three environmental factors that influence eating behaviors. (6 marks)
- c) Describe two physiological needs. (4 marks)

**QUESTION FOUR (20 MARKS)**

- a) Explain drive-reduction theory of motivation and give relevant examples. (10 marks)
- b) Explain three points on how our educational system is reducing the intrinsic motivation to learn and replacing it with extrinsic motivation. (6 marks)
- c) Discuss two psychological needs as proposed by McClelland (4 marks)

**QUESTION FIVE (20 MARKS)**

- a) Discuss the seven steps for effective goal setting. (14 marks)
- b) Discuss three components of emotion. (6 marks)