



UNIVERSITI TUN HUSSEIN ONN MALAYSIA

**FINAL EXAMINATION
SEMESTER II
SESSION 2022/2023**

COURSE NAME : INDUSTRIAL PSYCHOLOGY
COURSE CODE : BNS 20302
PROGRAMME CODE : BNS
EXAMINATION DATE : JULY/ AUGUST 2023
DURATION : 2 HOURS
INSTRUCTION :
1. ANSWERS **ALL** QUESTIONS.
2. THIS FINAL EXAMINATION IS CONDUCTED VIA **CLOSE BOOK**.
3. STUDENTS ARE **PROHIBITED** TO CONSULT THEIR OWN MATERIAL OR ANY EXTERNAL RESOURCES DURING THE EXAMINATION CONDUCTED VIA CLOSED BOOK.

THIS QUESTION PAPER CONSISTS OF **THREE (3)** PAGES

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- Q1**
- (a) Explain the meaning of stress and pain (4 marks)
 - (b) Interpret how stress effect pain perception and vice versa? (5 marks)
 - (c) Explain **FIVE (5)** points how regular exercise and physical activity help reduce stress and pain? (10 marks)
 - (d) Discuss **THREE (3)** points on how stress can cause digestive problems, including acid reflux, irritable bowel syndromes and ulcers. (6 marks)

- Q2**
- (a) Define sedentary work. (1 mark)
 - (b) Discuss **FIVE (5)** health effect of sedentary behavior in the workplace. (10 marks)
 - (c) Job strain has been linked to an increased risk of cardiovascular disease. An example of job strain is when a worker involve with high job demands and low job control.

Based on (c), answer the following questions:

- i) Give **TWO (2)** examples of situation that involve with high demand job with low control. (4 marks)
- ii) Explain how the above situation may trigger cardiovascular disease? (4 marks)
- iii) Discuss **THREE (3)** solutions to reduce the risk of cardiovascular disease in high – demand jobs. (6 marks)

- Q3** (a) Stress at work can lead to obesity. Explain **FOUR (4)** points to support this statement. (8 marks)
- (b) Discuss **FIVE (5)** strategies to encourage individuals to incorporate healthy eating habit into their daily life. (10 marks)
- (c) In your opinion, can eating healthy help in preventing substance abuse? Explain **THREE (3)** points to support your answer. (7 marks)
- Q4** (a) List **FIVE (5)** short term negative effects on the human body of smoking tobacco on the human body. (5 marks)
- (b) Explain **FIVE (5)** way in which smoking tobacco can disrupt the normal functioning of the human blood stream. (10 marks)
- (c) Discuss **FIVE (5)** steps that individual might take in order for him to recover from drug addiction. (10 marks)

- END OF QUESTIONS -