

UNIVERSITY OF ESWATINI

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

FINAL EXAMINATION, MAY 2019

**COURSE CODE: SWK240 MANAGING STRESS: PRINCIPLES & TECHNIQUES FOR
COPING, PREVENTION AND WELLNESS**

TIME ALLOWED : TWO (2) HOURS

TOTAL MARKS : 100

**INSTRUCTIONS : 1. ANSWER ANY THREE (3) QUESTIONS
2. ALL QUESTIONS CARRY EQUAL MARKS**

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

QUESTION 1

The effect that stress has on a person is based more on that person's feelings of threat, vulnerability, and ability to cope than on the stressful event itself. Discuss

QUESTION 2

In what ways has being a student added stress to your life? What stress management techniques are you most likely to employ to deal with your stress?

QUESTION 3

What is meant by locus of control and hardiness? Discuss the role of hardiness in mediating responses to stress?

QUESTION 4

Discuss two biological and psychological methods of stress management used for managing negative effects of stress.

QUESTION 5

Discuss four sources of workplace stress and briefly describe recommended and relevant social work intervention strategies.

QUESTION 6

Describe how social support factors add value in controlling the impact of stress.

GOOD LUCK!!!