Seat No:_____ Enrollment No:_____

PARUL UNIVERSITY

FACULTY OF MANAGEMENT

BBA Winter 2023-24 Examination

Semester: 03 **Date: 07/12/2023**
Subject Code: 06101233 **Time: 10:30am to 1:00pm**
Subject Name: Stress Management **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.

			CO	PO	Bloom's Taxonomy
Q.1	**Do as Directed.**				
A).	**Multiple choice type questions/Fill in the blanks. (Each of 1 mark)**	**(05)**			
	1.Which of the following are the basic sources of stress a) Environment c)Physiological b)Social Stressors d)All of the above		**2**	**3**	**3**
	2 Which are the characteristics of Positive Stress a)It improves performance c)It motivates b)It feels exciting d)All of the above		**2**	**2**	**3**
	3Who was the first to describe the "fight or flight response" a)Walter B. Cannon c)Atkinson Potter b)Sigmund Freud)Mrunal Sengupta		**3**	**2**	**1**
	4…… Is defined as the optimal amount of stress that helps to promote health and growth. a) Eustress c) Neostress b) Distress d)None of the above		**2**	**2**	**3**
	5The 'Stress' word was originally used by Selyle in **……** a)1936 c)1956 b)1946 d)1996		**2**	**2**	**3**
B).	**Define the following. (Each of 1 mark)**	**(05)**			
	1.Define Stress.		**2**	**2**	**2**
	2.Define arousal.		**2**	**3**	**3**
	3.What is emotions.		**3**	**2**	**1**
	4.Define distress.		**1**	**3**	**2**
	5.Define mind?		**3**	**3**	**2**
C).	**Direct questions. (Each of 1 mark)**	**(05)**			
	1.What is eustress?		**1**	**2**	**2**
	2.What is stress management?		**3**	**2**	**3**
	3.What is biological stress?		**2**	**2**	**3**
	4.What do you understand by anxiety?		**1**	**2**	**3**
	5.Define spritual?		**2**	**3**	**2**
Q.2	**Answer the following questions.**				
A).	What are the types of stress explain with examples and its effects.	**(07)**	**3**	**4**	**4**
B).	Explain how to manage occupational stress.	**(08)**	**4**	**4**	**5**
Q.3	**Answer the following questions.**				
A).	Explain stress coping strategies with its methods.	**(07)**	**3**	**2**	**5,6**
B).	Explain Quality of work life with its objectives.	**(08)**	**4**	**3**	**5**
Q.4	**Attempt any two questions. (Each of 7.5 mark)**	**(15)**	**4**	**4**	**5**

1. Explain stressor for managers.
2. Explain nature and causes of stress?
3. Explain novel ways of managing stress.
4. Explain different ways of expressing emotions.