

**PARUL UNIVERSITY**  
**FACULTY OF MANAGEMENT**  
**BBA, Winter 2021 - 22 Examination**

**Semester: 03**  
**Subject Code: 06101233**  
**Subject Name: Stress Management**

**Date: 08/10/2021**  
**Time: 2:00pm to 4:30pm**  
**Total Marks: 60**

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**Instructions**

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

**Q.1 Do as Directed.****A). Multiple choice type questions/Fill in the blanks. (Each of 1 mark)****(05)**

1. Stress is defined as \_\_\_\_\_.  
a) Increased energy and heightened awareness.      c) Negative thoughts and emotions.  
b) Negative changes in life.      d) Reaction to outside stimulus.
2. Examples of environmental stressors are \_\_\_\_\_.  
a) Weather      c) Substandard housing  
b) Traffic      d) All of above
3. Which of the following is considering as a positive stress?  
a) Anxiety      c) feels unpleasant  
b) Increase Performance      d) Depression
4. One should always keep in mind, if a person is undergoing stress affecting one's health the reason \_\_\_\_\_.  
a) Should consult doctor      c) Eat fruit  
b) Stay home      d) Stay busy at job
5. The best way to protect the body from the harmful effects of stress is to \_\_\_\_\_.  
a) learn how to avoid it      c) Take your anger out on inanimate objects  
b) learn how to manage it      d) Take a long walk and bottle up your

**B). Define the following. (Each of 1 mark)****(05)**

1. Stress Management
2. Role Ambiguity
3. Type A personality
4. Alarm reaction
5. Collaborate technique of conflict management.

**C). Direct questions. (Each of 1 mark)****(05)**

1. How books help you to cope with stress?
2. List out the Types of emotions.
3. Which techniques help to measure the stress arousal?
4. Explain any 4 rules to deal with stress in daily life.
5. Name some therapy to cope up with stress

**Q.2 Answer the following questions.****A). Explain the different potential sources of stress.****(07)****B). What is the different stress at work place and what are the different strategy to cope with the stress at workplace?****(08)****Q.3 Answer the following questions.****A). Is it possible to lead a stress free life now days? If yes then how can you enjoy a stress free life? And if no then what strategy do you use to make your life happy.****(07)****B). Exam is a very stressful days in students life. What are the different technique you can suggest to tackle the exam stress as pre exam days, during the exam and also how you manage in exam hall****(08)**

**Q.4 Attempt any two questions. (Each of 7.5 mark)**

**(15)**

1. What are the certain dos and don'ts you have to follow as your stress buster?
2. Stress is a normal part of our daily life sometimes it is very helpful to you to achieve a goal. It runs as last mile in marathon. So, how can you use your energy or stress as productive aspect that helps you to your development?
3. When Rahul joined in corporate in 1985, he had one clear goal to prove his potentiality. He did prove that and had been promoted 5 times since his entry into the corporate world Compared to others; his progress has been the fastest. Currently his job demands that Rahul should work 10 hours a day with practically no holiday .At least, 10 days in a month Mahesh is required to travel Peers and subordinates did not appreciation. They don't grudge the success achieved by Rahul, though there are some who wish they too had not been promoted as well. The post of General Manager fell vacant. One should work as aGM a couple of years and he is not fulfilling his duty very well. Rahul complete all the responsibility which was done by GM So, Rahul want to fulfilling the dual responsibility as had suffered a major stress.

Question: In which type of Stress did Rahul suffered? And did the Rahul have to be applied for the post of GM.

4. Elaborate on the following topics concerning stress.
  - Children/ students
  - Retirement
  - Divorce
  - Death of dear ones
  - Family stress
  - love