

**COVENANT UNIVERSITY  
NIGERIA**

*TUTORIAL KIT  
OMEGA SEMESTER*

**PROGRAMME: PSYCHOLOGY**

**COURSE: PSY 328**

## **DISCLAIMER**

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## PSY328:

1. There are certain criteria to define sleep-Expatiate
2. Highlight the stages of sleep and differentiate between REM and NREM sleep using appropriate examples
3. Identify four sleep disorders and explain any two
4. Answer *yes* or *no* to the questions below:
  - i. The hymen is a reliable indicator of whether or not a woman is a virgin.
  - ii. Most women are capable of multiple orgasms
  - iii. Most men are capable of multiple orgasms
  - iv. Many married women hardly experience orgasm in Africa
  - v. Clitoris is inside the vagina
  - vi. The most sensitive part of the female reproductive system is the inner wall of the vagina
  - vii. The brain is part of sexual reproductive system
  - viii. Hormones are singularly responsible for our sexual feelings and drives
  - ix. Women show their highest levels of sexual desire at the time of ovulation
  - x. Genetically, women determine the sex of the child
5. The concept of sexuality refers to the totality of being a person- Discuss
6. Draw an annotated diagram of the male and female reproductive systems. Label at least 5 vital parts in each.
7. Critically discuss the roles of the Media and Religion on Sexuality
8. Sexual dysfunction disorders may be classified into four categories. Discuss with clear illustrations the four categories.
9. Explain the concept of sexual health as posited by World Health Organization
10. Discuss 5 attributes that make for sound sexual health

Explain the following terms extensively:

11. Homeostasis
12. Contraception
13. Sexual orientation
14. Anorgasmia
15. Polysomnograph
16. Hunger and Thirst
17. Cataplexy
18. Hypnagogic and hypnopompic hallucinations

## Model Answers

1. To define sleep in humans, certain criteria are used:

- Behavioural changes (e.g. body posture and being less responsive to stimuli)
- Electrophysiological changes measured by electroencephalogram (EEG measures brain wave and cortical activities), electrooculogram (EOG measures eye movements), and electromyogram (EMG measures muscle tension).

Physiological changes (e.g. changes in heart-rate, body temperature, and breathing) (Moorcroft, 1993).

3. The following are the acknowledged stages of sleep:

### Stage 1

Stage 1 sleep, or drowsiness, is often described as first in the sequence, especially in models where waking is not included. Polysomnography shows a 50% reduction in activity between wakefulness and stage 1 sleep. The eyes are closed during Stage 1 sleep, but if aroused from it, a person may feel as if he or she has not slept. Stage 1 may last for five to 10 minutes.

### Stage 2

Stage 2 is a period of light sleep during which polysomnographic readings show intermittent peaks and valleys, or positive and negative waves. These waves indicate spontaneous periods of muscle tone mixed with periods of muscle relaxation.

### Stages 3 and 4

These are deep sleep stages, with Stage 4 being more intense than Stage 3. These stages are known as slow-wave, or delta, sleep. During slow-wave sleep, especially during Stage 4, the electromyogram records slow waves of high amplitude, indicating a pattern of deep sleep and rhythmic continuity.

Differentiate between REM and NREM sleep (Stage 5, REM versus Non-REM Sleep)

REM sleep is distinguishable from NREM sleep by changes in physiological states, including its characteristic rapid eye movements. However, polysomnograms show wave patterns in REM to be similar to Stage 1 sleep. In normal sleep (in people without sleep disorder). The period of non-REM sleep (NREM) is comprised of Stages 1-4 and lasts from 90 to 120 minutes, each stage lasting anywhere from 5 to 15 minutes. Stages 2 and 3 repeat backwards before REM sleep is attained. So, a normal sleep cycle has this pattern: waking, stage 1, 2, 3, 4, 3, 2, REM. Usually, REM sleep occurs 90 minutes after sleep onset.

5. Human sexuality deals with the beliefs, orientations and understanding people have concerning issues of physical development, intimacy in relationships, the reproductive system and understanding gender roles

## 7. Critically discuss the roles of the Media and Religion on Sexuality

### **Human Sexuality & Media**

Teenagers spend more time with the media than they do in any other activity except sleeping. Is it mere coincidence that the rises in rates of adolescent sexual intercourse during the past 30 years have coincided with the new era of electronic media?

A phone survey of 1,010 teens ages 14 to 19 in upstate New York found that listening to pop or hip-hop music or reading women's magazines was associated with having had sexual intercourse. It also found that adolescents spend nearly 8 hours each day with various types of media (Pazos et al., 2001).

### **Sexuality & Religion**

Consider Sharia and Judaism Sexual Laws

## 9. Sexual Health [Meaning – WHO]

- Sexual health is a state of physical, emotional, mental and social well-being related to sexuality;
- It is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

**11. Homeostasis:** balancing of the internal environment of the body by its organs...

**13. Sexual orientation:** deals with sexual ideology or belief held by an individual often dictated by culture, conviction and socialization...

**15. Polysomnograph:** The word polysomnography, derived from the Greek roots "poly," meaning many, "somno," meaning sleep, and "graphy" meaning to write, refers to multiple tests performed on patients while they sleep. A polysomnograph is a machine that converts electrical impulses in the body to a graphical representation which can help determine what's happening as we sleep. Many different activities are monitored by the polysomnograph during a sleep study. These include brain waves (EEG), eye movements (EOG), muscle activity (EMG), heartbeat (EKG), blood oxygen levels (SpO2) and respiration. Each of these activities is represented by graphical tracings on a polysomnogram

**17. Cataplexy:** Cataplexy is a sudden loss of muscle tone that leads to feelings of weakness and a loss of voluntary muscle control. Attacks can occur at any time during the waking period, although cataplexy can occur spontaneously, it is more often triggered by sudden,

strong emotions such as fear, anger, stress, excitement, or humor. Laughter is reportedly the most frequent trigger

19. **Hypnagogic and hypnopompic hallucinations:** Hallucinations can accompany sleep paralysis or can occur in isolation when people are falling asleep or waking up. Referred to as hypnagogic hallucinations when accompanying sleep onset and as hypnopompic hallucinations when occurring during awakening, these delusional experiences are unusually vivid and frequently frightening