



National Open University of Nigeria  
Plot 91 Cadastral Zone, Nnamdi Azikiwe Express Way  
Jabi, Abuja  
Faculty of Education  
**2023\_1 POP EXAMINATION**

**Programme:** M.Ed Guidance and Counselling

**Course Code:** EGC812

**Course Title:** Behaviour Modification

**Time Allowed:** 2 Hours

**Instruction:** Answer Question 1 and any other two questions.

- 1a. Compare and contrast between Psychotherapy and Behaviour Modification  
(10 marks)
- b. Explain 3 factors of deviant behaviours as indicated by Humanistic Sociologists  
(10 marks)
- c. Explain four methods of acquiring new behaviours (10 marks)
2. Distinguish between the two forms of marital therapy. (20 marks)
3. Discuss in details, the following theories of Personality, stating their relevance in understanding human behaviour
  - i Psychoanalytic theory (10 marks)
  - ii. Eysenck's Dimension of Personality: (10 marks)
- 4a. How is Free Association used in Psychotherapy? (4 marks)
- b. Choose a particular maladaptive behaviour and explain in practical terms, the steps you would take to modify the behaviour. (16 marks)