SRI LANKA
24 APR 2025
EXAMINATION D

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
2024/2025 – SEMESTER I —FINAL EXAMINATION

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

DATE: 24th April 2025 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 "Imagine you're at a job interview for your dream position. During the interview, you're asked a series of difficult questions, and you feel your heart racing, palms getting sweaty, and your breath quickening. These physical signs of arousal make you nervous and anxious.
However, halfway through the interview, the interviewer suddenly changes their tone and shares some exciting news about a promotion opportunity in the company. You begin to feel a sense of hope and excitement instead of anxiety.
At the same time, you notice that the interviewer's body language shifts to being more friendly and encouraging, which adds to your feelings of optimism."

a) Explain the scenario using Schachter and Singer's Two-Factor Theory. (5 marks)

b) Describe Lazarus's model of cognitive evaluation and how it builds upon Schachter and Singer's two-factor theory. (5 marks)

c) Explain the concept of misattribution of arousal. (5 marks)

2.2 Shame is a culturally ingrained affective state, especially for South Asian women, where it is associated with social status and self-regulation. Shame is examined through different theoretical frameworks, including psychoanalytic, affective, and cognitive models, influencing self-evaluation, relationships, and societal norms

a) Explain the dual role of shame as both the agent and the object of shame. (5 marks)

b) Describe the key difference between shame and guilt. (5 marks)

c) Briefly explain Lewis's cognitive attributional model of shame. (5 marks)

2.3 Scholars from multiple disciplines have different definitions of affect, but they agree on its crucial role in understanding human psychology and existence

a) Define affect and explain its key features. (5 marks)

b) Explain the concept of affect as "autonomous" using an example from daily life. (5 marks)

c) Using the concept of "being transmissive," explain how affect can spread between individuals in a group setting. Provide a real-world example. (5 marks)

2.4 At age 7, Ramesh had a near-drowning experience, leading to an intense fear of water. He avoided lakes, pools, and even bathtubs, experiencing anxiety and physical distress at the sight or sound of water. His parents, initially unaware, noticed his refusal to take swimming lessons and his panic around water. By age 15, his fear had intensified, affecting his daily life, including avoiding beaches, boats, and water scenes in movies.

a) Discuss how classical conditioning explains the development of Ramesh's fear of water. Use appropriate concepts such as unconditioned stimulus (UCS), unconditioned response (UCR), conditioned stimulus (CS), and conditioned response (CR) in your answer. (7 marks)

b) How can operant conditioning theory be used to help Ramesh overcome his fear? Explain. (8 marks)

2.5 Albert Bandura is famous for his concepts related to explaining human behaviour, such as observational learning and self-efficacy.

a) Explore the applications of Social Learning Theory in designing effective educational and training programs. (7 marks)

b) Critically analyse the role of self-efficacy in motivation and behaviour change, using real-life examples to illustrate your argument. (8 marks)

2.6 Sarah, a university student pursuing a psychology degree, has been struggling to stay motivated in her studies. Using Expectancy-Value Theory, analyze the possible reasons for Sarah's lack of motivation. (15 marks)

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