

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
SUPPLEMENTARY EXAMINATION: JUNE, 2021

COURSE TITLE: NORMAL PSYCHOLOGICAL DEVELOPMENT I
COURSE CODE: NUR452
TIME ALLOCATED: 2 HOURS
TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. THE PAPER HAS THREE QUESTIONS; PLEASE ANSWER ALL OF THEM**
- 2. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 3. START A NEW QUESTION IN A NEW PAGE**
- 4. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**
- 5. PLEASE WRITE CLEARLY AND LEGIBLY**

DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE

QUESTION 1

This question consist of section A and B. Answer all questions in the two sections.

QUESTION A

Indicate whether each statement below is correct or incorrect by writing either T or F against the number, e.g. 24 = T or 56 = F

1. The concept 'normal psychological development' refers to the healthy development of cognitive and emotional dimensions, since these are the most important psychological aspects of personality.
2. Piaget's theory of cognitive development is very key in the development of emotional intelligence.
3. The normal psychological development of individuals is intrapersonal and does not depend on the external environment as evidenced by Freud's theory of development.
4. The understanding of normal psychological development is dependent on the mastering of the concept of intrapersonal and intrapersonal holism.
5. The principle of the holistic approach is that if one part is stimulated the other part will also be involved. This can be further translated that the development of one part is the development of the other aspects of personality.
6. Sending a message to get a response is a principle of stimulus-response in normal psychological development.
7. The conscious psychic level is always in charge of the unconscious psychic level.
8. There is a great reciprocal relationship between the internal and external environments.
9. 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.
10. Remembering and/or memory in normal psychological development is about reliving some experiences in the pre-conscious level of personality, according to Freud's Theory.
11. Receiving information for psychological development is not necessarily dependent on the five senses.

12. The key strategy in empowering individuals in psychological development is making them understand who they are.
13. The understanding of self and others is about engaging in analysis and synthesis of both intra and inter-personal science.
14. The unconscious level of personality according to Freud theory houses of the undesirable experiences.
15. People do not have access of the content of the unconscious level unless they are asleep.
16. The pre-conscious level of personality does not act as a temporal and immediate data bank among the three levels of personality.
17. The cognitive incorporation of information in the mental framework (schema) is part of the development of personality.
18. According to Piaget's Theory of Cognition, the assimilation of information in the schema is always immediately or over time followed by accommodation which is the alteration of the schema.
19. Adequate moral development, according to Freud is a process that is completed outside the super-ego.
20. Moral related behavior, is an indication of adequately developed superego.
21. Trust versus mistrust is both primary and secondary socialization conflict development.
22. Trust versus mistrust is solely an issue of childhood development and it has nothing to do with adulthood development.
23. Integrity versus despair is an unfortunate conflict that is not influenced by any psychological factors because it originates from the internal environment.
24. The application of the intra-inter-personal psychological development is a fallacy that a reality and it may cause some discourse regarding logical reasoning.
25. Normal psychological development is personality is not easily exhibited in individual's behavior.
26. Normal psychological development is personality is not a combination of multiple contributing factors due to the holistic existence of personality.
27. The development of mental health disorders is an indication of the prevalence in society of abnormal psychological factors.
28. During normal psychological development, signals emanate from the internal environment only.

29. Issues of the external environment are totally responsible for the nerve breakdown in the internal environment.
30. Issues of normal psychological development are not tangible but only observable.

SECTION B:

In this section, choose the correct answer from the provided options.

1. The reason for choosing the holistic approach is in explaining the normal psychological development in psychiatric nursing because:
 - a) The five aspects of an individual are interdependent
 - b) The external environment does not depend on the external environment
 - c) The internal environment depends on the external environment
 - d) None of the above

2. 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

3. The concept of psychological in the real world is concerned with:
 - a) Social and cognitive interaction
 - b) Social interaction
 - c) Psychomotor activities
 - d) None of the above

4. The milestone development of the psycho-analytical theory of Freud is more of:
 - a) The physical aspect of personality
 - b) The social of personality
 - c) The spiritual aspect of personality
 - d) All of the above

5. 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

6. Cognitive growth and development is dependent on:
 - a) The nature of schema formation
 - b) The assimilation more than accommodation
 - c) Accommodation due to impact of the external factors
 - d) None of the above

7. Behavior in normal psychological development is:
 - a) An issue of co-incidence
 - b) Based on the principle of cause and effect
 - c) Principle of positive response and stimulus
 - d) Stimulus and multiple responses

8. Which of the following statements is occurring more during behavior in normal psychological development.
 - a) Stimuli reception
 - b) Responses
 - c) Provocation
 - d) None of the above

9. The Theory of Cognitive Development emphasizes the development of the emotional aspect of personality:
 - a) Not correct
 - b) Partly correct
 - c) Correct
 - d) None of the above

10. The Psychosocial theory in normal psychological development concentrates more on issues of the:
 - a) Emotional aspect
 - b) Physical aspect
 - c) Internal environment
 - d) External environment

11. In normal psychological development, the emotional aspect is mostly used for:
 - a) Motivation
 - b) Knowledge acquisition
 - c) No specific behavior
 - d) Thinking and responding

12. According to Freud, 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

13. Person-centered theory is about issues that prevail in:
 - a) Society
 - b) The external environment
 - c) Families
 - d) The internal environment

14. The holistic phenomenon in patient care:
- Is not a concept of the person centered theory
 - Is a principle of the person centered theory
 - Is not a concept of a theory in normal psychological development
 - None of the above
15. Which statement in the following options reflects some of the aspects of the personality.
- Thinking, smiling and attending a meeting
 - Crying, sitting and smelling
 - Loving, encouraging and colour reflecting
 - None of the above
16. Believing in oneself is a component of:
- The cognitive aspect of personality
 - The spiritual aspect of personality
 - Emotional and spiritual aspects of personality
 - None of the above
17. Stimulus-response can be defined as an:
- Infinite process in life
 - Encouraging process in normal psychological development
 - Active process that exists in the pre-conscious mind
 - None of the above
18. Intra-personal development of personality is largely influenced :
- In individuals without involving society
 - In society without involving individuals
 - In the significant aspect of personality
 - In-between the internal and external environment
19. Normal psychological development of the physical aspect of personality is:
- Not all tangible
 - Not all of it is practically implementable
 - A scientific puzzle that is not easy to solve
 - 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. Discuss **three (3)** possible causes of mental health disorders in children.

[15 marks]

QUESTION 3

It is essential that the mental health of children is promoted in Eswatini. Discuss two strategies that can be used by community mental health nurses in promoting mental health of children in Eswatini.

[10 marks]