

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF PSYCHOLOGY

PSYC 332: STRESS MANAGEMENT

STREAMS:

TIME: 2 HOURS

DAY/DATE: THURSDAY 06/12/2018

2.30 P.M – 4.30 P.M

INSTRUCTIONS

- **Answer question one and any other two questions.**

- (a) Define stress. [2 marks]
 - (b) Discuss four causes of stress in the world today. [8 marks]
 - (c) With an aid of a diagram discuss three stages of stress. [9 marks]
 - (d) Giving examples, distinguish eustress and distress. 6 marks]
 - (e) Discuss the effects of stress on behaviors. [5 marks]
 - (a) Critically discuss the relationship between stress and the following;
 - (i) Personality
 - (ii) Performance
 - (iii) Industry, commerce and professions
 - (iv) Work place [20 marks]
 - Identify and discuss four stress management models that psychologists can use to assist clients. [20 marks]
 - (a) Identify and discuss five stress related illness. [10 marks]
 - (b) As a psychologists ,discuss the assistance you would offer to employees in the prevention of work stress. [10 marks]
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