

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA Summer 2022-23 Examination

Semester: 3
Subject Code: 06101233
Subject Name: Stress Management

Date: 03/04/2023
Time: 2.00pm to 4.30pm
Total Marks: 60

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

a) External force	c) Internal resistive force
b) Axial force	d) Radial force.
2. Anger can develop in response to all of the following, EXCEPT a_____.

a) series of minor frustrations	c) perceived threat
b) sense of safety and well-being	d) reaction to injustice
3. Examples of environmental stressors are

a) Weather	c) Traffic
b) Financial problems	d) All the above
4. Which of the following statements is true

a) Moodiness is a cognitive symptom of	c) Moodiness is an emotional symptom of
b) Poor judgement is an emotional symptom of stress	d) Agitation is cognitive symptom of stress
5. The goals of stress management training are to.

a) reduce high levels of muscular tension	c) identify and change cognitive distortions
b) identify and reduce triggers using	d) All of the above

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

1. Frustration.
2. Eustress.
3. Yoga
4. Anxiety
5. Time Management

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

1. Give few Sources of stress.
2. Give biological relation of stress?
3. What is coping up with stress?
4. What is the difference between manager and a leader?
5. Give few symptoms that an employee is in stress?

Q.2 Answer the following questions.

A). "Define 'stress'. Discuss its nature and symptoms. (07)

B). Explain four types of role conflict faced by managers (08)

Q.3 Answer the following questions.

A). Explain the different strategies of coping stress. (07)

B).What are the physiological and psychological effects of yoga?

(08)

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

(15)

1. Explain different stress-related disorders with the help of examples

2. Write short notes on any of the following: -

(a) Subjective and Objective stress

(b) Controlling mind while doing Yoga

3. Do you agree that all the Stress related problems involve poor communication? Comment.

4. Ms Shilpa has been working with infotech pvt ltd at Hyderabad since 2013. She joined this IT company as a software trainee but over the time she performed so well that she got three promotions and now she is a part of team of software developers. Her team leader is impressed by her technical know-how and her skills to resolve the technical issues. Till 2017 she devoted her quality time to her responsibilities and has been found dedicated towards her job. However, HR manager of this company Mr. S. Das has noticed a major change in her behavior since last few months as these changes were putting a significant impact on her performance. So he collected some important information regarding her life. He came to know that she got married in December 2016. Her husband was staying at some other place so she has shifted with him at a distant place in June 2017. She has to travel almost two hours daily due to this change in place. Her mother got expired in February 2018. She was very close to her mother and was not able to accept it. Moreover, she delivered a baby girl in June 2018. Mr Dass concluded that Shilpa is not able to manage this stress and making balance between her personal and professional life. As a HR manager he investigated the other women working in his company. But he realized that most of women workers are maintaining work life balance and performing well. So he calls Shilpa to discuss about her problem and provide her necessary counselling.

Question:

a) Do you think that some major life changes in shilpa's life have created stress which has reduced her efficiency?

b) Do individuals vary in reacting to similar life events in terms of managing stress?