



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR  
FOURTH YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION**

**BACHELOR OF EDUCATION WITH GUIDANCE  
AND COUNSELING**

**COURSE CODE: EGC 4218-1  
COURSE TITLE: GERIATRIC COUNSELLING**

**DATE: 23/4/2024**

**TIME: 0830 – 1030 HRS**

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**Instructions to candidates**

Answer question **One** and any other **Two**

### **QUESTION ONE**

- a) Discuss **TWO** theories of aging and their implications for understanding the psychological well-being of older adults. (8 marks)
- b) Analyze the role of spirituality and existential concerns in coping with late-life transitions and challenges. Provide examples to illustrate your analysis. (4 marks)
- c) Examine the impact of age-related sensory changes on psychological functioning and quality of life in older adults. (8 marks)

### **QUESTION TWO**

- a) Critically evaluate the concept of successful aging and its components. Discuss how promoting autonomy and meaningful engagement can contribute to successful aging outcomes. (8 marks)
- b) Discuss **THREE** psychosocial interventions aimed at reducing loneliness and social isolation among older adults. Evaluate their effectiveness and potential implementation challenges. (7 marks)

### **QUESTION THREE**

- a) Evaluate the biopsychosocial model of pain management in older adults. Discuss the interplay between biological, psychological, and social factors in the experience and management of chronic pain in late life. (8 marks)
- b) Examine the impact of intergenerational relationships on the psychological well-being of older adults. Discuss how fostering positive intergenerational interactions can promote mental health and resilience in later life. (7 marks)

### **QUESTION FOUR**

- a) Discuss **THREE** cognitive changes associated with normal aging. Explain how cognitive reserve and lifestyle factors influence cognitive aging trajectories. (8 marks)
- b) Analyze the role of cultural competence in providing mental health care to diverse older adult populations. Discuss strategies for integrating cultural considerations into gerontological counseling practice. (7 marks)

### **QUESTION FIVE**

- a) Examine the psychological effects of retirement and transitions to post-retirement life. Discuss factors that contribute to successful adjustment and well-being during the retirement transition. (8 marks)
- b) Discuss **THREE** ethical dilemmas commonly encountered in gerontological research or practice. Provide guidance on how counselors and researchers can navigate these ethical challenges while promoting the well-being and autonomy of older adults. (7 marks)

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