

**BSC (HONS) IN PSYCHOLOGY**  
**PLU5312-OCCUPATIONAL HEALTH PSYCHOLOGY-LEVEL 05**  
**FINAL EXAMINATION PAPER**  
**DURATION: 02 HOURS**

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DATE: 24<sup>th</sup> SEPTEMBER 2022

TIME: 9.30AM – 11.30AM

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**SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)**

Choose 04 out of the 06 questions given below and answer using the provided answer sheets

1. Occupational Health Psychology is an emerging area within psychology discipline
  - (a) Explain the vision of 'Occupational Health Psychology' as shared by both academics and practitioners (7 marks).
  - (b) Discuss two of the overlapping topic areas between Occupational Health Psychology and Industrial-Organizational psychology (8 marks).
  
2. Theories and models in Occupational Health Psychology helps to improve the knowledge base of the discipline
  - (a) Briefly describe the three main hypotheses derived from the 'Effort-Reward Imbalance model' introduced by Siegrist in 1996 (6 marks).
  - (b) Compare and contrast structural theories versus process theories of Occupational Health Psychology (9 marks).
  
3. Workplace health is important for employee wellbeing
  - (a) List the four main paths as introduced by World Health Organisation for designing interventions at the workplace (4 marks)
  - (b) Compare and contrast 'presenteeism' versus 'absenteeism' at work settings (4 marks)
  - (c) Discuss how psychosocial stressors at work affect employee health (7 marks)
  
4. Burnout has been identified as a significant factor that impacts employee health
  - (a) Explain Christina Maslach's definition of burnout (3 marks)
  - (b) Review the 'Psychological Capital (PsyCap) Training' aimed at building employee resilience at the workplace (6 marks)
  - (c) Discuss the relationship between burnout and social support at workplaces (6 marks)
  
5. Discuss the following statements by providing relevant arguments, evidence, and examples
  - (a) 'Intervention strategies can control occupational accident and injury' (5 marks)
  - (b) 'Technostress experienced by employees can manifest itself in two distinct but related ways' (5 marks)
  - (c) 'Work From Home (WFH) created unclear boundaries between work and other roles for employees' (5 marks)
  
6. Write brief notes on the following topics.
  - (a) Psychogenic disorders and employees (5 marks)
  - (b) Process for implementing a healthy workplace (5 marks)
  - (c) Shift working patterns and employee health (5 marks)

