

**PARUL UNIVERSITY**  
**FACULTY OF MANAGEMENT**  
**BBA., Summer 2017 - 18 Examination**

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

**Date: 19/06/2018**  
**Time: 02:00 pm to 04:30 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. Which one of the following is an attribute of well-being.?
 

a) Negative thinking	c) Ethical conduct
b) Generation Gap	d) None of the above
2. Which of the following are true about the 'Guided Imagery' technique
 

a) It is like vivid daydreaming	c) You need a hypnotist for this technique
b) You need to rest in a sleeping posture	d) All of the above
3. What is the first step in managing your stress effectively?
 

a) Alter the situation	c) Identify your sources of stress
b) Adapt to the stressor	d) Avoid unnecessary stress
4. Which factors improve coping?
 

a) Social support	c) Perceived control
b) Optimism	d) All the above
5. Chronic stress leads to ?
 

a) Serious health related problems	c) A healthy life
b) A happy life	d) None of the above

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

1. Arousal
2. Occupational Stress
3. Yoga
4. State few physical symptoms of Stress
5. Stressor

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

1. Explain the types of Stress
2. Stress Management
3. Name the component of stress
4. Time Management
5. What is the difference between the Stress and Anxiety?

**Q.2 Answer the following questions.**

- A. "Stress has a negative impact on Human brain" Comment with relative arguments (07)
- B. Define stress, Explain its implication in professional life (08)

**Q.3 Answer the following questions.**

- A. What is Performance anxiety? Explain the reasons causing it? (07)
- B. What are the exercises should be done for stress management? (08)

1. 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 also 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.

- A. What are the main causes of stress discussed in the case?
  - B. What are the outcome of stress and how to overcome it?
2. Define Stress Conflict Relationship with suitable examples?
  3. How Emotion is associated with Behavior formation. Explain and elaborate.
  4. "Art of stress management has positive impact on stress reduction" Justify?