



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SECOND YEAR FIRST SEMESTER EXAMINATION FOR B.A COUNSELLING PSYCHOLOGY

APS324: EMOTIONS, PERSONAL MEANING & COUNSELLING

Date:

Time:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

a) Define the following terms as used in psychology.

i) Emotions (2 marks)

ii) Display rules (2 marks)

iii) Emotional intelligence (2 marks)

b) Mention two areas of the brain associated with emotions (2 marks)

c) Distinguish between the following:

i) Fast “low” road & slower “high” road paths for producing emotion. (2 marks)

ii) Empathy & sympathy in counselling (2 marks)

iii) Adaptive and maladaptive primary emotions. (2 marks)

- d) List down four basic emotions (4 marks)
- e) Mention four physical signs of anger (4 marks)
- f) Discuss two components of emotions (4 marks)
- g) Outline two ways of expressing empathy during counselling (4 marks)

QUESTION TWO (20 MARKS)

- a) Explain four branches of emotional intelligence (8 marks)
- b) Describe four characteristics of productive emotional processing (8 marks)
- c) Describe anger iceberg theory (4 marks)

QUESTION THREE (20 MARKS)

- a) Outline four anger management techniques (8 marks)
- b) Explain three functions of emotions (6 marks)
- c) Describe three forms of empathic responding (6 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss five negative thinking patterns (10 marks)
- b) Explain three physiological changes in emotions (6 marks)
- c) Describe four characteristics of interpersonal forgiveness (4 marks)

QUESTION FIVE (20 MARKS)

- a) Explain four inter-related dimensions of anger (8 marks)
- b) Discuss three types of empathy and state their benefits in counselling (8 marks)
- c) outline two unhelpful angry behavior (4 marks)

END