



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi-Abuja.**  
**Faculty of Education**  
**2024\_2 EXAMINATION**

**COURSE CODE: EDA825**

**COURSE TITLE: MANAGERIAL PSYCHOLOGY**

**CREDIT UNIT: 2**

**TIME ALLOWED: 2 HOURS**

**INSTRUCTION: ANSWER QUESTION 1 AND ANY OTHER 2**

**NOTE: QUESTION 1 CARRIES 30MARKS WHILE OTHERS CARRIES 20MARKS EACH**

- 1a. Explain the concept of Stress **(10marks)**.
- b. Mention 2 types of stress and write short notes on them **(20marks)**.
  
- 2a. Mention 10 stress coping techniques **(10marks)**.
- b. Discuss the coping techniques that you mention above **(10marks)**.
  
3. List and briefly explain at least five (5) hygiene factors and the motivators of Fredrick Herzberg theory of human motivation **(20marks)**.
  
- 4a. Describe the concept of Change in Attitude **(10marks)**.
- b. Highlights the strategies of change in attitudes and discuss them briefly **(10marks)**.