



MAASAI MARA UNIVERSITY
REGULAR UNIVERSITY EXAMINATION
2022/2023 ACADEMIC YEAR
FIRST YEAR SECOND SEMESTER

SCHOOL OF EDUCATION
BACHELOR OF EDUCATION WITH GUIDANCE AND
COUNSELING

COURSE CODE: EGC 1205-1

COURSE TITLE: PSYCHOLOGY OF HUMAN ADJUSTMENT

DATE: 25/04/2023

TIME: 11:00 AM-13:00PM

INSTRUCTIONS TO CANDIDATES

1. Answer **QUESTIONS ONE** and any other **TWO** Questions.
2. **DO NOT WRITE ANYWHERE ON THIS PAPER**

QUESTION ONE

Explain **FOUR** causes of maladaptive behaviours among high school students **(8 marks)**

Analyse the significance of the following concepts during human adaptation processes

- i) Equilibrium **(4 marks)**
- ii) Accommodation **(4 marks)**
- iii) Assimilation **(4 marks)**

QUESTION TWO

- a) Explain the following concepts giving relevant examples in each case
- i) Adaptation as a process **(4 marks)**
 - ii) Adaptation as an achievement **(4 marks)**
- b) Describe how as a school counsellor, you would effectively help your learners deal with stressful situations in school. **(7 marks)**

QUESTION THREE

- a) What is Defense mechanisms as used in psychology? **(3marks)**
- b) Explain with examples how each of the following defense mechanisms may be used by clients in adjusting to unpleasant circumstances or emotions
- i) Denial **(4 marks)**
 - ii) Rationalization **(4marks)**
 - iii) Displacement **(4 marks)**

QUESTION FOUR

- a) Expound on the following perspectives of human adjustment showing their relevance to a practicing counsellor
- i) Socio-cultural perspective. **(9 marks)**
 - ii) Evolutionary perspective. **(6 marks)**

QUESTION FIVE

- a) Describe how you would help a retrenched client cope with his/her situation **(9marks)**
- b) Explain **Three** factors that influence a person's ability to effectively adapt to difficult situations **(6marks)**

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