



# MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY  
EXAMINATIONS  
2018/2019 ACADEMIC YEAR  
*FIRST YEAR SECOND SEMESTER***

**SCHOOL OF EDUCATION  
BACHELOR OF EDUCATION  
(REGULAR)**

**COURSE CODE: EGC 1205**

**COURSE TITLE: PSYCHOLOGY OF  
HUMAN ADJUSTMENT**

**DATE: 15/4/2019  
PM**

**TIME: 2:30 - 4:30**

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## **INSTRUCTIONS TO CANDIDATES**

1. Answer Question **ONE** and any other **TWO** questions

### **QUESTION ONE**

**a.** Explain the following concepts as used in psychology:

- i. Adjustment as a process  
(6marks)
- ii. Adjustment as an achievement  
(6marks)
- iii. Disorders of mal-adaptiveness  
(6marks)

**b.** Examine **six** characteristics of a well-adjusted person  
(12marks)

### **QUESTION TWO**

Explain how each of the following defence mechanisms helps in the adjustment process

- a) Projection  
(5marks)
- b) Identification  
(5marks)
- c) Rationalization  
(5marks)
- d) Compensation  
(5marks)

### **QUESTION THREE**

**a)** Analyse the following areas of adjustment

- i. Psychological adjustment  
(5marks)
- ii. Social adjustment  
(5marks)

b) Explain **five** factors that may account for the differences in the outcomes and process of adjustment among individuals and families (10marks)

#### **QUESTION FOUR**

- a) Distinguish between positive and negative adjustment (4marks)
- b) Explain **two** ways in which stress management is likely to contribute to successful adjustment (6marks)
- c) Describe how you, as a counsellor would help a client to adjust to loss and bereavement (10marks)

#### **QUESTION FIVE**

Discuss the following models of human adjustment

- a) Common sense model of self-regulation (10marks)
- b) Biopsychosocial model (10marks)