

PARUL UNIVERSITY
FACULTY OF MANAGEMENT
BBA Summer 2018 - 19 Examination

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

Date: 17/05/2019
Time: 10:30 am to 01:00 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. The term Yoga is said to mean?

a) The union of the sun, moon, and earth	b) The union of mind, body & spirit in communication and awareness
c) The union mind, soul, and body	d) None of the above
2. According to Morrison and Bennett, what are some of the limitations of the 'life events approach' to stress and illness?

a) Prospective research, age-inappropriate items and consideration of some life events not being stressful	b) Retrospective research, age-inappropriate items, assumption that people will equally rank the stress of each event
c) Retrospective research, age-inappropriate items, poor recall of stressors	d) Prospective research, age-inappropriate items and no allowance for stressors being counteracted
3. Which of the following statements is true?

a) In small quantities, stress is good	b) Too much stress is harmful
c) All stress is bad	d) Only '1' & '2' are right
4. The goals of stress management training are to:

a) reduce high levels of muscular tension.	b) identify and reduce triggers using problem-solving strategies.
c) identify and change cognitive distortions.	d) All the above
5. Which is true about depression?

a) Depression is a whole-body illness that affects one's body, moods and thoughts.	b) Depression never leads to suicide.
c) Everyone experiences depression and it's not serious.	d) Depression is a sign of weakness.

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

1. Emotions
2. Conflict
3. Stress management
4. Leaders
5. Occupation

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

1. Write the examples of Yoga types for mental health
2. Four ways to reduce stress
3. Examples of occupational stress
4. Name some therapy to cope up with stress
5. Give the Component of stress

Q.2 Answer the following questions.

- A). How Emotion is associated with Behaviour formation. Explain and elaborate? (07)
B). What do you mean by Arousal, Anxiety & Stress? (08)

Q.3 Answer the following questions.

- A). Establish the relation between the biology and stress. (07)
B). How many types of stress are there explain? (08)

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

1. What are the novel ways to have a relaxed and stress-free life?
2. “Brain is the most complex organ in the human body it can increase the complexity when it undergoes stress “under the light of the statement stablish the connection between stress brain and human behaviour.
3. Do you agree that work pressure can take away the lives of individual. Explain.
4. Develop the stress coping strategies for college students.