

UNIVERSITY OF SWAZILAND

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

FINAL EXAMINATION, MAY 2017

**TITLE OF PAPER : MANAGING STRESS: PRINCIPLES AND TECHNIQUES
FOR COPING, PREVENTION & WELLNESS**

COURSE CODE : SWK 240

TIME ALLOWED : TWO (2) HOURS

TOTAL MARKS : 100

INSTRUCTIONS :

- 1. QUESTION ONE (1) IS COMPULSORY**
- 2. ANSWER ANY OTHER TWO (2) QUESTIONS**
- 3. ALL QUESTIONS CARRY EQUAL MARKS**

**THIS QUESTION PAPER MUST NOT BE OPENED UNTIL PERMISSION HAS
BEEN GRANTED BY THE INVIGILATOR.**

Question 1

Write short notes on the following:

- a) Environmental stress.
- b) Work or occupational related stress.
- c) Media and stress.
- d) Substance abuse and stress.

Question 2

According to most psychologists, stress can be preventable. Give details of any five (5) methods and techniques that can contribute to the prevention of stress.

Question 3

Stress is a common experience that is a part of everyday living. Stress comes in all forms and can affect anyone no matter the age. Support your statement by use of the adolescent stage.

Question 4

Discuss the main physiological and psychological reactions to stress. Are there any interactions between them?

Question 5

Examine the link between stress and illness.

Question 6

Discuss the main physiological and psychological reactions to stress.