
DATE: 06TH NOVEMBER 2025

TIME: 1.30 PM – 4.30 PM

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** “A researcher is conducting a study on parenting styles in Japan and the United States. To explore differences in parenting styles across cultures, the researcher plans to use surveys, interviews, and observations with parents of children aged 5–12 in both urban and rural areas. During the study, the researcher realizes that some questions about parenting practices may conflict with cultural norms, and some participants are hesitant to share personal information. Additionally, translating survey questions into local languages sometimes changes the intended meaning, potentially affecting responses. The researcher is aware that failing to address these issues could lead to inaccurate data or cause discomfort to participants.”
- a) Based on this case, explain how the researcher could use emic and etic approaches to study parenting styles. Provide examples from the case. (7 marks)
 - b) Briefly describe at least three (03) ethical issues or challenges highlighted in the case and suggest how the researcher could address them. (8 marks)
- 2.2** “Emotions such as grief are not only personal experiences but also socially and culturally regulated.”
- a) Critically explain how religious traditions shape emotional regulation in grief, using Sri Lankan mourning practices as examples. (7 marks)
 - b) Using Sri Lankan cultural practices, describe how the multi-componential approach can provide a holistic framework for understanding emotions. (8 marks)
- 2.3** “Culture influences how individuals understand health, illness, and treatment, shaping both health practices and access to healthcare.”
- a) Briefly explain the concept of culture-bound syndromes and provide examples to illustrate how certain illnesses may be specific to particular cultural contexts. (5 marks)
 - b) Briefly describe differences in cultural health practices, including how people from different cultures may approach prevention, treatment, or healing methods. (5 marks)
 - c) Identify and briefly explain at least three (03) cultural barriers to mental healthcare in Sri Lanka. (5 marks)

2.4 “The study of culture and behaviour often requires different methodological lenses.”

- a) Explain the methodological differences between ethnography and experimental methods in cross-cultural psychological studies. (7 marks)
- b) Compare how sociology and cross-cultural psychology approach the study of individuals within socio-cultural contexts. (8 marks)

2.5 “A Sri Lankan student receives a scholarship to study in the USA. At first, she is excited about the new environment, but within a few months, she feels isolated, struggles with local customs, and begins to feel homesick. Later, she gradually adapts and develops meaningful friendships.”

Using Church’s (1982) U-shaped model of cultural adjustment, analyse her experience. What interventions could help shorten the adjustment period? Explain.

(15 marks)

2.6 Describe three (03) of the following topics.

(3*5 marks)

- a) Cultural differences in intimate relationships.
- b) Emerging trends in cross-cultural psychology.
- c) Strategies to maintain healthy personal boundaries.
- d) Gender socialization in the Sri Lankan context.
- e) Influence of environmental factors on personality development across cultures.

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