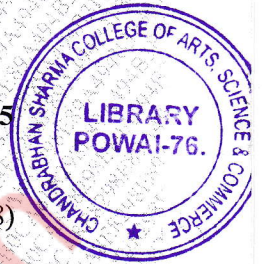


Time: 2½ Hours

Marks: 75



Note: All questions are compulsory

Q1 A) Choose the correct alternative

(08)

- a. _____ is the healthy, positive and developmental stress response.
- Eustress
 - Distress
 - Hyper stress
 - Hypo stress
- b. _____ are psychologically or physically demanding events or circumstances
- Burnout
 - Stressors
 - Extra organizational stressors
 - Stressifiers
- c. _____ is an organizational stressor
- Working conditions
 - Autonomy
 - Leadership
 - All of these
- d. In _____ technique, we visualize soothing scenes, place and experiences in our mind.
- Meditation
 - Yoga
 - Guided Imagery
 - Body scan
- e. _____ is not a strategy of managing stress at an organizational level.
- Job enrichment
 - Career Planning
 - Role and Goal clarity
 - Time management and planning in advance

f. _____ is an anxiety disorder characterized by thoughts or actions that are repetitive, distressing and intrusive.

~~i. OCD~~

ii. Trauma

iii. Inconvenience

iv. Tension

g. Which one of these is a social anxiety disorder?

~~i. Fear of Humiliation~~

ii. Generalised anxiety disorder

iii. Phobia

iv. Mental Imbalance

h. _____ is a Sanskrit name for breathing techniques

i. Atma Manthan

ii. Nishkama Karma

~~iii. Pranayama~~

iv. Ashtang Yoga

i. General Adaptation Syndrome is proposed by _____

i. Philips Kotler

ii. Daniel Golmann

iii. Joseph Luft and Harry Ingham

iv. Hans Seyle

j. Which are the tools of stress management?

i. Biodots

ii. Mood card

iii. Stress Thermometer

iv. All of the above

Q1 B) Match the following (Any 7)

(07)

A

1. Work Overload
2. Under eating/ Over eating
3. Burnout
4. Type A
5. Type B
6. Phobia
7. Body scan
8. Meditation
9. Music Therapy
10. Counselling

B

- a. Behavioural Symptoms
- b. Relaxed
- c. Irrational fears and avoidance of objects
- d. Cause of stress
- e. Irritated by minor mistakes
- f. Exhaustion
- g. Stimulates endorphins
- h. Organisational techniques of stress management
- i. State of Consciousness
- j. Relaxation technique

Q2 a. Elaborate on the potential sources of stress

(08)

b. Distinguish between Stress and Burnout

(07)

OR

Q2 p. Discuss in detail the psychological and behavioural consequences of Stress (15)

Q3 a. Explain the term "Anxiety" and discuss the mechanism to cope up with anxiety (08)

b. Discuss in detail the approaches to Time Management (07)

OR

Q3: Raazi, the organization had become a high stress environment. Interpersonal conflicts increased which could directly impact the organizations performance and also affect the well-being of its employees.

a) What measures can the organizations take in managing stress? (08)

b) What measures can be taken by the employees at their level? (07)

Q4. a. Explain any two models of Stress Management (08)

b. Explain the meaning and importance of Meditation (07)

OR

Q4. p. Explain in detail the stages of GAS- Generalized Adaptation Syndrome (08)

q. Elaborate on the primary, secondary and Tertiary levels of Stress management Interventions. (07)

Q5.a. Discuss the Stress Audit Process (08)

b. List the tools and methods of assessment of stress (07)

OR

Q5.p. Write Short Notes (Any 3) (15)

a) Role of technology in Stress Management

b) Types of Stress

c) Impact of stress on performance

d) Stress Counselling

e) Pre requisites of a stress free life
