



South Australian
Certificate of Education

Psychology 2019

Question booklet 1

Section A: Short-answer questions

Part 1 of Section A (Questions 1 to 3) 38 marks

- Answer **all** questions in Part 1
- Write your answers in this question booklet
- You may write on page 8 if you need more space

Examination information

Materials

- Question booklet 1 (Part 1 of Section A)
- Question booklet 2 (Part 2 of Section A)
- Question booklet 3 (Section B)
- SACE registration number label

Instructions

- Use black or blue pen
- You may use a sharp dark pencil for diagrams and other representations
- Approved calculators may be used
- Allow approximately 85 minutes to answer Section A
- Allow approximately 45 minutes to answer Section B

Total time: 130 minutes

Total marks: 120

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SECTION A: SHORT-ANSWER QUESTIONS (Questions 1 to 8)

(80 marks)

Part 1 (Questions 1 to 3)

(38 marks)

Answer **all** questions in this part. Answers may be in note form.

1. (a) Social psychologist LaPiere studied the behaviour of people who have a negative attitude towards a particular social group.

- (i) Describe the bidirectional relationship between attitudes and behaviour.

(2 marks)

- (ii) LaPiere found that people's attitudes were not always reflected in their behaviour. Describe *one* factor that could contribute to this inconsistency.

(2 marks)

- (b) Explain *two* functions of having a positive attitude towards a particular social group.

(4 marks)

2. Classical conditioning, operant conditioning, and observational learning are three forms of learning.

(a) Jessica received white flowers from her parents when she graduated from high school. When she leaned over to smell them, a bee emerged from the flowers and stung her. For many years afterwards, Jessica flinched whenever she was given white flowers.

(i) Identify the unconditioned stimulus.

(1 mark)

(ii) Identify the conditioned stimulus.

(1 mark)

(iii) Jessica only flinched when she was given white flowers, and not when she was given brightly coloured flowers.

Name this process.

(1 mark)

(iv) Over the years, in spite of coming into contact with white flowers on many occasions, Jessica was never stung by a bee again. Eventually, she stopped flinching when she was given white flowers.

Name this process.

(1 mark)

(b) Research shows that associations between images of bees and avoidance behaviour can be learned more quickly than associations between images of flowers and avoidance behaviour. This is an example of preparedness.

Explain the concept of preparedness.

(2 marks)

(c) State *two* similarities between *classical* conditioning and *operant* conditioning.

(2 marks)

(d) Describe *one* difference between *operant* conditioning and *observational* learning.

(2 marks)

3. A sample of 20 schools participated in an investigation into the memory performance of students who eat at the school canteen. Random assignment was used to determine which 10 school canteens would offer healthier food. The other 10 school canteens did not change the food that they offered. Three months later, a psychologist assessed the memory performance of students who ate at the school canteen in the 20 schools.

(a) Discuss *two* ethical issues that would be relevant to this investigation.

(4 marks)

(b) Suggest *one* hypothesis for this investigation.

(2 marks)

(c) Explain *one* reason why this is an experimental investigation.

(2 marks)

(d) Explain *one* advantage of using an experimental design for this investigation.

(2 marks)

- (e) Explain *one* reason why it was decided that only some school canteens would offer healthier food.

(2 marks)

- (f) After the investigation, participating schools designed a persuasive campaign aimed at improving the eating habits of their students.

Describe *two* audience factors that schools should consider when designing their campaign.

(4 marks)

- (g) It is also possible that eating healthier food could affect the mood of students.

- (i) Describe *one* type of subjective quantitative measure that the psychologist could use to measure mood.

(2 marks)

- (ii) Describe *one* reason why subjective quantitative measures are often used in psychological investigations.

(2 marks)

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Question booklet 2

Section A: Short-answer questions

Part 2 of Section A (Questions 4 to 8) 42 marks

- Answer ***all*** questions in Part 2
- Write your answers in this question booklet
- You may write on page 10 if you need more space

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SECTION A: SHORT-ANSWER QUESTIONS

Part 2 (Questions 4 to 8)

(42 marks)

Answer **all** questions in this part. Answers may be in note form.

4. Many different concepts of the structure of personality have been proposed.

- (a) Psychodynamic concepts of personality emphasise the role of the unconscious in the structure of personality.

Explain *one* role of the unconscious in a psychodynamic concept of personality.

(2 marks)

- (b) Humanistic concepts of personality emphasise personal growth.

Using *one* humanistic concept of personality, explain how personal growth is achieved.

(4 marks)

5. (a) A motorist needed to brake suddenly in order to avoid hitting a dog on the road. The dog escaped without injury. Immediately after braking, the motorist's pulse rate increased, his mouth went dry, and he had a churning feeling in his stomach. After a few minutes, these physical changes started to disappear.

Using your knowledge of the body's response to stress, explain why the motorist experienced:

- (i) the physical changes that occurred immediately.

(2 marks)

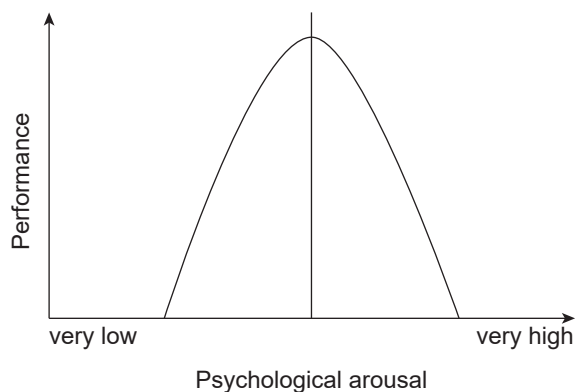
- (ii) the physical changes that occurred after a few minutes.

(2 marks)

- (b) Describe why a biological approach to coping with chronic stress (e.g. increasing relaxation, improving sleep, and starting regular exercise) is likely to be effective in the long term.

(2 marks)

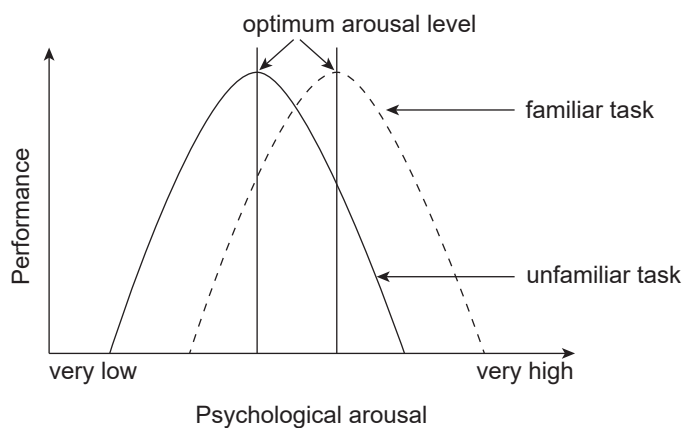
6. (a) Refer to the following graph, which shows the relationship between performance and level of psychological arousal:



Describe how the level of psychological arousal affects task performance.

(2 marks)

- (b) Refer to the following graph, which shows the effect of familiarity with a task on the optimum arousal level:



Casey is learning to drive. She plans to complete her driving test in 4 months' time. She knows that her psychological arousal levels will remain high throughout her test.

Using information from the graph above, explain what advice you would give Casey to help her prepare for her driving test.

(2 marks)

7. Each night, Mike goes to bed at 10.00 pm. He ensures that he wakes up at 7.00 am, so that he can exercise before school. His sister, Juanita, goes to bed after midnight and wakes up around 7.30 am after pushing the snooze button on her alarm several times.

Mike follows a consistent routine of winding down for about 30 minutes before bedtime. Juanita doesn't wind down before bedtime; she uses social media on her laptop in bed until she falls asleep.

- (a) Identify *two* strategies that Mike uses to promote healthy sleep.

(2 marks)

- (b) Juanita still feels sleepy when she wakes up in the morning.

Explain *one* reason why using social media in bed might cause Juanita to feel sleepy in the morning.

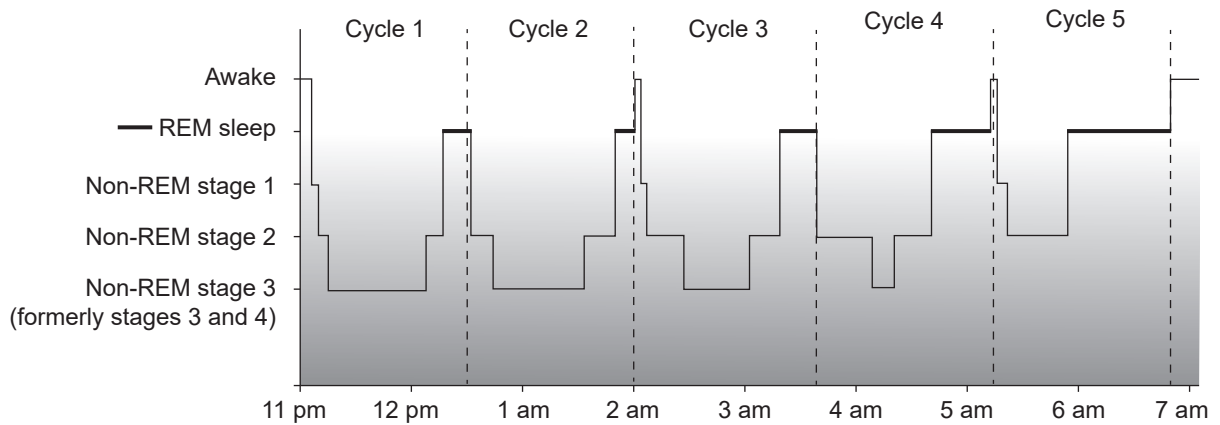
(2 marks)

- (c) At school, Juanita often falls asleep in class.

Explain *two* other consequences of sleep deprivation that may influence Juanita's performance at school.

(4 marks)

(d) Refer to the following graph, which shows typical changes in sleep cycles as sleep progresses:



Source: Adapted from Thompson, M 2018, HowSleepworks 2018, 'Sleep cycles — Types and stages of sleep', hypnogram image by Mastin, L, viewed 15 April 2019, www.howsleepworks.com/types_cycles.html

Using information from the graph, identify *two* ways in which sleep cycles change as sleep progresses.

(2 marks)

8. Psychologists investigated the characteristics of a company's employees by conducting standardised self-report inventories and collecting information about each employee's role. They found that individuals with more aggressive personality characteristics were more likely to be in managerial roles than people without these characteristics.

(a) Explain *one* feature of this investigation that makes it an observational design.

(2 marks)

(b) Describe *one* standardised self-report inventory that might have been used.

(4 marks)

(c) Explain *one* reason why only trained professionals should administer standardised self-report inventories to measure personality.

(2 marks)

(d) Explain *one* reason why it is important that the employees do not have access to these inventories before completing them.

(2 marks)

- (i) Describe *two* other steps involved in assertiveness training.

(ii) Describe *one* specific benefit of assertiveness training for aggressive individuals.

(2 marks)

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Question booklet 3

Section B: Extended-response questions (Questions 9 and 10) 40 marks

- Answer **both** questions in Section B
- Write your answers in this question booklet

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SECTION B: EXTENDED-RESPONSE QUESTIONS (Questions 9 and 10)

(40 marks)

Answer **both** questions in this section.

Write your answers in this question booklet:

- Question 9, on pages 4 to 7, is worth 20 marks.
- Question 10, on pages 8 to 11, is worth 20 marks.

*You should spend about 45 minutes on this section,
5 to 10 minutes planning and 35 to 40 minutes writing.*

*Credit will be given for clear, well-expressed answers that
are well organised and relevant to the questions.*

9. Many Australian adolescents have high anxiety levels.

- Describe how *two* protective factors at the person level could affect an individual's anxiety at the sociocultural level.
- Describe how cognitive-behavioural therapy could be used to overcome anxiety.
- Explain how systematic desensitisation could be used to overcome *one* type of anxiety disorder (e.g. a phobia).
- Describe *one* advantage and *one* disadvantage of a psychological intervention for anxiety.

(20 marks)

[illegible]

[illegible]

[illegible]

[illegible]

10. In the past, governments have invested in persuasive programs to motivate people to eat more healthily. However, these programs have not always been effective.

If healthy food (fruit and vegetables) was subsidised, the subsequent pricing structure would favour consumers who purchase healthy food.

- Describe how past governments could have used the central route of persuasion to motivate people to eat more healthily.
- People often find it difficult to *maintain* healthy eating habits. Explain why the central route of persuasion may be more effective than the peripheral route in helping a person to maintain healthy eating habits.
- Use observational learning to explain why a healthy eating habit could be *difficult* to maintain.
- Over twenty years ago, Australian governments increased the prices of cigarettes and alcohol. Use operant conditioning to explain why this was effective in reducing cigarette and alcohol sales.

(20 marks)

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[illegible]

[illegible]

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