



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi-Abuja.
Faculty of Education
2024_2 EXAMINATION

COURSE CODE: EDA825

COURSE TITLE: MANAGERIAL PSYCHOLOGY

CREDIT UNIT: 2

TIME ALLOWED: 2 HOURS

INSTRUCTION: ANSWER QUESTION 1 AND ANY OTHER 2

NOTE: QUESTION 1 CARRIES 30MARKS WHILE OTHERS CARRIES 20MARKS EACH

- 1a. Explain the concept of Stress **(10marks)**.
- b. Mention 2 types of stress and write short notes on them **(20marks)**.

- 2a. Mention 10 stress coping techniques **(10marks)**.
- b. Discuss the coping techniques that you mention above **(10marks)**.

3. List and briefly explain at least five (5) hygiene factors and the motivators of Fredrick Herzberg theory of human motivation **(20marks)**.

- 4a. Describe the concept of Change in Attitude **(10marks)**.
- b. Highlights the strategies of change in attitudes and discuss them briefly **(10marks)**.