

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA Winter 2022-23 Examination

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

Date: 10/10/2022
Time: 10.30am to 1.00pm
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 management is about learning
 - a) How to avoid the pressures of life
 - b) Both 'A' & 'B' are true
 - c) How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life
 - d) None of the above
2. Which of the following are the basic sources of stress
 - a) The Environment
 - b) Physiological
 - c) Social Stressors
 - d) All of the above
3. The symptoms of stress can be divided in to the following categories
 - a) Cognitive
 - b) Physical
 - c) Emotional
 - d) All of the above
4. The situation that causes stress are known as
 - a) Obesity
 - b) Stress response
 - c) Stressors
 - d) None of the above
5. Which of the following are true about the 'Guided Imagery' technique
 - a) It is like vivid daydreaming
 - b) You need to rest in a sleeping posture
 - c) You need a hypnotist for this technique
 - d) All of the above

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

1. Stress Management
2. Yoga
3. Occupational stress
4. Life without stress
5. Time Management

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

1. Name the component of stress
2. Name few physical symptoms of stress
3. Explain the types of stress
4. Explain arousal in brief
5. What is the difference between the stress for a manager and a leader

Q.2 Answer the following questions.

- A). Define stress, Explain its implication in professional life (07)**
B). What are the activities / exercises should be done for stress management? (08)

Q.3 Answer the following questions.

- A). Define Stress Conflict Relationship with suitable examples? (07)**
B). "Art of stress management has impact on stress reduction" Justify? (08)

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

(15)

1. "Stress has a negative impact on Human brain" Comment with relative arguments
2. How Emotion is associated with Behaviour formation. Explain and elaborate
3. Explain optimisms and pessimism with suitable example?
4. The workplace had become a high stress environment in many organizations cutting across industries.

Employees were experiencing high level of stress due to various factors such as high workload, tight deadlines, high targets, type of work, lack of job satisfaction, long working hours, pressure to perform, etc.

Interpersonal conflicts at the workplace, such as boss-subordinate relationships and relationships with peers, were also a source of stress. Experts believed that the dysfunctional aspects of stress could directly impact an organization's performance and affect the well-being of its employees. Stress at the workplace was linked to absenteeism, higher attrition, and decreased productivity. Stress led to fatigue, irritability, poor communication, and quality problems/errors.

1. What are the main causes of stress discussed in the case?
2. What are the outcome of stress and how to overcome it?