



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES END
OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY
JAN-APR 2025

DEPARTMENT: PSYCHOLOGY COURSE CODE: COD 106

COURSE TITLE: STRESS AND STRESS MANAGEMENT EXAM DATE:
TIME

INSTRUCTIONS

- This Exam accounts for forty (40) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.
- Section B has five (5) questions, each carrying Ten (10) marks. You are required to answer any two (2).

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

Question One

- a) Define the term Stress. (2 marks)
- b) Explain two major determinant of stress. (4 marks)
- c) With examples describe the two major types of stress. (6 marks)
- d) Discuss the relationship between stress, and Depression. (8 marks)

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

Question Two

- a) Articulate four common symptoms of stress. (4 marks)
- b) Analyze how the following factors are associated with stress.
 - i. Personality traits. (2 marks)
 - ii. Lack of Social Support. (2 marks)
 - iii. Sleep Deprivation. (2 marks)

Question Three

- a) Describe the ultimate goal of stress management. (2 marks)
- b) Discuss any four techniques for stress management. (8 marks)

Question Four

- a) Discuss the importance of stress assessment. (4 marks)
- b) Explain the three-stage stress process according to General Adaptation Syndrome (GAS) Model. (6 marks)

Question Five

- a) Discuss the relationship between stress and burnout. (4 marks)
- b) Highlight three symptoms of burn out. (6 marks)