

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2022/2023 – SEMESTER I—FINAL EXAMINATION



BSC (HONS) IN PSYCHOLOGY
PLU 3303: MOTIVATION AND EMOTION- LEVEL 3
FINAL EXAMINATION PAPER
DURATION: 03 HOURS

DATE: 16.03.2023

TIME: 9.30 a.m.- 12.30 p.m.

SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)

Choose 04 out of the 06 questions given below and answer using the provided answer sheets.

- 2.1 “There is no single motivation theory that explains all aspects of human motivation, but these theoretical explanations do often serve as the basis for the development of approaches and techniques to increase motivation in distinct areas of human endeavor”.
- a) What are the distinguishing differences between classical and operant conditioning? (5 marks)
 - b) What is Cognitive Dissonance? Explain your answer with Real-Life Example (5 marks)
 - c) Summarize the strengths and weaknesses of humanistic theories of motivation (5 marks)
- 2.2 “Amal was arrested by police and given an Anti-Social Behavior Order to control his aggressive behaviors. When asked for an explanation for behavior, Amal blamed his parents for letting him too many violent programs”.
- a) Describe how Social Learning theory would explain aggressive behaviour (7 marks)
 - b) How would you advise Amal’s parents about reducing these aggressive behaviours of their son? Discuss using the theories of behaviourism. (8 marks)

2.3 “Emotions play an essential role in our everyday behavior and overall well-being.

Emotions are an integral part of our lives that we use to communicate our subtlest feelings. They influence our perceptions, relationships, behavior, and the choices we make at any given moment”.

- a) Define the concept of emotions.
- b) Define the self-conscious emotions with examples.
- c) What are the differences between primary emotions and secondary emotions?
Explain with real life examples.

2.4 “There are various factors that influence human motivation, and depending on the type of such factors, human motivation can be categorized”.

- a) What are the Differences between Extrinsic and Intrinsic Motivation? Explain with suitable examples (5 marks)
- b) To what extent is our educational system reducing the intrinsic motivation to learn and replacing it with extrinsic motivation? How should we attempt to change the situation? (10 marks)

2.5 “There are different theories as to how we feel emotions. Basically, these theories are divided into two sections as Cognitive theories of emotion and non-Cognitive theories of emotion”.

- a) “James-Lange Theory of emotion has been bitterly criticised”. Do you agree with this statement? Explain. (7 marks)
- b) What is the difference between Canon Bard Theory of Emotion and Schachter-Singer (Two Factor) Theory of Emotion? Explain your answer with examples. (8 marks)

2.6 “Research has found that universal facial and vocal expressions of certain emotions exist, such as anger, sadness, fear, enjoyment, disgust, and surprise; however, culture impacts how we view and express emotions”.
How does culture influence the expression of emotions? Explain with examples.
(15 marks)

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