



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR CERTIFICATE IN
COUNSELLING PSYCHOLOGY**

SEPTEMBER- DECEMBER 2024

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 106

COURSE TITLE: STRESS AND STRESS MANAGEMENT

EXAM DATE:

TIME:

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- This exam has SIX questions. Answer **QUESTION ONE** and any other **TWO** questions from section B.
 - *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

QUESTION 1

The word stress means different things to different people. It is almost impossible to define it even though it forms part of our daily vocabulary.

- (a) Define the term stress (2 marks)
- (b) Differentiate between Eustress and Distress (2 marks)
- (c) State two symptoms of physical, cognitive, emotional and behavioral stress (4 Marks)
- (d) Describe the TWO common types of stress (4 Marks)
- (e) Define burn out and two ways of preventing it (4 marks)

SECTION B: Answer any TWO questions from this section 10 Marks each.

QUESTION 2

- (a) Name and discuss at least two common stress associated illnesses? (4 marks)
- (b) Illustrate how personality type influences stress by using the five-factor model of personality (6 marks)

QUESTION 3

- (a) Name and discuss two internal and three external stressors that individuals are likely to encounter (4 marks)
- (b) Explain three Characteristics of a well-adjusted person (6 marks)

QUESTION 4

- (a) Discuss any two causes of depression in our society today (4 marks)
- (b) Elaborate three different techniques for stress management (6 marks)

QUESTION 5

- (a) Describe how as a Christian you could manage stress (4 marks)
- b) Discuss the four A's of stress management (6 marks)