



**KIBABII UNIVERSITY COLLEGE**

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**UNIVERSITY REGULAR EXAMINATIONS**

**2013/2014 ACADEMIC YEAR**

**2<sup>ND</sup> YEAR 1<sup>ST</sup> SEMESTER EXAMINATION**

**DEPARTMENT OF EDUCATIONAL PSYCHOLOGY**

**COURSE CODE: GAC 201**

**COURSE TITLE: PSYCHOLOGY OF HUMAN ADJUSTMENT**

**DATE: 29<sup>TH</sup> AUGUST, 2014**

**TIME: 2:00P.M.-5:00P.M.**

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**Instructions**

Answer any four questions

### Question one

- a) State and explain the two types of stress (5 marks)
- b) What is meant by stress management (2 marks)
- c) Discuss ways of managing and overcoming stress (10½ marks)

### Question two

- a) Explain the basic structure of personality according to Sigmund Freud (7½ marks)
- b) Define a defense mechanism (2 marks)
- c) Using relevant examples, explain the following defense mechanism used by an individual
  - i) Rationalization
  - ii) Regression
  - iii) Projection
  - iv) Reaction formation

### Question three

Discuss the influence of the following factors on gender typing and gender rules.

- i) Family (10 marks)
- ii) Extra familial influences (7½ marks)

### Question four

- a) What is meant by interpersonal relationship? (2½ marks)
- b) Explain the four types of interpersonal relationships (6 marks)
- c) Discuss the importance of interpersonal relationships (9 marks)

### Question five

- a) Differentiate between sex and gender as used in psychology of human adjustment (5 marks)
- b) Explain sex roles and their variations in human adjustment (12½ marks)

### Question six

- a) Define the term health (2½ marks)
- b) State and explain the three dimensions of health (6 marks)
- c) Discuss the factors that influence an individual's health (9 marks)