



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FIRST YEAR SPECIAL/SUPPLEMENTARY EXAMINATION FOR

BACHELOR OF ARTS (PUBLIC ADMINISTRATION)

BACHELOR OF ARTS (COUNSELLING PSYCHOLOGY)

BACHELOR OF ARTS (GENDER & DEVELOPMENT)

BACHELOR OF ARTS

APS 210: MOTIVATION & EMOTION

DATE: 29/8/2022

TIME: 2.00-4.00 PM

INSTRUCTIONS:

Answer Question One and Any Other Two Questions.

QUESTION ONE (30 MARKS)

- a) Define the following terms as used in biological psychology.
 - i. Goal (2 marks)
 - ii. Emotion (2 marks)
 - iii. Motivation (2 marks)
- b) Mention two types of goals. (2 marks)
- c) Distinguish between the following:
 - i. Intrinsic and extrinsic motivation (2 marks)
 - ii. Need and want (2 marks)
 - iii. Hormones and neurotransmitters. (2 marks)
- d) Mention two type of hormones (2 marks)
- e) Outline two psychological needs as proposed by McClelland (4 marks)
- f) State four basic emotions. (4 marks)
- g) Discuss two components of motivation. (4 marks)

QUESTION TWO (20 MARKS)

- a) Explain the drive-reduction theory of motivation and give relevant examples. (10 marks)
- b) Discuss three components of emotion. (6 marks)
- c) Discuss two principles of motivational and emotional brain (4 marks)

QUESTION THREE (20 MARKS)

- a) Explain James-Lange theory of emotions and give relevant examples. (10 marks)
- b) Discuss three levels of needs as proposed by Maslow. (6 marks)
- c) Explain two biological factors that influence eating behaviors. (4 marks)

QUESTION FOUR (20 MARKS)

- a) Explain incentive theory of motivation and give relevant examples. (10 marks)
- b) Discuss any three steps for effective goal setting. (6 marks)
- c) Other than surgery, discuss two ways through which people can prevent or reverse weight gain and obesity. (4 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss four reasons why people fail to set goals in life. (8 marks)
- b) Discuss four areas of the brain associated with emotion and state their functions. (8 marks)
- c) Discuss the two physiological needs. (4 marks)