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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 2022_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) Describe the influence of Acute Stress in Human Memory (20marks)
- (1b) Briefly discuss the advantages of Stress on Human Memory (5marks)

QUESTION 2 25marks

- (2a) Briefly explain the phrase "Emotional Intelligence" (5marks)
- (2b) State five categories of Emotional Intelligence (5marks)
- (2c) Write short notes on: (i) Stress Buffer (5marks)
 - (ii) Working and Professional Environment (5marks)
 - (iii) Failure to Address and manage Stress (5marks)

QUESTION 3 20marks

- (3a) In your own words, discuss individual differences and stress (10marks)
- (3b) Describe the phrase "Emotional Stability" (10marks)



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