

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
PSYCHOLOGY**

PSYC 332: STRESS MANAGEMENT

STREAMS: B.PSYC

TIME: 2 HOURS

DAY/DATE: THURSDAY 25/03/2021

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS

- *Answer question one and any other two questions*
- *Do not write on the question paper*

Question one

- (a) Briefly explain the meaning of the following terms (12 marks)
- (i) Stress
 - (ii) Eustress
 - (iii) Phobia
 - (iv) Psychomatic disease
 - (v) Fight of flight mode
 - (vi) Insomnia
- (b) Discuss any FOUR major sources of stress (8 marks)
- (c) Highlight FIVE symptoms of stress that affect the cognitive functioning of a person (10 marks)

Question two

- (a) Explain how 'conflict' causes stress in a person. (4 marks)
- (b) Identify three types of conflict (6 marks)
- (c) Discuss five symptoms of stress in the psychological functioning of a person (10 marks)

Question three

- (a) Discuss the effects of chronic stress on a person's physical health (10 marks)
- (b) Suggest any FIVE measures you would take as a counselor/psychologist to assist a stressed person. (10 marks)

Question four

- (a) What is occupational stress (2 marks)
- (b) Describe FIVE sources of occupational stress (10 marks)
- (c) Recommend any FOUR actions the government of Kenya would take to reduce occupational stress. (8 marks)
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