



SUBJECT: **Psychology**
DATE: 8th May 2019
TIME: 4:00 p.m. to 7:05 p.m.

This examination paper has two sections. Answer **BOTH** Section A and Section B. Follow instructions given in each section.

SECTION A

Answer Question 1 and another question from this section. Each question carries 20 marks.

1. A psychologist believes that young people today can study better when they have loud music in the background. She carried out an experiment to find out whether there is support for this claim. She had three groups of students and to each group she gave the same script to study. The first group of students was studying in a room where there was no noise, the second group was studying in a room where there was low music playing in the background and the third group was studying in a room where loud music was playing. The psychologist gave participants 15 minutes to study the script and then gave them a list of words that they had to remember whether or not they were in the script.
 - a. What was the independent variable in this study? Explain what an independent variable is. (3)
 - b. What was the dependent variable in this study? Explain what a dependent variable is. (3)
 - c. What type of sampling is carried out in an experiment? (3)
 - d. Mention **THREE** variables which could have confounded the study. (3)
 - e. Instead of an experiment, the psychologist could have carried out a different type of study with a different research question to find out whether students think loud music helps or hinders learning. Describe **ONE** type of study the psychologist could have carried out. (8)

(Total: 20 marks)

2. Bandura was an important psychologist who spoke about learning and also about gender roles. According to social learning theory, two factors are important in the development of gender roles – observational learning and direct tuition or teaching.
 - a. Describe the social learning theory. (6)
 - b. What is observational learning? How does observational learning influence gender roles? Illustrate your answer with examples. (7)
 - c. Another way of shaping gender roles is by reinforcement. Explain how this can happen, giving examples to support your answer. (7)

(Total: 20 marks)

Please turn the page.

3. Choose **ONE** psychological approach.

- a. Describe its main principles and concepts. (10)
- b. Explain and further elaborate on this approach by showing how it can be used to understand at least **FIVE** behaviors from a context of everyday life. (10)

(Total: 20 marks)

SECTION B

Answer Question 4 and another question from this section. Each question carries 30 marks.

4. Read the following case study and answer the following questions:

When Alex was 2 years old, Alex's mother left his father for another man. Alex was brought up by his father and his grandmother up until he could fend for himself. Yet despite the tough start, Alex was very resourceful, hardworking, and ambitious and succeeded at everything he did. Now Alex, at 50, is married to Joan, has two kids and he is a manager in a company he started with 15 years ago. He worked his way up, achieving promotions that, to him, felt well deserved for his hard work. He was very satisfied and fulfilled in his career. But a year ago, the company he worked for went through a merger and Alex was suddenly made redundant, given only a reference letter and a reconciliatory amount of money. For a while, Alex didn't know what hit him: to his wife's and kids' despair, he spent a long time staring into space not knowing what to do with himself. Many a time, both Joan and the kids asked him to 'snap out of it' and 'react'. Alex started slowly trying to occupy himself. He started applying for jobs and attending as candidate for interviews, competing with much younger candidates. At 50, Alex felt he was starting from scratch; he had nothing left to fight for; no one left to prove himself to. Worse than this; he felt that at 50, he had nothing to show for his achievements throughout his life. At 50, Alex felt he was a nobody even to his wife and children. Then one evening, Alex started chatting on a social networking site to an old time girlfriend of his youth. In the past, she had been married and divorced. Chatting with her, relit his old flame. To his surprise, it gave him a rush of 'new life' that he had not experienced in a while and this brought him new meaning. To him, everything seemed to have fallen into place. At first, his wife and kids were happy to see Alex nearly back to his old self again. But it was not before long that his online affair was discovered by his wife Joan. Heartbroken, she threatened to leave Alex, if he did not start therapy. Alex realized that the thought of separating from Joan terrified him, so now unemployed and nearly at the brink of a separation, Alex entered therapy. The therapist told Alex that he was a psychoanalyst.

- a. i. Identify and give a short description of the stage of the lifecycle that Alex is in. (5)
- ii. Using your knowledge of this stage, explain what Alex is going through. (5)
- b. Choose Joan or one of the kids and write about what they might be feeling after the affair was discovered and what behaviours would communicate these feelings. (6)
- c. Alex seemed to be following his mother's footsteps in striking up an affair. Choose a psychological theory that explains why his past childhood experiences may be influencing his actions as an adult. Give a clear, accurate and appropriate application of the theory of your choice to Alex's behavior. (8)
- d. From your knowledge of psychoanalysis, explain what the psychoanalyst would do in his psychotherapy sessions with Alex. (6)

(Total: 30 marks)

5. Biofeedback is often used to reduce stress. It is a technique that we can use to control our body functions such as heart rate or blood pressure. It gives us the power to use our thoughts to control our body.
- a. How does biofeedback work? (5)
 - b. Stress has widespread physiological effects. If not controlled it can cause illness. How does stress cause illness? (5)
 - c. Explain **TWO** methods, other than biofeedback, which can be used to reduce stress. (10)
 - d. Two of the most common environmental stressors in today's world are noise and heat. Imagine you are being interviewed by a researcher who is working on a policy report for Government on the reduction of noise. What **TWO** main suggestions would you give? Explain why you chose these two. (10)
- (Total: 30 marks)**
6. a. Identify **TWO** personality disorders. Describe how a person diagnosed with each of these personality disorders would behave and the impact that the person's behavior can have on the people around him/her. (20)
- b. Explain the biopsychosocial approach to mental illness. Elaborate by applying this approach to the understanding of a mental illness of your own choice. (10)
- (Total: 30 marks)**