

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA, Winter 2017 - 18 Examination

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

Date: 10/01/2018
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. Which one of the following is an attribute of well-being?
 - a) Negative thinking
 - b) Generation Gap
 - c) Ethical conduct
 - d) None of the above
2. Which factors improve coping?
 - a) Social Support
 - b) Perceived control
 - c) Optimism
 - d) All the above
3. What is the first step in managing your stress effectively?
 - a) Alter the situation
 - b) Adapt the stressor
 - c) Identify the source of stress
 - d) Avoid necessary stress
4. Chronic stress leads to
 - a) Serious health related problems
 - b) A happy life
 - c) A healthy life
 - 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. Time Management
2. Stress Management
3. Stressor
4. Conflict
5. Emotion

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

1. Name few components of stress
2. What are the types of stress
3. Give reasons for occupational stress
4. Five ways to manage stress
5. Give biological relation of stress

Q.2 Answer the following questions.

- A) Explain the major physical and behavioral symptoms of stress? (07)**
- B) What do you mean by Arousal, Anxiety & Stress? (08)**

Q.3 Answer the following questions.

A) Define stress, Explain its implication in professional life. **(07)**

B) What are novel ways of managing Stress? **(08)**

Q.4 Attempt any two questions. (Each of 7.5 mark) **(15)**

1. "Stress too much or too little both are bad" Explain with proper examples?
2. "Art of stress management has impact on stress reduction" Justify?
3. "Technological advancement has made our life's more stressful in all the path" Do you agree or not justify.
4. Stress is directly related to the emotion. Explain?