

**Time: 2½ Hours**

**Total Marks: 75**

**Note – All questions are compulsory.**

**1. A Multiple choice questions – any 8**

**(8)**

1. \_\_\_\_\_ may be described as positive stress.
  - a) Hypostress
  - b) Hi-stress
  - c) Eustress
  - d) Distress
2. \_\_\_\_\_ is not an organizational stress.
  - a) Task demand
  - b) Role demand
  - c) Leadership
  - d) Life changes
3. \_\_\_\_\_ is a feeling of nervousness, repeated thoughts and mental disturbance.
  - a) Headache
  - b) Nausea
  - c) Anxiety
  - d) Cardiac arrest
4. \_\_\_\_\_ is an irrational fear and avoidance of circumstances related to height, water or any other danger.
  - a) Anger
  - b) Anxiety
  - c) Phobia
  - d) Mental imbalance
5. \_\_\_\_\_ is a specifically, designed programme by the organization to solve the personal problems of executives.
  - a) Appraisal
  - b) Employee assistance programme
  - c) Open door policy
  - d) Grievance interview
6. The \_\_\_\_\_ technique to stress management deals with identifying our thoughts or having internal conversation.
  - a) Behavioural
  - b) Action oriented
  - c) Cognitive
  - d) Relaxation
7. Decreased efficiency and effectiveness are an example of \_\_\_\_\_ response to stress.
  - a) Physiological
  - b) Psychological
  - c) Behavioural
  - d) Cognitive
8. During \_\_\_\_\_ phase of GAS model, a distress signal is sent to a part of the brain called the hypothalamus.
  - a) Alarm reaction
  - b) Resistance
  - c) Exhaustion
  - d) All of the above.

9. In this therapy people are taught to recognize and change negative thought patterns and apply different tools to help them improve their negative-self talk to be more positive. Identify it.
  - a) Psychotherapy
  - b) Behaviour therapy
  - c) Alternative therapy
  - d) Expressive therapy
10. General adaptation syndrome is proposed by \_\_\_\_\_.
  - a) Richard Lazarus
  - b) Susan Folkman
  - c) Hans Selye
  - d) Philip Kotler

**A. Match the following – any 7**

(7)

1. Burnout	a. CBT
2. Body scan	b. Behavioural response
3. Behaviour therapy	c. Excessive stress
4. Clarified thinking	d. stimulates endorphins
5. Pranayama	e. relaxation technique
6. Digestive problems	f. Hypothalamus
7. Glucocorticoids	g. breathe control
8. Music therapy	h. rational and realistic
9. Specify the objectives of conducting stress audit	i. eustress
10. Competition	j. Second step in stress audit process

2. A. Describe the types of Stress. (8)
- B. Explain the difference between stress and burnout. (7)

**OR**

- C. What are the consequences of stress? Explain. (8)
- D. Elaborate on work stress model. (7)

3. A. What are the various relaxation techniques? Explain. (8)
- B. Explain how an organization manages the stress of the employees (7)

**OR**

- C. Explain the importance of time management. (8)
- D. Enumerate the different types of disorders. (7)

4. A. Describe the Transactional model of Stress management. (8)
- B. Explain types of stress management interventions. (7)

**OR**

- C. Explain the concept and stages of GAS (General adaptation syndrome). (8)  
D. Describe the importance of Pranayama and mantras in stress control. (7)

5. A. Describe steps in Stress Audit process. (8)  
B. Explain the benefits of Stress Management Therapy. (7)

OR

5. Write short notes – (attempt any 3) (15)  
a) Features of stress.  
b) Stress Counselling  
c) Role of meditation in stress  
d) Stress monitor  
e) Pre-requisites of stress free life

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