



**RIARA SCHOOL OF BUSINESS**

**NURTURING INNOVATORS**

**JANUARY-APRIL 2023 TRIMESTER**

**RCM 012-HEALTH AND SOCIAL WELLNESS**

**DATE: APRIL 2023**

**TIME: 2 HOURS**

**GENERAL INSTRUCTIONS:**

Students are NOT permitted to write on the examination paper during reading time.

This is a closed book examination. Text book/Reference books/notes are not permitted.

**SPECIAL INSTRUCTIONS:**

1. Write your REGISTRATION NO. Clearly on the answer booklet(s).
2. **QUESTION ONE** is compulsory. Answer **ANY** other **TWO** questions of your choice
3. Questions in all sections should be answered in answer booklet(s).
4. Marks allocated to each question are shown at the end of the question.
5. PLEASE state the answer to EACH question on a NEW PAGE.
6. For the questions, write the number of the question on the answer booklet(s) in the order you answered them.
7. Write your answers in paragraph form unless stated otherwise.
8. Keep your phone(s) SWITCHED OFF at the front of the examination room.
9. Keep ALL bags and caps at the front of the examination room and do not refer to any unauthorized material before or during the course of the examination.
10. You are only allowed to leave the examination room 30 minutes to the end of the Examination.

### **QUESTION ONE**

- a. Explain **six** importance of social wellness. **(12 marks)**
- b. Charles Horton Cooley is best known for his concept of the *"looking glass self"*. Explain how this concept can affect one's self-esteem and confidence. **(6 marks)**
- c. Illustrate the influence of **six** agents of socialization on your personality and social behavior. **(12 marks)**

### **QUESTION TWO**

- a. Discuss **five** ways in which you can improve your social health. **(10 marks)**
- b. Explain the role of **five** careers in health education. **(10 marks)**

### **QUESTION THREE**

- a. Demonstrate **five** factors contributing to mental illness and disorders. **(10 marks)**
- b. Social isolation is a major cause of depression. Illustrate **five** signs and symptoms of depression. **(10 marks)**

### **QUESTION FOUR**

- a. Discuss **three** forms of social wellness that are aligned to social support. **(6 marks)**
- b. Distinguish between primary and secondary socialization **(4marks)**
- c. Analyze **five** dangers of poor social health **(10 marks)**

**END**