



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES & EDUCATION

NHPS249: Psychology of Personality and Motivation

END OF SECOND SEMESTER EXAMINATIONS

APRIL/MAY 2026

LECTURER: Mr D Gwasira

DURATION: 3 HOURS

INSTRUCTIONS

1. This paper contains **TWO** sections (Section A and Section B).
2. Section A is **COMPULSORY**.
3. Answer **ANY TWO (2) questions** from Section B.
4. Start each question on a new page in your booklet.
5. Credit will be awarded for logical, systematic and neat presentation
6. Do not repeat material.

SECTION A: COMPULSORY

INSTRUCTION: *Answer Question 1.*

Question 1

Personality traits refer to a specific set of behaviors or habits that persist over time and across situations.

- (a) Define personality
- (b) Why is the knowledge of personality traits important?
- (c) Identify the dimensions of the 5 Factor model of personality

[40 marks]

SECTION B

INSTRUCTION: *Answer ANY TWO (2) questions.*

Question 2

Motivation enables us to deal with some types of stressors encountered. Distinguish between problem focused coping (PFC) and emotion focused coping (EFC). Which coping mechanisms do you think best help students to deal with the demands of college life and why?

[30 marks]

Question 3

Describe how behavior is motivated by the past, present, and future. Using examples, explain how the push and pull factors contribute to the motivated behavior.

[30 marks]

Question 4

Describe self-regulation and self-control and explain their importance for behavioral change in motivated behavior

[30 marks]

Question 5

Compare the personality of someone who scores high on agreeableness to someone who scores low on agreeableness. Why might it be important to consider cultural influences on personality?

[30 marks]

END OF PAPER