



**KISII UNIVERSITY**  
**UNIVERSITY EXAMINATIONS**

**SECOND YEAR EXAMINATION FOR THE AWARD OF THE**  
**DIPLOMA OF ARTS IN COUNSELING PSYCHOLOGY**  
**FIRST SEMESTER, 2021/2022**  
**(FEBRUARY - JUNE, 2022)**

**DCPS 0107: STRESS AND STRESS MANAGEMENT**

**STREAM: Y2 S1**

**TIME: 2 HOURS**

**DAY:**

**DATE:**

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**INSTRUCTIONS**

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other THREE questions.***

**QUESTION ONE (30 MKS)**

- What is the meaning of the term “Stress”? (4 marks)
- Differentiate between positive and negative stress (6 marks)
- Describe any 4 activators of stress (6 marks)
- Describe 3 symptoms of stress (6 marks)
- Summarize 4 time management skills (8 marks)

**QUESTION TWO**

Chronic stress normally brings about illnesses. List and explain 5 illnesses that are brought about by stress. (20 marks)

**QUESTION THREE**

- Explain the term “Occupational Stress” (4marks)

- b) Summarize the main causes of workplace stress (8 marks)
- c) Discuss 4 ways of minimizing workplace stress (8marks)

**QUESTION FOUR**

- a) Explain the term stress management (4marks)
- b) Explain four stress coping mechanisms (8 marks)
- c) Discuss 4 stress management techniques (8marks)