



**NATIONAL OPEN UNIVERSITY OF NIGERIA
UNIVERSITY VILLAGE, PLOT 91, CADASTRAL ZONE
NNAMDI AZIKIWE EXPRESS WAY, JABI, ABUJA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH SCIENCE
2021_2 EXAMINATION**

**COURSE TITLE: INTRODUCTION TO STRESS AND COPING MEASURES IN
PUBLIC HEALTH**

COURSE CODE: PHS820

COURSE UNITS: 2Units

TIME ALLOWED: 1¹/₂ Hours

TOTAL MARKS: 70%

INSTRUCTION: Answer all the Questions

QUESTION 1 25marks

(1a) Stress has been stated in so many different ways. Define stress in five different ways you know (5marks)

(1b) Health Professionals must be in a perfect state of mind devoid of morbid worries and anxieties. Based on this assertion, discuss in details why Public Health Professionals should study stress and its coping mechanisms (20marks)

QUESTION 2 25marks

(2a) Graphically create an image to demonstrate Canon “Fight-or-Flight” response and trace its origin (20marks)

(2b) Write short note on “Alarm reaction” (5marks)

QUESTION 3 20marks

(3a) In your own words, describe Eustress as a type of stress (8marks)

(3b) Discuss Emotional unhappiness as one of the effects of poor management of stress.(7marks)

(3c) Briefly explain the effect of stress on human immune system (5marks)