

**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 5303: LEARNING THEORY AND BEHAVIOUR MODIFICATION - LEVEL 5**  
**FINAL EXAMINATION PAPER**  
**DURATION: 03 HOURS**

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DATE: 16.03.2023

TIME: 1.30 p.m.- 4.30 p.m.

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**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 “Psychology is a science of activity of people which lead to an understanding of nature of behavior.**

- a) Define the term ‘Behaviour’. (5 marks)
- b) Describe two dimensions of behaviour. Give an example of each. (5 marks)
- c) What is Behaviour Modification? Explain with Examples. (5 marks)

**2.2 “Amal is a school student who often prefers watching films. Recently, he has become unpopular among teachers, for he often gets into quarrel with other students”.**

- a) Explain these aggressive behaviours of Amal using the observational learning theory of Albert Bandura. (7 marks)
- b) How would you advise Amal’s parents about reducing these aggressive behaviours of their son? Discuss using the techniques of decreasing undesired behaviour. (8 marks)

**2.3 “In daily life, shaping is used to train both animals and children complex behaviors”.**

- a) What is Shaping? (5 marks)
- b) Explain two guidelines for the effective application of shaping. (5 marks)
- c) Explain the “pitfalls of shaping”. (5 marks)

**2.4 “All children function effectively under the right antecedents and consequences although there could be certain emotional, temperamental or developmental limitations that could arise from psychological and physical disabilities”.**

- a) What are the difficulties that psychologists face when they apply behaviour modification techniques for children who have psychological or physical disabilities compare with typically developing children? (5 marks)
- b) How can we use Behaviour Modification Techniques in Special Education in effective manner? (10 marks)

**2.5 “Kamal is eight years old and is in the third grade. Getting him to do his household chores had been a constant battle for his parents. Last month, Kamal’s parents used a different types of behaviour modification technique would help to resolve the problem. Their goal was for Kamal to perform all of his daily chores without being reminded to do so”.**

- a) How Kamal’s Parents use punishments in effective way for modify Kamal’s behaviour? Explain (07 marks)
- b) What are the pitfalls of punishments that can happen in this case? Explain. (08 marks)

**2.6 “Kumara was a ten year old boy and he lived with his parents and younger brother near his school in a small town. The fifth-grade class teacher noticed that Kumara displayed clear signs of distress (frequent, visible blushing and expressions of worry) and that his learning progress was unexpectedly low. Class teacher discussed with Kumara’s parents who confirmed that Kumara seemed to be bothered a lot by fear of failure and associated distress.**

**How do you develop a Behaviour Recording Plan for Kumara? Explain your answer focusing on steps that are required to develop a behaviour recording plan in a behaviour modification program. (15 marks)**

-----END OF QUESTION PAPER-----