



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATION

2023/2024 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: 13/5/2024

TIME: 1100-1300 HRS

INSTRUCTIONS TO CANDIDATES

Answer **QUESTIONS ONE** and any other **TWO**

QUESTION ONE

a) In what ways can a school counselor utilize mindfulness practices to assist students in navigating academic stressors and fostering emotional resilience within the school setting? (8 marks)

b) Analyze the importance of the following psychological concepts in fostering human adaptation processes, citing relevant examples in each case.

- i. Flexibility (4 marks)
- ii. Open-mindedness (4 marks)
- iii. Integration of new experiences (4 marks)

QUESTION TWO

a) Identify and explain **FOUR** factors that contribute to positive and adaptive behaviors among high school students (8 marks)

b) Examine the insignificance of the following concepts during human adaptation processes:

- i. Disequilibrium (3 marks)
- ii. Resistance to change (2 marks)
- iii. Non-assimilation (2 marks)

QUESTION THREE

a) Define psychological well-being and its significance in client counseling (3 marks)

b) Illustrate how clients can employ the following positive coping mechanisms in embracing and adjusting to pleasant circumstances or emotions:

- i. Mindfulness (4 marks)
- ii. Gratitude (4 marks)
- iii. Emotional regulation (4 marks)

QUESTION 4

a) What is Defense mechanisms as used in psychology? (2marks)

- b) Describe and provide illustrations of how individuals utilize defense mechanisms to cope with challenging situations or emotions, focusing on the following:
- i. i) Repression (3marks)
 - ii. ii) Projection (3 marks)
 - iii. iii) Sublimation (3 marks)
- c) Explain the following concepts, giving relevant examples in each case.
- i. Human adjustment as a process (2 marks)
 - ii. Human adjustment as an achievement (2 marks)

QUESTION FIVE

- a) Outline and explain a comprehensive plan to empower a retrenched client to regain control and move forward positively (9 marks)
- b) Discuss **Three** environmental factors that play a crucial role in influencing a person's ability to adapt effectively to challenging situations (6 marks)

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