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   TIME: 2:30 – 4:30 PM

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)