



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2023_1 POP EXAMINATION.**

**COURSE TITLE: PSYCHOLOGICAL FOUNDATION OF HEALTHY BEHAVIOUR
AND CHANGE**

COURSE CODE: PHS839

COURSE UNITS: 2UNITS

TIME ALLOWED: 1¹/₂ HOURS

TOTAL MARKS: 70%

INSTRUCTION: ANSWER ALL THE QUESTIONS

QUESTION 1 25marks

- (1a) Briefly explain the word “Psychology” (5marks)
(1b) Describe step by step five challenges one encounters in studying Psychology (15marks)
(1c) Outline five examples of aspects of pure Psychology (5marks)

QUESTION 2 25marks

- (2a) Carefully trace how Human Behaviour is determined (15marks)
(2b) Everything a human being does as a child or adult result from the complex interaction between heredity and environment. Discuss the biological and environmental factors that influence the determination of Behaviour. (10marks)

QUESTION 3 20marks

- (3a) Describe the phrase “Gestalt Psychology”. (10marks)
(3b) Write short notes on: (i) Structuralism (5marks)
(ii) Behaviorism (5marks)