

Time: 2 ½ hrs

Marks: 75

Note: 1) All Questions are Compulsory

2) Figures to the right indicate full marks

**Q.1. (A) Fill in the blanks (any 8)**

**8 marks**

1. \_\_\_\_\_ is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future.  
(a) Acute Stress (b) Episodic (c) Nothing (d) Emotional
2. The term \_\_\_\_\_ was borrowed from the field of physics by one of the fathers of stress research Hans Selye.  
(a) Stress (b) Anxiety (c) Time (d) None of the above
3. \_\_\_\_\_ comes when a person never sees a way out of a miserable situation. It's the stress of unrelenting demands and pressures for seemingly interminable periods of time.  
(a) Acute Stress (b) Episodic (c) Chronic (d) Emotional
4. \_\_\_\_\_ who suffer acute stress frequently, whose lives are so disordered that they are living in chaos and crisis  
(a) Acute Stress (b) Episodic (c) Nothing (d) Emotional
5. The cynicism, depression, and lethargy of \_\_\_\_\_ can occur when you're not in control of how you carry out your job, when you're working toward goals that don't resonate with you, and when you lack social support.  
(a) Burnout (b) Stress (c) Happiness (d) None of the above
6. \_\_\_\_\_ stress derives from a demanding boss, annoying co-workers, rebellious students, angry customers, hazardous conditions, long commutes and a never-ending workload.  
a) workplace stress (b) Individual stress (c) environmental stress (d) None of the above

**Q1) B) State whether the following statements are true or false (any 7)**

**7 marks**

1. Anxiety is an emotion characterized by feeling of happiness.
2. Time management disables an individual to prioritize tasks and activities at work place.
3. Stress is a position of mental stress or emotional stress.
4. Stress can result in variation in behaviour of a person.
5. To fully relax your lifestyle and live Stress-free life remove all the distraction.
6. Hypo stress is an extreme low side of Eustress
7. Mantra meditation is linked to a reduction of chronic stress as well as decrease in heart rate.
8. Burnout is not considered as a separate disorder because it overlaps significantly with depression.
9. Social anxiety disorder is a fear of being positively judged by other in social situations.
10. Pranayama is important means of supplying our body and its various organs with pran or oxygen.

Q. 2 A) Explain the consequences of Stress. (8)

B) Explain the scenario of Stress at Workplace. (7)

OR

C) What are the various types of Stress? (8)

D) Explain the features of stress. (7)

Q. 3) A) What are the Approaches of Time Management? (8)

B) Explain the techniques of Relaxation. (7)

OR

C) Explain in brief the Pre-requisites of Stress-Free Life. (8)

D) What are the benefits of stress management? (7)

Q. 4 A) Explain in brief the Measurement of stress Reaction. (8)

B) Discuss the Models of Stress Management. (7)

OR

C) Explain Stress prevention Mechanism. (8)

D) What is the importance of meditation? (7)

Q.5. Answer the following

A. Explain the Benefits of Stress Management Therapy. (8)

B. What are the Methods of Assessment of stress? (7)

OR

Q5. Short Notes on: (Any Three) (15)

A. Stress vs Stressor

B. Signs and Symptoms of Burnout

C. General Adaption Syndrome (GAS)

D. Stress Counselling

E. Factors affecting Eustress

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Type — People are unable to relax (A, B, D)  
Excessive desire to sleep is the effect of stress.  
Psych Physiological, mental, Psychological, Behavioural.  
Positive way of dealing with stress is —  
(Alcoholism, drug intec, managerial time better, forgive Behavioural.)  
Distress has a following feature —  
(feels excited, feels unpleasant, generates good performance, motivates.)