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

DATE: 24th of April 2025 TIME: 1.30 pm- 4.30pm

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 Ivan Pavlov led to the development of rigorous experimental designs that studied behaviour and also the discovery of the basic principle of classical conditioning. This principle is also known as Pavlovian conditioning or respondent conditioning.

a) Briefly describe classical conditioning. (03 Marks)

b) Mention three (03) examples for unconditioned stimuli and unconditioned responses. (06 Marks)

c) Explain three (03) factors that influence classical conditioning. (06 Marks)

2.2 Saman, a 7-year-old boy, struggles with reading and avoids reading aloud in class. His teacher notices that he gets frustrated when asked to read full sentences and often refuses to try. His parents also report that he avoids reading at home.

a) Define the concept of shaping in behaviour modification. (03 Marks)

b) Describe how the behaviourist approach will help Saman improve his social interactions through shaping. (06 Marks)

c) Give one (01) example of positive reinforcement and one (01) example of negative reinforcement that can be integrated into Saman's treatment plan. (06 Marks)

2.3 Chaining is a strategy used to encourage positive behaviour within the context of applied behaviour analysis.

a) Describe the concept of behaviour chaining. (05 Marks)

b) Describe two (02) methods of behaviour chaining in a classroom setting. (05 Marks)

c) Explain two (02) pitfalls of behaviour chaining. (05 Marks)

2.4 A major focus of behavioural therapy is to help a person un-learn the learned associations. It can be applied in the context of mental health disorders as well.

a) Explain two (02) behaviour modification methods that can be applied to specific phobias with an example. (07 Marks)

b) Explain four (04) different behavioural techniques used to address distress among couples. (08 Marks)

2.5 Research in learning theory and behaviour modification relies on various methods to study how behaviours are acquired, maintained, and changed.

a) Briefly explain the three (03) phases that are involved in an effective behaviour management program. (06 Marks)

b) Explain one (01) advantage and one (01) disadvantage of the Reversal-Replication design (ABAB) in behavioural research. (03 Marks)

c) How does the Reversal- Replication design (ABAB) establish causal relationship between treatment and behaviours? (06 Marks)

2.6 Behaviour Modification is useful for unlearning behaviour that are harmful or maladaptive.

a) Explain the importance of ethical guidelines and professional codes of conduct in behaviour modification. (08 Marks)

b) Discuss the impact of behaviour modification on individual autonomy and decision making. (07 Marks)

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