

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELOR OF NURSING SCIENCE YEAR 4**

FINAL EXAMINATION PAPER DECEMBER 2017

**TITLE OF PAPER : THEORETICAL DEVELOPMENT OF MENTAL
HEALTH/PSYCHIATRIC NURSING SCIENCE.**

COURSE CODE : CMH401

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION : 87

**INSTRUCTION : THIS PAPER CONSISTS OF THREE QUESTIONS.
ANSWER ALL QUESTIONS.**

DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.

QUESTION 1

Section A: State whether each statement below is an example of assimilation, accommodation, adaptation or schema by writing as for (assimilation), ac for (accommodation), ad for (adaptation) and sch for (schema) against the number of the statement as provided.

A child seeing a zebra for the first time and calling it a horse (1).

The same child sees a zebra and says that it looks like a horse (2).

Later on the child says to his mother "so a horse and a zebra have four legs (3).

And now I know the name of the zebra that is like a horse (4). You have a mental

representation, of a certain group of people (5). Your whole life you grew up with those around you just adding more and more information to that schema that made sense to you (6). But you only notice information that fits your schema (7) and confirm it. Then you get to college and actually meet people from that group and realize what you have learned from real interactions that requires a radical reorganization of your schema regarding that group (8). Your new schema is completely different, not just full of additional information. It is essential to realize that now (9) is when you have to turn your round balloon into the shape of a poodle.

One day you were confronted by a nasty situation cognitively regarding your lecturer and then you stated "now I know that whenever I fail the test, the teacher will scold me. (10). But it is funny because such a situation does not happen to other students in the same class. I have also learnt that everything I write in this course I do not get more than forty per-cent. I now believe that I will never pass courses taught by this lecturer (11). I have therefore concluded that this lecturer hates me (12).

SECTION B: Indicate whether each statement below is correct or incorrect by writing either T OR F against the number, e.g. 77 =T or 78= F

13. The concept "normal psychological development" refers to the proper development of cognitive and emotional dimensions, since these are the most psychological parts of personality.
14. "I am convinced that everybody will pass in this class if we are hard working" is a normal psychological statement that reflects the principle of the cognitive part.
15. The normal psychological development of individuals is intrapersonal and does not depend on the external social forces.
16. The understanding of normal psychological development is dependent on the mastering of the concept of intrapersonal and interpersonal holism.
17. The principle of the holistic approach is that if one part is stimulated then the other part will also be involved. This can be further translated that the development of one part is the development of the other parts of personality.
18. Sending a message to get a response is a principle of **stimulus- response** in normal psychological development.

19. The secret of normal psychological development of the internal environment is in embedded in the external environment.
20. There is a great reciprocal relationship between the internal external environments.
21. The libido energy according to Sigmund Freud is important because it provides the necessary energy to the ID to discharge feelings during normal psychological development.
22. Remembering and/or memory in normal psychological development are about reliving some experiences in the pre-conscious level of personality, according to Freud's theory.
23. Receiving information for psychological development is not necessarily dependent on the five senses.
24. The key strategy in empowering individuals in psychological development is making them understand who they are.
25. The understanding of self and others is about engaging in analysis and synthesis of both intra and inter-personal science.
26. The unconscious level of personality according to Freud's theory houses some of the undesirable experiences.
27. People do not have access of the content of the unconscious level unless they are asleep.
28. The pre-conscious level of personality does not act as a temporary and immediate data bank among the three levels of personality.
29. The cognitive incorporation of information in the mental framework (schema) is part of the development of personality.
30. According to Piaget's theory of cognition the assimilating of information in the schema is always immediately or over time followed by accommodation which is the alteration of the schema.
31. Adequate moral development, according to Freud is a process that is completed out-side the superego.
32. Moral related behaviour, is an indication of adequately developed superego.
33. Trust versus mistrust is both primary and secondary socialization conflict development.
34. Trust versus mistrust is solely an issue of childhood development and it has nothing to do with adulthood development.
35. Integrity versus despair is an unfortunate conflict that is not influenced by any psychological factors because it originates from the internal environment.
36. The application of the intra-inter-personal psychological development is a fallacy than a reality and it may cause some discourse regarding logical reasoning.
37. Appropriate psychological development is not easily exhibited in individuals' behaviour.
38. Psychological development in personality is not a combination of multiple contributing factors due to the holistic existence of personality.
39. The development of mental disorders is an indication of abnormal psychological factors prevalence in society.
40. During normal psychological development, signals emanate from the internal environment only.
41. Issues of the external environment are totally responsible for the nerve breakdown in the internal environment.

42. Issues of normal psychological development are not tangible but only observable.

SECTION C: In this section choose the correct answer from the provided options.

43. The reason for choosing the holistic approach in explaining the normal psychological development in psychiatric nursing is because:

- a. The five parts of an individual are interdependent.
- b. The external environment does not depend on the internal environment.
- c. The internal environment depends on the external environment.
- d. None of the above.

44. The five senses are essential in normal psychological development because:

- a. These provide past experiences.
- b. These structures provide the here and now experiences.
- c. These act as the gate ways of information into the brain.
- d. None of the above.

45. The concept of psychosocial in the real world is concerned with:

- a. Social and cognitive interaction.
- b. Social interaction
- c. Psychomotor activities.
- d. None of the above.

46. All the theories in normal psychological development focus each on:

- a. The principles of holistic being.
- b. **Specific** field of psychology.
- c. Issues that are clearly internal or external internal.
- d. None of the above.

47. The milestone development of the psycho-analytical theory of Freud is more of:

- a. The physical part of personality
- b. The social part of personality.
- c. The spiritual part of personality.
- d. All of the above.

48. Serious commitment to church services in normal psychological development is observed as:

- a. Cognitive development.
- b. Spiritual development.
- c. Both emotional and physical development.
- d. Psychosocial development

49. Cognitive growth and development is dependent on:
- The nature of schema formation.
 - The assimilation more than accommodation.
 - Accommodation due to impact of the external factors.
 - None of the above.
50. Behaviour in normal psychological development is:
- An issue of co-incidence.
 - Based on the principle of cause and effect.
 - Principle of positive response and stimulus.
 - Stimulus and multiple responses
51. Which of the following statements below occurs more during behaviour in psychological development:
- Stimuli receiving.
 - Responses.
 - Provocation.
 - None of the above.
52. The theory of cognitive development emphasizes the development of the emotional part of personality:
- Not correct.
 - Partly correct.
 - The emotional part is not related to cognition.
 - None of the above
53. The psychosocial theory in normal psychological development concentrates more on issues of the:
- Emotional part.
 - Physical part.
 - Internal environment.
 - External environment.
54. In normal psychological development the emotional part is mostly used for:
- Motivation.
 - Knowledge acquisition.
 - None specific behaviour.
 - Thinking and responding.
55. Long term and/or short term memory is a package of the:

- a. Conscious level.
- b. Unconscious level.
- c. Conscious and pre-conscious levels
- d. None of the above.

56. Person centred theory is about issues that prevail in:

- a. Society.
- b. The external environment.
- c. Families.
- d. The internal environment.

57. The holistic phenomenon:

- a. Is not a concept of the person centred theory.
- b. Is a principle of the person centred theory.
- c. Is not a concept of a theory in normal psychological development .
- d. None of the above.

58. Which statement in the following options reflect some of the parts of personality.

- a. Thinking, smiling and attending a meeting.
- b. Crying, Sitting and smelling.
- c. Loving, encouraging and colour reflecting.
- d. None of the above.

59. Believing is a component of:

- a. The cognitive part.
- b. The spiritual part.
- c. Emotional and spiritual part.
- d. None of the above.

60. Stimulus- response can be defined as an:

- a. Infinite process in life.
- b. Encouraging process in normal psychological development.
- c. Active process that exists in pre-conscious mind.
- d. None of the above.

61. Intrapersonal development of personality is largely influenced:

- a. In individuals without involving society.
- b. In society without involving individuals.
- c. In the significant part of personality.
- d. In between the internal and external environments.

62. Normal psychological development of the physical part of personality is:

- a. Not all tangible.
- b. Not all of it practically implementable.
- c. A scientific puzzle that is not easy to solve.
- d. None of the above.

QUESTION 2

The promotion of normal psychological growth and development of children is usually hindered by a number of factors either in families, schools and society. In your own opinion discuss three possible causes of mental disorders in children.

[15 marks]

QUESTION 3

It is essential that mental health of children is promoted in Swaziland. Discuss two strategies that you think can be used in promoting mental health of children in Swaziland.

[10 marks]