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Roll No.

BBA-409(A)

**B. B. A. (FOURTH SEMESTER)
END SEMESTER EXAMINATION,**

June/July, 2022

WELLNESS AND STRESS MANAGEMENT

Time : Three Hours

Maximum Marks : 100

Instructions :

- (i) All questions are compulsory.
 - (ii) Each question is of 2 marks.
1. Which of the following are the basic sources of stress ?
- (a) The Environment
 - (b) Social Stressors
 - (c) Physiological
 - (d) All of the above

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2. Stress-management can help in :
- (a) Overcoming bad habits
 - (b) Achieving your goals
 - (c) Overcoming challenges and difficulties
 - (d) All of the above
3. Which of the following is not a stress-management skill ?
- (a) Problem solving
 - (b) Bargaining
 - (c) Understanding self
 - (d) Confidence building
4. Grooming is a term associated with :
- (a) Time management
 - (b) Problem solving
 - (c) Neat and clean appearance
 - (d) Self-management
5. By understanding ourselves we can do except :
- (a) Know what we can and cannot do
 - (b) Argue with anyone easily
 - (c) Plan what and how we can improve ourselves
 - (d) Feel confident about ourselves

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6. A limited amount of stress :
- (a) Can be exciting
 - (b) Help in reacting to opportunities
 - (c) Can increase your focus
 - (d) All of the above
7. The following can help reduce stress except :
- (a) Fighting
 - (b) Meditation
 - (c) Yoga
 - (d) Music
8. The following are the characteristics of positive stress :
- (a) It improves performance
 - (b) It feels exciting
 - (c) It motivates
 - (d) All of the above
9. The following are the characteristics of negative stress except :
- (a) it feels unpleasant

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- (b) it decreases performance
 - (c) It causes anxiety
 - (d) it increases excitement
10. Which factors improve coping ?
- (a) Social support
 - (b) Optimism
 - (c) Perceived control
 - (d) All of the above
11. Which behavior has been linked to poor health ?
- (a) Suppressing negative emotions
 - (b) Hostility
 - (c) Overeating
 - (d) All of the above
12. The good way to prevent stress is except :
- (a) Getting enough sleep
 - (b) A proper diet
 - (c) Drinking beverages high in caffeine
 - (d) Taking time out for relaxation

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13. Anxiety can cause the following moods :

- (a) Irritable
- (b) Panicky
- (c) Anxious
- (d) All of the above

14. Which of the following are the physical symptoms of anxiety ?

- (a) Racing heart
- (b) Sweaty palms
- (c) Flushed cheeks
- (d) All of the above

15. Aches, shallow breathing and sweating, frequent colds are :

- (a) Physical symptoms of stress
- (b) Behavioral symptoms of stress
- (c) Emotional symptoms of stress
- (d) Cognitive symptoms of stress

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16. The main keys to managing stress are :
- (a) Recognizing and understanding the signs of stress
 - (b) Identifying sources of stress
 - (c) Identifying what we can and can't control
 - (d) All of the above
17. Which gland in your body starts the stress response ?
- (a) Lymph gland
 - (b) Pituitary gland
 - (c) Thyroid gland
 - (d) All of the above
18. Which of these is a symptom of acute stress ?
- (a) Heart burn
 - (b) Diarrhea
 - (c) Sweaty palms
 - (d) All of the above
19. Which is a helpful way to deal with stress ?
- (a) Meditation
 - (b) Exercise
 - (c) Talking with others
 - (d) All of the above

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20. Exercise reduces stress by :

- (a) Raising levels of endorphins
- (b) Suppressing immune function
- (c) Decreasing energy
- (d) Improving aerobic capacity

21. The physical and mental response that our bodies go through when exposed to challenges or perceived threats is :

- (a) Trauma
- (b) Distress
- (c) Stress
- (d) Eustress

22. The state in which all body systems are functioning smoothly and in equilibrium is :

- (a) Eustress
- (b) Homeostasis
- (c) Relaxation
- (d) Distress

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23. What part of the autonomic nervous system provides the body with energy for the fight-or-flight response ?

- (a) Sympathetic nervous system
- (b) Peripheral nervous system
- (c) Parasympathetic nervous system
- (d) Central nervous system

24. A real or perceived threat or challenge that causes the body to produce a response is :

- (a) Frustration
- (b) Injury
- (c) Phobia
- (d) Stressor

25. After being exposed to crisis, the body tries to return to homeostasis, is called as :

- (a) Challenge
- (b) Adaptive response
- (c) Reactive response
- (d) Overload

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26. Way to resolve conflict :

- (a) Fighting
- (b) Screaming
- (c) Arguing
- (d) Negotiation

27. The process through which one becomes a member of society is known as :

- (a) Modernization
- (b) Industrialization
- (c) Socialization
- (d) Liberalization

28. A way of life in which all members of society participates defined as :

- (a) Plurality
- (b) Inequality
- (c) Culture
- (d) Socialization

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29. The most important agent of socialization in early childhood is :
- (a) The mass media
 - (b) A peer group
 - (c) The family
 - (d) A preschool
30. What dimension of health has to do with beliefs ?
- (a) Physical
 - (b) Social
 - (c) Spiritual
 - (d) Occupational
31. An individual who lives and participates in more than one cultural setting is :
- (a) Bilingual
 - (b) Bicultural
 - (c) Biathletic
 - (d) Bisymbolic

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32. To show regard or special consideration for others :
- (a) Friendship
 - (b) Respect
 - (c) Excellence
 - (d) Determination
33. Where does a person get their values from :
- (a) Parents
 - (b) Friends
 - (c) Media
 - (d) All of the above
34. If you hurt someone's feelings, what is the respectful thing to do :
- (a) Cry about it
 - (b) Apologize
 - (c) Laugh at them
 - (d) Pretend nothing happen

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35. How can you show respect when someone is talking to you ?
- (a) Make eye contact
 - (b) Give them a hug
 - (c) Interrupt them with questions
 - (d) Ignore them
36. Which is certainly not respect ?
- (a) To hit
 - (b) To talk
 - (c) To listen
 - (d) To answer
37. Which of the following social institutions the child comes across first ?
- (a) School
 - (b) Family
 - (c) College
 - (d) Society
38. The deficiency of vitamin C causes :
- (a) Anaemia
 - (b) Scurvy
 - (c) Rickets
 - (d) Xerophthalmia

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39. The World Health Day is celebrated on :
- (a) 1st March
 - (b) 7th April
 - (c) 6 October
 - (d) 12 February
40. The best source of vitamin A is :
- (a) Apples
 - (b) Carrots
 - (c) Honey
 - (d) Peanuts
41. Ben-Ben disease is caused by :
- (a) Vitamin A
 - (b) Vitamin B
 - (c) Vitamin C
 - (d) Vitamin D
42. Which one of the following is an unhealthy habit ?
- (a) Sharing food
 - (b) Bathing twice a day
 - (c) Drinking boiled water
 - (d) Eating without washing one's hand

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43. Which nutrient provides the most amount of energy per gram ?
- (a) Carbohydrate
 - (b) Fats
 - (c) Protein
 - (d) Vitamin
44. Malnutrition means :
- (a) A person is not eating properly
 - (b) Someone is starved
 - (c) May mean undernutrition or over-nutrition
 - (d) Someone eating too much
45. Which of the following is a determinant of health ?
- (a) Environmental factors
 - (b) Weight
 - (c) Behaviour
 - (d) Where you live

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46. Bleeding disease is due to the deficiency of :
- (a) Vitamin A
 - (b) Vitamin D
 - (c) Vitamin E
 - (d) Vitamin K
47. Which of the following is not a determinant of health ?
- (a) Socio-economic factors
 - (b) Socio-cultural factors
 - (c) Individual factors
 - (d) Geological factors
48. Deficiency of calcium is known as :
- (a) Goitre
 - (b) Anaemia
 - (c) Tetany
 - (d) Hypocalcemia

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49. A person who is suffering from high blood pressure should cut down on :

- (a) Sodium
- (b) Potassium
- (c) Calcium
- (d) Magnesium

50. Which of the following is a socio-cultural factor ?

- (a) Religion
- (b) Food
- (c) Geographical location
- (d) Genetics