

UNIVERSITY OF SWAZILAND



MAIN EXAMINATION –MAY 2016

BACHELOR OF SOCIAL WORK II

**TITLE OF PAPER : MANAGING STRESS: PRINCIPLES AND
TECHNIQUES FOR COPING, PREVENTION AND WELLNESS
COURSE NUMBER : SWK240
TIME ALLOWED : 3 HOURS**

INSTRUCTIONS

1. This paper consists of 5 pages.
2. Question one is compulsory.
3. Answer any two questions from section B.
4. **SECTION A IS 50 MARKS AND SECTION B IS 25 MARKS PER QUESTION**

**This paper should not be opened until permission has been given by the
invigilator.**

QUESTION ONE *COMPULSORY

True/ False

1. It is the perception or interpretation of an event that initiates the fight-or-flight response, not the event itself.
2. The key message of the POPP formula for stress prevention is that there is an actual point in time where a positive interpretation of a potential stressor can prevent the stress response from initiating.
3. When we sense any kind of danger, our body's only natural way to survive it is the fight-or-flight response.
4. One can only inherit the characteristics of Hardiness. They are genetically passed through parents' DNA to their kids.
5. The Chinese word for 'crisis' consists of two characters--danger and chance.
6. Cognitive restructuring substitutes our perceptions of stressors from thoughts that are non-threatening to thoughts that are threatening.
7. Emotional health relates more to what you are feeling, while mental health relates more to what you are thinking.
8. Individuals who experience higher levels of stress tend to consume less alcohol, smoke fewer cigarettes, and drink less coffee than those who are under less stress.
9. You only need to think you are in danger for the stress response to activate.
10. Cortisol strengthens the body's immune system.
11. Mental stress increases oxygen demand because blood pressure and heart rate are elevated.
12. Happy, relaxed people are more resistant to illness than those who tend to be unhappy or tense.
13. A value can be defined as a belief upon which one acts by preference.
14. A personal value system is not fixed.
15. The natural result of living according to our highest values is inner peace.
16. Altruism is defined as helping or giving to others with the intention of having the favor returned to the one giving.
17. Community service doesn't just feel good, it's also good for you.
18. Most of our values remain at the unconscious level.
19. Instrumental values are those outcomes that we work toward or we believe are most important and desirable.
20. Values acquisition is the conscious assumption of a new value.
21. Values clarification is a cognitive process that helps close the gap between what an individual says and actually does.

22. The choices we make are based on our values.

MULTIPLE CHOICE

23. Which of the following is NOT a cardiovascular problem that is a result of chronic stress?

- a. Blood tends to clot more easily.
- b. Blood pressure decreases.
- c. Arteries leading to the heart muscle constrict.
- d. Heart rate increases.

24. Symptoms of medium-term chronic stress include:

- a. headaches.
- b. fatigue.
- c. upset stomach.
- d. all of these

25. Grinding, gnashing, or clenching teeth during sleep can be caused by stress or tension. This condition is known as:

- a. salivation.
- b. bruxism.
- c. rumination.
- d. grimacing.

26. This disease is the number one cause of death in the many parts of the world:

- a. diabetes.
- b. lung cancer.
- c. cardiovascular disease.
- d. obesity.

27. Chronically high cortisol levels lead to a number of health effects including:

- a. insulin resistance.
- b. poor sleep patterns.
- c. inflammation.
- d. all of these

28. Which term explains the cause of sickness and death by expecting these negative outcomes and by associated emotional states?

- a. placebo effect
- b. nocebo effect
- c. Edison effect
- d. yescebo effect

29. Conditions that have a mind and body component are called:

- a. psychosomatic.
- b. physiological.
- c. psychological.

d. mental illness.

30. Which of the following systems is suppressed as a result of the stress response?

- a. nervous system
- b. endocrine system
- c. immune system
- d. circulatory system

31. Biophysicist Candace Pert believes that the connection between the mind and the body is the _____.

- a. neck
- b. frontal lobes
- c. limbic system
- d. emotions

32. Psychiatrist David Spiegel found that stress hormones played a role in the progression of _____ cancer.

- a. breast
- b. colon
- c. liver
- d. lung

33. Regular participation in religious activities and practices adds 7 to 14 years to the life span and is equivalent in benefit to _____.

- a. regular exercise
- b. not smoking cigarettes
- c. eating five fruits and vegetable each day
- d. avoiding foods high in sugar and fat

34. Forgiveness is:

- a. a choice not to let past grievances compromise our future.
- b. condoning hurtful behavior.
- c. the same as forgetting.
- d. pretending everything is fine.

35. Which of the following would NOT be considered a quality of spiritual health?

- a. compassion for others
- b. a feeling of connection to others
- c. faith in God or a higher power
- d. freely flowing through life without any particular purpose

36. _____ is the ability of the heart, lungs, and blood vessels to process and transport oxygen required by muscle cells to meet the demands of prolonged physical activity.

- a. Anaerobic fitness
- b. Muscle endurance
- c. Muscle fitness
- d. Cardiorespiratory fitness

37. Which of the following is NOT a benefit of exercise for dealing with stress?

- a. increases endorphins that make you feel good
- b. changes your stressor
- c. gives you a boost of confidence and sense of accomplishment
- d. conditions you to become stronger and more able to adapt to daily pressures

SHORT ANSWER

- 38. Explain why individuals tend to get sick after a stressful event. (2marks)
- 39. Explain in your own words how the placebo effect works and how it relates to stress management.(5 marks)
- 40. Explain why an upset stomach or difficulty sleeping are commonly occurring symptoms of chronic stress (3marks).

[40 marks]

SECTION B ANSWER ANY TWO QUESTIONS ALL QUESTIONS ARE 30 MARKS

QUESTION 2

Critically discuss relaxation techniques that you have learnt in this course. State how you will incorporate them in your work with clients.

QUESTION 3

Discuss how yoga exercises have helped reduce your stress levels and anxieties.

QUESTION 4

Research suggests that there is no *real* difference between an imagined event and an event you perceive in your physical experience as far as how your mind interprets its meaning. Discuss this statement.

QUESTION5

Examine the causes of stress in our societies. Give examples of the types of stressors in the environment and how you think you can equip your clients in dealing with them.

QUESTION 6

Discuss the role of self care, time management skills, problem-solving, spirituality, exercise and nutrition in the lives of social workers.