

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA, Winter 2018 - 19 Examination

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

Date: 30/10/2018
Time: 10:30 am to 1:00 pm
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. SRRS Means.....

a) Social Readjustment Reading Scale	c) Social Readjustment Rating Scale
b) Social Readjustment Real Scale	d) Social Readjustment Relating Scale
- 2 Which of the following statement is true?

a) In Small Quantity, Stress is good	c) Too much Stress is Harmful
b) Stress is not Good	d) 'a' and 'c' is true
- 3 Example of Environmental Stressor are/is

a) weather	c) Financial Problem
b) Traffic	d) 'a' and 'b' only
- 4 The following is/are true about effect of stress...

a) Hair Loss	c) Meditation
b) Hypertension	d) 'a' and 'b' only
- 5 GAS Means...

a) General Adaptation Syndrome	c) Goal Adaptation Syndrome
b) Gender Adaptation Syndrome	d) None of These

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

1. Intermediate brain.
2. Full form of PMR.
3. SEPTUM.
4. HIPPOCAMPUS.
5. Primitive Brain.

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

1. What are the three effects of stress?
2. By which two techniques you can release tension?
3. How job insecurity is one of source of Stress?
4. Why Absenteeism is one of the causes of Stress?
5. Explain Music as a relaxation technique?

Q.2 Answer the following questions.**A). Explain how can we become spiritual by various ways?****(07)****B). Explain various points of Dealing with Conflict****(08)****Q.3 Answer the following questions.****A). Various helpful Sources of Stress Management****(07)****B). Explain Various Factors intrinsic to the job.****(08)****Q.4 Attempt any two questions. (Each of 7.5 marks)****(15)****A) Explain various Effects of Stress on Industries, Commerce and The Professional.****B) Explain various Methods of reducing stress.****C) Explain 7 chakras of body.****D) Explain nature of mind in meditation by yogis.**