



**UNIVERSITI KUALA LUMPUR**  
**INSTITUTE OF MEDICAL SCIENCE TECHNOLOGY**

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**FINAL EXAMINATION**  
**MARCH 2025 SEMESTER**

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**COURSE CODE** : HDB20503

**COURSENAME** : PRINCIPLES OF PSYCHOLOGY

**PROGRAMME NAME** : BACHELOR OF BIOMEDICAL SCIENCE (HONOURS)  
BACHELOR OF ENVIRONMENTAL HEALTH (HONS)  
BACHELOR OF OCCUPATIONAL SAFETY AND  
HEALTH (HONOURS)

**DATE** : 26 JUNE 2025

**TIME** : 2.00PM – 5.00PM

**DURATION** : 3 HOURS



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**INSTRUCTIONS TO CANDIDATES**

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1. Please CAREFULLY read the instructions given in the question paper.
2. This question paper has information printed on both sides of the paper.
3. This question paper consists of TWO (2) sections; Section A and Section B.
4. Answer ALL questions in Section A. For Section B, answer THREE (3) questions ONLY.
5. Please write your answers on the objective answer sheet and answer booklet provided.
6. Answer all questions in English language ONLY.

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THERE ARE 15 PAGES OF QUESTIONS, INCLUDING THIS PAGE.

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**SECTION A (Total: 40 marks)**

Answer ALL questions.

Please use the answer booklet provided.

1. Which type of memory is responsible for skills like riding a bike?
  - A. Procedural memory
  - B. Working memory
  - C. Semantic memory
  - D. Episodic memory
  
2. Which of the following best defines habituation?
  - A. An increase in responsiveness after repeated exposure to a stimulus
  - B. A decrease in responsiveness after repeated exposure to a stimulus
  - C. Learning through association of two stimuli
  - D. Voluntary behavior strengthened by its consequence
  
3. Bandura's Bobo doll experiment demonstrated \_\_\_\_\_.
  - A. Insight learning
  - B. Observational learning
  - C. Operant conditioning
  - D. Classical conditioning
  
4. Rehearsal is most important for transferring information from \_\_\_\_\_.
  - A. Sensory to short-term memory
  - B. Implicit to explicit memory
  - C. Short-term to long-term memory
  - D. Long-term to working memory

5. Which brain structure is crucial for forming new explicit memories?
- A. Amygdala
  - B. Hippocampus
  - C. Cerebellum
  - D. Thalamus
6. What is the correct definition of motivation?
- A. A need or desire that energizes behavior toward a goal.
  - B. A reflexive response to stimuli.
  - C. An action performed without conscious thought.
  - D. An emotional state.
7. Which of the following is a primary motive?
- A. Achievement
  - B. Status
  - C. Hunger
  - D. Affiliation
8. Which theory suggests that behavior is motivated by the biological needs to maintain homeostasis?
- A. Drive-reduction theory
  - B. Instinct theory
  - C. Incentive theory
  - D. Maslow's hierarchy of needs

9. What is a key criticism of the instinct theory?
- A. It is universally accepted
  - B. It lacks subjectivity
  - C. It focuses solely on rewards
  - D. It is difficult to observe and test scientifically
10. Which of the following best defines emotion?
- A. Physical arousal without feeling
  - B. Feelings with physiological and cognitive components
  - C. Feelings with physiological arousal
  - D. Mental imagery
11. Which of the following is **NOT** one of Ekman's seven basic emotions?
- A. Contempt
  - B. Optimism
  - C. Fear
  - D. Surprise
12. Robert Plutchik's emotion theory includes \_\_\_\_\_.
- A. a wheel of eight primary and eight secondary emotions
  - B. only primary emotions
  - C. a single continuum of emotions
  - D. only learned emotions

13. Which hemisphere of the brain is more active when experiencing positive emotions?
- A. Right
  - B. Both
  - C. Left
  - D. Neither
14. A Duchenne smile is described as \_\_\_\_\_.
- A. A smile that includes the eyes with crow's feet
  - B. A forced facial expression
  - C. A smile without eye movement
  - D. A fake smile
15. Johnny is playing in the crib when his teddy bear falls under the crib. Johnny cries knowing that his teddy bear exists somewhere but is not within reach. Johnny is demonstrating \_\_\_\_\_.
- A. high level of neuroticism
  - B. egocentric behaviour
  - C. ability to form working memory
  - D. object permanence
16. Which of the following is **NOT** a developmental domain?
- A. Socio-emotional
  - B. Biological
  - C. Emotional
  - D. Cognitive

17. Which of the following is an example from the cognitive domain?
- A. Feeling joy at graduation
  - B. Growing taller
  - C. Learning a poem
  - D. Forming friendships
18. The principle of conservation appears during which cognitive development stage?
- A. Sensorimotor
  - B. Preoperational
  - C. Concrete operational
  - D. Formal operational
19. In the nature vs. nurture debate, 'nurture' refers to \_\_\_\_\_.
- A. environmental experiences
  - B. hormonal inheritance
  - C. genetic factors
  - D. inborn temperament
20. John Bowlby's theory emphasizes \_\_\_\_\_.
- A. attachment in early childhood
  - B. moral reasoning
  - C. language development
  - D. parenting styles

21. Which of the following is the correct order of stages in the general adaptation syndrome by Hans Selye?
- A. Release stage, resistance stage and relaxation stage.
  - B. Alarm reaction, exhaustion stage and adaptation stage.
  - C. Release stage, resistance stage and retrieval stage.
  - D. Alarm reaction, resistance stage and exhaustion stage.
22. Chronic stress occurs when stress persists for more than \_\_\_\_\_.
- A. 21 days
  - B. 14 days
  - C. 7 days
  - D. 30 days
23. Every time Jenny is in a stressful condition, she would eat excessively. Her coping style could be referred to as \_\_\_\_\_.
- A. repression-based coping
  - B. emotion-based coping
  - C. problem-based coping
  - D. avoidant-based coping
24. Which disorder is characterized by "excessive, exaggerated anxiety about everyday life with no obvious reasons"?
- A. Panic Disorder
  - B. Post-traumatic Stress Disorder
  - C. Generalized Anxiety Disorder
  - D. Bipolar Disorder

25. Which category of stressors includes sudden events affecting many people simultaneously?
- A. Personal stressors
  - B. Cataclysmic events
  - C. Background stressors
  - D. Chronic stressors
26. Background stressors refer to \_\_\_\_\_.
- A. career-related challenges only
  - B. acute physiological reactions
  - C. major traumatic events
  - D. everyday annoyances that cause minor irritations
27. Chronic stress can lead to \_\_\_\_\_.
- A. decreased blood pressure
  - B. increased blood pressure
  - C. increased secretion of adrenaline
  - D. improved immune function
28. Jim has eaten dinner at the same restaurant every Friday night for the past decade. He has a practical, conservative haircut and enjoys having a predictable weekday routine. Jim is likely \_\_\_\_\_.
- A. low in openness
  - B. high in agreeableness
  - C. high in extroversion
  - D. low in neuroticism

29. Someone with high conscientiousness will display the following trait in a work environment.
- A. They will have a high level of anxiety.
  - B. They will always be on time for work.
  - C. They will be in a leadership position.
  - D. They are creative and will find new solutions to the tasks that they are assigned to.
30. Which of Jung's beliefs differed from Freud's theories?
- A. Behavior depends on the consequences that follow it.
  - B. The unconscious is important in shaping personality.
  - C. Everyone has a collective unconscious.
  - D. The main motivation for behavior is a striving for superiority.
31. Personality psychology focuses on \_\_\_\_\_.
- A. temperament
  - B. brain functions
  - C. culture and religion
  - D. individual differences
32. The advantage of stereotypes is that they \_\_\_\_\_.
- A. allow people who are similar to stay together
  - B. allow us to discriminate against the people we do not like
  - C. provide shortcuts to enable us to classify the world
  - D. help us to select the right person for a job

33. Which term refers to the physical, social, and behavioral characteristics associated with masculinity or femininity?
- A. Gender
  - B. Sex
  - C. Sexuality
  - D. Hormonal identity
34. What defines *gender identity*?
- A. A person's self-concept of being male or female
  - B. Hormonal differences
  - C. A person's sexual orientation
  - D. Cultural expectations of a person's role
35. What does the gender schema theory propose?
- A. Gender roles are taught through punishment.
  - B. Children use mental frameworks to understand gender.
  - C. Children learn gender from hormones.
  - D. Gender is solely driven by genetics.
36. What is the term for someone whose gender identity differs from their assigned sex at birth?
- A. Transgender
  - B. Bisexual
  - C. Intersex
  - D. Asexual

37. Milgram's obedience study found that \_\_\_\_\_.
- A. Most participants refused to harm another person
  - B. A majority of participants delivered the maximum shock when instructed
  - C. Authority figures have no influence on behavior
  - D. People easily disobey authority figures
38. Solomon Asch's experiments demonstrated \_\_\_\_\_.
- A. conformity to group pressure
  - B. the power of Operant Conditioning
  - C. obedience to authority
  - D. the bystander effect
39. Which of the following is an example of *prejudice*?
- A. Disliking someone based on group membership
  - B. Supporting diversity policies
  - C. Hiring only qualified applicants
  - D. Offering promotions based on merit
40. Which hormone is most strongly linked to aggression in males?
- A. Cortisol
  - B. Oxytocin
  - C. Estrogen
  - D. Testosterone

**SECTION B (Total: 60 marks)**

Answer **THREE (3)** questions only.

Please use the answer booklet provided.

**Question 1**

Learning and memory are complex cognitive functions of the brain. Learning involves acquiring new skills and knowledge, while memory involves how the mind stores that information.

Answer the following questions about learning and memory:

- (a) Henry Gustav underwent surgery to remove a certain region of the brain to cure his epilepsy. Although the surgery was successful, Henry lost his ability to retain both episodic and implicit memory.
- i. Define 'Implicit memory', and 'Episodic memory'. Provide **ONE (1)** example to each term.  
(4 marks)
  - ii. Identify the removed brain region that affects Henry's ability in forming long term memory.  
(1 marks)
  - iii. Explain the **THREE (3)** types of forgetting.  
(6 marks)
- (b) In 1920s, John Watson experimented with classical conditioning on a human child. Explain Watson's experiment on how emotional reactions could be classically conditioned in people.  
(9 marks)

**Question 2**

Alex Johnson is a 25-year-old college student majoring in psychology. He grew up in a supportive and nurturing family environment with his parents, Mark and Sarah Johnson. As a child, Alex was curious, creative, and outgoing, with a strong sense of independence and a desire to explore the world around him. However, he often struggled with feelings of insecurity and self-doubt, especially during adolescence, when he faced peer pressure and challenges in forming his identity. Throughout high school and college, Alex experienced periods of uncertainty about his future career path and struggled to establish meaningful relationships with peers and romantic partners. Despite his academic success and involvement in extracurricular activities, Alex continues to grapple with questions about his identity, purpose in life, and sense of belonging. Alex would often confide in his parents about his issues to which they provide ample advice, despite their busy schedules.

Based on the case study above, answer the following questions:

- (a) Evaluate the psychosocial growth and challenges experienced by Alex using Erikson's theory on psychosocial development.

(18 marks)

- (b) Identify the type of parenting style that Alex's parents had. Justify your answer.

(2 marks)

**Question 3**

Carl Jung, who was an influential psychologist, introduced the concepts of personality types. According to him, there are four main archetypes/characteristics of the collective unconscious.

Using the information above, answer the following questions:

- (a) Describe 'collective unconscious'.

(2 marks)

- (b) Explain the **FOUR (4)** main Jungian archetypes

(8 marks)

- (c) Using the case study below, answer the following question:

Mary is the school guidance counselor at Sekolah Menengah Kebangsaan Jalan Bukit, Kajang. She is one of the staff members responsible for helping the students connect with the academic major that suits them best and help them determine their career direction. Therefore, during the first week of studies, she would often give the students a personality test based on the Myers-Briggs Type Indicator (MBTI). Mary believes that MBTI improves students' self-awareness and self-understanding.

- i. Describe 'Trait Theory'.

(2 marks)

- ii. Discuss the accuracy of MBTI in predicting personality type.

(8 marks)

**Question 4**

John is a 35-year-old software engineer living in a major city. He works long hours at a demanding job and earns a comfortable salary. Despite his professional success, John often feels stressed and overwhelmed by the pressures of work. He struggles to maintain a healthy work-life balance and frequently experiences physical symptoms such as headaches and fatigue. John lives alone in a small apartment and has limited social connections outside of work. He yearns for deeper connections and meaningful relationships but finds it challenging to meet new people and form close friendships. Although John receives recognition and praise for his work performance, he has feelings of inadequacy and self-doubt. He often compares himself to his colleagues and feels like he's constantly falling short of expectations. He enjoys creative hobbies such as painting and writing but has neglected them due to his current circumstances. Despite his accomplishments, John's life feels unfulfilling, and he struggles to find a sense of purpose and meaning.

Using the information above, answer the following questions:

- (a) Based on the case study above, relate John's experiences with Maslow's hierarchy of needs theory. Use specific examples from the case study to illustrate your points to support your analysis. (10 marks)
- (b) Explain the hormonal response to stress. You may include drawing if necessary. (8 marks)
- (c) Describe the effects of chronic stress on the size of specific brain areas. (2 marks)

END OF EXAMINATION PAPER



