



**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**  
**2023\_1 POP EXAMINATION.**

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

**COURSE CODE: PHS820**

**COURSE UNITS: 2Units**

**TIME ALLOWED: 1<sup>1</sup>/<sub>2</sub> 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)