



**OFFICE OF THE DEPUTY VICE CHANCELLOR
ACADEMICS, STUDENT AFFAIRS AND RESEARCH**

UNIVERSITY EXAMINATIONS

2024/2025 ACADEMIC YEAR

FIRST YEAR FIRST SEMESTER MAIN EXAMINATION

FOR THE DEGREE OF BACHELOR OF BUSINESS MANAGEMENT

COURSE CODE: SBE 101

COURSE TITLE: HEALTH AWARENESS

DATE: 10TH/1/2025 DURATION: 3 HOURS

INSTRUCTION TO CANDIDATES

- **SEE INSIDE**

THIS PAPER CONSISTS OF 3 PRINTED PAGES

PLEASE TURN

MAIN PAPER

INSTRUCTIONS TO CANDIDATES

- i. Answer Question ONE and any other TWO questions.
- ii. Do not write on the question paper.

QUESTION ONE: COMPULSORY (30 MKS)

1. Read the following scenario and answer the questions that follow

Mr Okodoi is a newly posted health worker in a health centre X in Busia County. One month down the line, he realized that most community members were admitted on regular basis with a diagnosis of diarrhoea, coughing, muscle wasting and generally the health of the people was poor. He decided to do a survey and found out that the people used water for drinking and cooking from unprotected well, there is broken down sewerage system upstream, most natives are primary school dropouts. Further investigations revealed that the natives were not aware of the danger the unclean environment has on their health. The community's main source of income was selling illicit brew and fights were common. Most mothers were single parents and generally stressed and unhappy and no single church available.

- a. Define the following terms
 - i. Health (1mk)
 - ii. Awareness (1mk)
 - iii. Physical health (1mk)
 - iv. Emotional health (1mk)
 - v. Spiritual health (1mk)
- b. State three (3) holistic approaches to health (3mks)
- c. State two (2) activities that promote physical health (2mks)
- d. Outline five (5) influences of social and environmental factors on health (5mks)
- e. State five (5) Negative factors attributed to emotional resilience (5mks)
- f. State five (5) factors promoting healthy equity (5mks)

g. Explain how health literacy and decision making helps in evaluating the health information critically (5mks)

QUESTION TWO (20 MKS)

- a. State any five (5) complications of stress (5mks)
- b. Explain the five (5) pillars of resilience (5mks)
- c. List any five (5) factors promoting mental health (5mks)
- d. Outline five (5) key aspects of personal health management (5mks)

QUESTION THREE (20MKS)

- a. Define mental Health (2mks)
- b. State any five (5) importance of mental health (5mks)
- c. i. Define emotional intelligence(2mks)
 - ii. Discuss five (5) characteristics exhibited by an emotionally intelligent person (5mks)
 - iii. List three (3) importance of emotional intelligence (6mks)

QUESTION FOUR (20MKS)

- a. Identifying any four (4) common mental health disorders, outline their signs and symptoms (4mks)
- b. Discuss any four (4) causes of stress(8mks)
- C. outline four (4) stress management strategies(8mks)

QUESTION FIVE (20 MKS)

- a. Outline any five (5) factors to consider when creating a personalized health plan (5mks)
- b. Explain how health literacy and decision making helps in understanding the role of health care providers and services (5mks)
- c. State five (5) determinants of health (5mks)
- d. List any Five (5) causes of stress (5mks)