



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF HEALTH SYSTEM MANAGEMENT AND DEVELOPMENT
BACHELOR OF SCIENCE IN HEALTH SYSTEM AND DEVELOPMENT
END OF SEMESTER EXAMINATION APRIL 2024

Course Code: HMD 312

Course Title: Health, Stress and Management

Time: 2 Hours

Start: 4:30 p.m. Hours

Finish: 6:30 p.m.

Date: April 2024

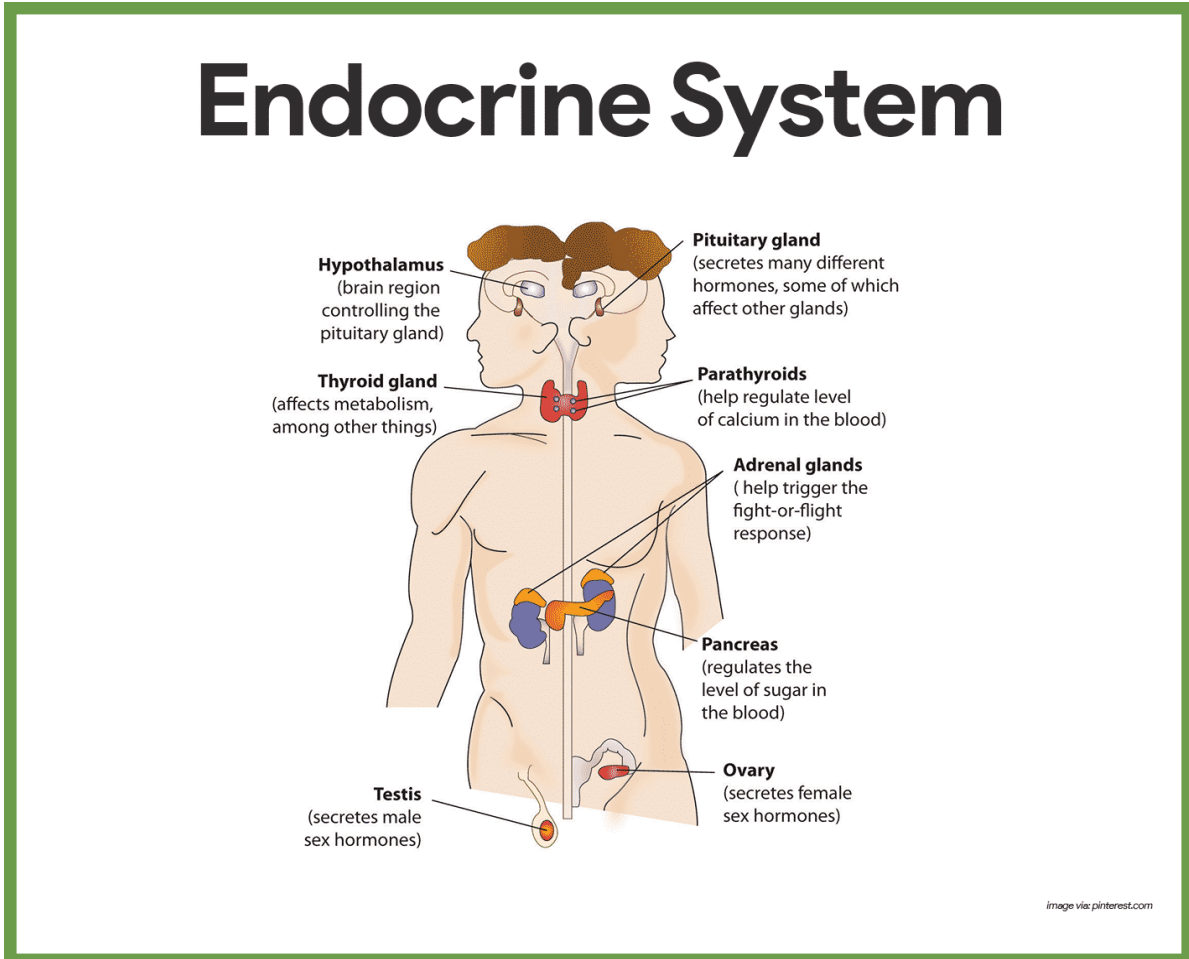
Instructions

1. Write your university registration number on every booklet that you use.
2. This exam is out of 70 marks.
3. This Examination comprises TWO Sections. Section A (30 Marks) and Section B (40 Marks).
4. Section A is Compulsory: Answer 2 Questions from Section B.
5. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

Section A: Compulsory (30 Marks)

QUESTION ONE

Use the diagram below and answer the questions that follow.



- Explain the meaning of “Hypothalamus-Pituitary-Adrenal Axis” (HPA) and explain the Walter Cannon (1939)’s biomedical concept of stress. (5 Marks)
- Outline FIVE determinants of HPA axis activity and cortisol exposure. (5 Marks)
- State FIVE effects of cortisol on health (5 marks).
- Differentiate between sympathetic and parasympathetic nervous systems in response to HPA axis exposure (6 marks).
- List FIVE determinants of HPA axis exposures (5 marks).
- Name FOUR hormones associated with happiness (4 marks).

Section B: Answer any TWO questions (40 Marks)

QUESTION TWO

- a. Define the word stress according to the three models of stress. (6 Marks)
- b. Discuss SEVEN stresses that shift workers and other atypical workers go through and suggest SEVEN remedies to organizations with respect to atypical and shift workers (14 Marks).

QUESTION THREE

- a. Human Resource Management (HRM) is a department of an institution that manages the organization's human capital. Discuss functional roles of HRM and how these roles can induce either eustress or distress to the employees (10 marks).
- b. Both the HRM and employees have roles to play in mitigating stress from the HRM. Expatiate FIVE HRM's strategies and FIVE employees' strategies to mitigate the stress (10 Marks)

QUESTION FOUR

- a. Differentiate between personal factors and environmental factors that affect job satisfaction and job performance (10 marks).
- b. Examine bidirectional relationship between job satisfaction and job performance (10 marks).