

**UNIVERSITY OF ESWATINI**

**FACULTY OF SOCIAL SCIENCES**

**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK**

**RE-SIT EXAMINATION, JULY 2019**

**COURSE CODE: SWK 240 MANAGING STRESS: PRINCIPLE & 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**

Explain how the biopsychosocial model justifies the relationship between stress and disease.

### **QUESTION 2**

Discuss the process of fight or flight response in responding to stress physiologically.

### **QUESTION 3**

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 4**

Discuss the physiology of stress by using the general adaptation syndrome.

### **QUESTION 5**

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

### **QUESTION 6**

Using examples from daily hassles and life events explain what psychologists mean by the term stress.

**GOOD LUCK!!!**