

**UNIVERSITY OF JAFFNA, SRI LANKA.**  
**BACHELOR OF SCIENCE IN NURSING**  
**SECOND YEAR FIRST SEMESTER EXAMINATION (NEW SYLLABUS) - JULY- 2013**  
**NURIP 2105 INTRODUCTION TO PSYCHOLOGY**

**Date: 02.08.2013**

**Time: 02 Hours.**

**ANSWER ALL SIX QUESTIONS.**

1. Suresh, a 24 year old university student, complains of declining his academic performance during the past three months. He says whenever he sits in front of his books, his mind starts wandering, and as such, he is unable to understand the subjects and score marks in his practice exams.
  - 1.1 From a psychological point of view, how will you explain Suresh's problem (20 Marks)
  - 1.2 Briefly describe the differences between attention and concentration. (30 Marks)
  - 1.3 Discuss the factors which facilitate the process of attention (50 Marks)
  
2. "There is no better time to be happy than right now"
  - 2.1 Define the term "Happiness" (20 Marks)
  - 2.2 How can we achieve happiness among ourselves? (30 Marks)
  - 2.3 Describe the characteristics of mentally health persons. (50 Marks)
  
3. Defense mechanisms are unconscious mental process employed by the ego to reduce anxiety of the individuals.
  - 3.1 Describe the term "unconscious mind" based on the topographic theory of mind. (30 Marks)
  - 3.2 State how you classify the defense mechanisms with examples. (30 Marks)
  - 3.3 Briefly describe about "narcissistic defense mechanism" that could be seen in patients. (40 Marks)

4. Anger is being considered as a primitive emotion.
- 4.1 How do you explain the term “primitive emotion”? (20 Marks)
- 4.2 Discuss about how emotions can affect someone’s health. (40 Marks)
- 4.3 Describe the principles of anger management skills. (40 Marks)
5. Personality is being considered as a set of relatively stable and unique characteristics of an individual.
- 5.1 What are the factors which can contribute to the development of one’s personality (20 Marks)
- 5.3 Briefly describe about how Erik Erikson’s psychosocial developmental stages influence in one’s personality development. (50 Marks)
- 5.4 What are the core concepts of Carl roger’s humanistic theory of personality (30 Marks)
6. Development refers to the systematic change in the individual that occur between the moment of conception and the moment that individual dies.
- 6.1 Explain the difference between maturation and learning. (20 Marks)
- 6.2 What are the basic reflexes that can be observed in infants? (20 Marks)
- 6.3 Describe the importance of childhood experiences in someone’s development (60 Marks)