

FBQ1: Decentralization of decision making by a manager is a good way to _____ (Cohen and Wills, 1985)

Answer: reduce stress

FBQ2: Stress Resilience is a strategy that helps employee to develop _____ and _____ against potentially harmful stressors, and the most widely recommended strategy include physical exercise, proper diet, and weight control, (Champoux,1996).

Answer: physical and psychological stamina

FBQ3: Time management skills can also help workers to manage the _____ that are often placed upon them in both work and non- work settings.

Answer: multiple demands

FBQ4: Stress reduction aims at _____ of _____ the amount of stress a person experiences

Answer: decreasing or minimizing

FBQ5: Physical exercises help in conditioning the body to be able to face _____ with confidence

Answer: potential stressors

FBQ6: A balanced diet low in sodium and saturated fats help keep _____ and serum cholesterols within acceptable bounds (Quick and Quick,1984)

Answer: blood pressure

FBQ7: Physical and mental relaxation are a natural process including decreased respiration, _____ and _____

Answer: heart and metabolic rates

FBQ8: Stress Management involves programs that can teach each _____ or other workers about the nature and sources of stress, the effects of stress on health, and personal skills to reduce stress.

Answer: security employees

FBQ9: In a situation where the _____ becomes very severe, symptoms can group together to form a condition known as Acute Stress Disorder (ASD)

Answer: traumatic experience

FBQ10: If such symptoms are still being experienced within the _____, then there is Post-Traumatic Stress Disorder (PTSD)

Answer: first four weeks

FBQ11: In defining criminology as an independent discipline the _____ and _____ understanding of crime was regarded as an omnipresent temptation to which all human kind was vulnerable.

Answer: Seventeenth and eighteenth century

FBQ12: It is worth-knowing that _____ does not only involve counselling intervention but also includes medical support
Answer: trauma management

FBQ13: A particular counseling method is very effective for the management of _____ is known as Rational Emotive Behaviour Therapy
Answer: Trauma

FBQ14: In _____, the Stoics were of the belief that our actions are not basically the product of the event we faced or passed through but our interpretation or perception of what we experienced
Answer: Ancient Greece

FBQ15: Rational Emotive Behaviour Therapy assumes that human being has capacities for both _____ and _____
Answer: rational or straight thinking and irrational or tricky thinking

FBQ16: Rational Emotive Imagery involves an _____ aimed at creating new emotional patterns
Answer: intense mental exercise

FBQ17: Role Playing occurs when the therapist performs an emotional and behavioural operation on the client by interrupting the emotion session to find out if the client is responding to the mental exercise to always work against any _____ and _____.
Answer: irrational thoughts and traumatic feelings

FBQ18: Public relations is a management function which tabulates, defines the policies, procedures and interest of an organization followed by executing a program of action to earn _____ and _____
Answer: public understanding and acceptance

FBQ19: The public is the main targeted audience of the _____
Answer: security sector

FBQ20: Lobby groups as interest groups don't only help to influence the opinion of the public but also _____ the government in decision making.
Answer: Persuade

FBQ21: Spin is an approach which involves presentation of information in a _____
Answer: manipulative manner

FBQ22: :Security sector especially the _____ in recent time make use of several Talk show Circuit to project the good image of their organization, sensitize the public on security and safety, getting response from the public in the form of questions, suggestions, commendation
Answer: Police

FBQ23: Security organizations also make use of direct communication with the public through several means like the distribution of newsletters, addressing assembly of people, the use of _____

Answer: public address system

FBQ24: Operational management is the effective planning, scheduling, use, and control of a manufacturing or service organization through the study of concepts from design engineering, industrial engineering, management information systems, quality management, production management, _____, accounting, and other functions as they affect the organization

Answer: inventory management

FBQ25: Incident management involves the activities aimed at managing incidents from when they are discovered to the execution of interventionist solutions to the problem or measures that can be applied to arrest the _____

Answer: threat situations

FBQ26: Through Vulnerability assessment security organization is be able to discover _____.

Answer: possible threats

FBQ27: Capacity planning can be described as "the process of determining the production capacity needed by an organization to meet _____ for its products".

Answer: changing demands

FBQ28: Asymmetric aggression is basically that violent struggle between two or more state/non state actors, or groups of actors, who possess a considerably level of unequal relation in the _____.

Answer: power equilibrium

FBQ29: Guerrilla warfare is generally referred to as low _____

Answer: Intensity war

FBQ30: The word guerrilla was derived from a _____, guerra meaning war

Answer: Spanish word

FBQ31: Guerrilla tactics are centered on intelligence, _____, deception, sabotage, and espionage

Answer: Ambush

FBQ32: Mao Zedong proposed three-phase approach in the _____ of guerrilla tactics.

Answer: Articulation

FBQ33: The art of laying out or construction of a _____, particularly an army camp is known as castrametation

Answer: military camp

FBQ34: The art and science of laying siege to a _____ aimed at destroying it can be regarded to as siege-craft

Answer: Fortification

FBQ35: Permanent fortifications are constructed at leisure and not during _____ of aggressive attack from the (external) enemy.

Answer: Eruption

FBQ36: Field fortifications are erected by _____ in the field who may be assisted by local labour and tools.

Answer: Troops

FBQ37: Semi-permanent fortification is the intermediate branch of fortification, which is applied when it becomes paramount during the war, to protect a particular location for long term defense of the _____ or party..

Answer: warring state

FBQ38: Manoeuvre is the term used by military theorists and tacticians, which means an attempt or attempts where a party embarks on actions or measures to gain _____ over the other party in armed conflict

Answer: positional advantage

FBQ39: Maneuver tactic is basically aimed at gaining positional advantage over the _____

Answer: enemy-party

FBQ40: Thomas Hobbes argued that the essence of a state is to provide law and order, which are attained through (effective) _____.

Answer: security management

FBQ41: Heavy consumption of alcohol can easily lead to _____ (Jewkes, 2002: 1423-1429)

Answer: domestic violence

FBQ42: One of the ways to eradicate or limit the incidence of domestic violence is to articulate for _____ among law enforcement agencies, the courts, social service agencies and corrections/ probation agencies

Answer: combined action

FBQ43: There should be adequate medical interventions for the _____ of domestic violence

Answer: Victims

FBQ44: Domestic violence is experienced in every part of the world _____ of class, age, sex, profession, culture, race, etc.

Answer: Irrespective

FBQ45: Youth Bulge theory holds that youth bulge is the main source

of _____

Answer: War

FBQ46: Thomas Hobbes in his theoretical construction articulated through his social deterministic description, that man by his nature is violent. Man is egoistic, and he is controlled by an animus dominandiconsisting of _____

Answer: three passions

FBQ47: Historical theorists like A J P Taylor often see _____ as traffic accidents

Answer: Wars

FBQ48: According to Rousseau man cannot be said to be _____, and the state of nature was very peaceful, no aggression among men.

Answer: naturally violent

FBQ49: Democratic Peace Theory (DPT)makes us to understand that _____ donâ€™t engage themselves in violent hostility or war

Answer: Democracies

FBQ50: Political realism argues that there is no way states will absolutely uphold the principle of _____ due to the individualistic nature of state behaviour in international relations

Answer: Collectivism

MCQ1: Violence is a source of _____ such that the differentials between the power capabilities narrow between the advanced (strong) and disadvantaged (weak) nations

Answer: power transition

MCQ2: Cyclical theory of war is of the opinion that violence is not necessary but _____

Answer: absolutely inevitable

MCQ3: The _____ of violence is of the view that violence is a function of class struggle

Answer: Marxist theory

MCQ4: Marxists are of the view that the disruptive character of industrialized societies can be said to be responsible for _____

Answer: criminal behaviour

MCQ5: Therefore, it is the class that controls the mode of production that will _____ not only the economy and polity but also the law that regulates the conduct of the people in a given society

Answer: determine

MCQ6: The shape and character of the legal system in complex societies can be understood as deriving from the conflicts inherent in the structure of these societies

which are _____ economically and politically

Answer: stratified

MCQ7: The relation explains the way society is structured in class arrangement such that the few who control the _____. (bourgeoisie) are those who decide on the laws and the legal machinery of the state with the aim of protecting their property

Answer: mode of production

MCQ8: The Marxist theory further holds that capitalist contradictions have forced majority (proletariat) into _____.

Answer: structural relegation

MCQ9: This situation has _____ conditions, which have hitherto given rise to a climate of crime and criminality in the society

Answer: created

MCQ10: According to Marxistâ€™s theory the source of crime can be traced to the introduction of private ownership of property in the _____, of state.

Answer: evolution

MCQ11: Willem Bonger also believes that it is the class system that characterizes the modern state that is responsible for _____.

Answer: criminal behaviour

MCQ12: But when societies began to move beyond agrarian production the improved exchange of information gave birth to growing _____ and people started producing for commercial purposes

Answer: technology

MCQ13: Bonger argued that crime is social in foundation and an actual reaction to the existing _____.

Answer: cultural order

MCQ14: The _____ discouraged the habits of selfishness while the relationship among the people were guided by altruistic ethos in where selflessness was the order of the day

Answer: primitive societies

MCQ15: This situation led to the . _____ . of private property ownership

Answer: introduction

MCQ16: Then, modern state emerged to reinforce the selfish motives which _____, the criminal subjugation of the majority by the few economically and politically

Answer: casualize

MCQ17: This school of thought affirms that it is the socio-economic deprivation suffered by the majority and the attempt by them to address the . _____ that explain the acts that the state regards as criminal

Answer: structural inequality

MCQ18: The ._____ would engage in crime out of frustration and perceived injustice

Answer: poor

MCQ19: The theory concludes that control of crime can only be facilitated if the state assumes the _____ of the means of production and ensure the enthronement of a classless society

Answer: exclusive control

MCQ20: There should be _____ among the people such that no one will feel a sense of deprivation

Answer: socio-economic justice

MCQ21: The position of the _____ is that the only remedy to the problem of crime is to institutionalize socialism in the state, such that everyone will be catered for by the state according to his needs

Answer: Marxist theorists

MCQ22: The environmentalist theory was popularized by Paul and Patricia Brantingham in the ._____

Answer: 1980s

MCQ23: There are computerized mapping systems which police and the scholars working in the area of criminology can use to appreciate the _____, of crime in a given place

Answer: dynamics

MCQ24: This theory underscores the importance of using the _____ of any environment in studying its pattern of crime

Answer: character

MCQ25: According to Bartol and Bartol (2006), _____ is based on the notion that perpetrators of crime often consider environmental factors in their decision to commit crime, and they will prefer to do so in the societies that are environmentally vulnerable

Answer: geographic profiling

MCQ26: In the control of crime, the)._____ argue that a great practical application must be put in place such as Crime Prevention through Environmental Design (CPTED)

Answer: environmentalist theorists

MCQ27: This theory holds that environmental situations like poor lighting, high presence of ._____, overgrown bushes, poor space management among others account majorly for crime incidents in any given society

Answer: uncompleted buildings

MCQ28: Conventionally, coercive and deterrence measures are put in place to _____ human conduct and control crime in the society

Answer: regulate

MCQ29: But according to the realist theory, the _____, to control crime is to examine the nature of the crime the conditions that produce such crimes as well as the impact of the crimes.

Answer: best way

MCQ30: Therefore, the effective way to control crime in any society is to ensure that the control measures which are being provided can _____ to the nature of crime

Answer: respond effectively

MCQ31: Social Democratic Positivism blames incidence of crime and acts of criminality on _____

Answer: (socio) injustice

MCQ32: The main source(s) of _____ cannot be basically found in abject poverty or inadequate housing or unemployment because these factors are the manifestations of deprivation

Answer: criminal behaviour

MCQ33: The main source of crime, according to this theory, is unjust and unfair distribution of wealth _____

Answer: in the society

MCQ34: If there is a sense of _____ by any segment of the society, there is tendency for the perpetuation of crime(s) by those who are deprived.

Answer: relative deprivation

MCQ35: There is a general belief that crime cannot be _____ if the conditions that make people to engage in crime in the first instance, are not changed.

Answer: controlled

MCQ36: There is no doubt that many of the people going into crime are victims of circumstances with conditions that are _____.

Answer: beyond their control

MCQ37: The _____ dominates the affairs of people in Nigeria where there is no just and equitable distribution of state wealth.

Answer: socio-economic depravity

MCQ38: The endemic poverty, massive unemployment and absence of social security have forced a lot of people into crime. Crime has become an alternative route through which people can _____.

Answer: meet their needs

MCQ39: The pauperization of workers in Nigeria is one of the reasons why corruption

and other fraudulent practices are on the _____ among the workers.

Answer: increase

MCQ40: The structural injustice that characterizes wage system in the country is a

Answer: veritable source of crime

MCQ41: The _____ that the situation of crime has reached constitutes a great security threat to the nation at large

Answer: dimension

MCQ42: In Nigeria, the _____ of the people must be improved through provision of social security, employment opportunities and fair wage system. Above all, there should be value orientation; the society should go beyond the present monetization culture

Answer: socioeconomic conditions

MCQ43: Security is an all-encompassing condition in which individual citizens live in freedom, peace, and inhabit an environment which is not detrimental to their _____ and _____ (South African Department of Defence, 1996).

Answer: health and well-being

MCQ44: The consensus of state and non-state actors is now geared towards appreciating "any security issues, including without limitation those of a political, strategic, economic, social, or _____" (Vale, 1992: 100)

Answer: ecological nature

MCQ45: This approach advocates for a paradigm shift Rather than allowing the state to continue to _____, people who make up the state should be the ones to define their own security.

Answer: define security

MCQ46: Social Constructivism advocates for more _____ understanding to security studies.

Answer: cultural

MCQ47: Struggle for the control of the state resources by _____ tends to generate tension in the polity and those who perceive exclusion can resort to violence and other forms of criminality like armed robbery, terrorism, and insurgency.

Answer: individual actors

MCQ48: Within the structure, the struggle for the control of _____ can lead to violent conflict situation between the proletariat and bourgeois

Answer: means of production

MCQ49: According to _____, economic factors and struggle for the control of state resources are the bases for security relations among states

Answer: Marxism

MCQ50: The world began to experience a security dilemma resulting from the emergent danger posed by the politics of balance of terror where _____ has become the order of the day

Answer: proliferation of weapons