

PART – B (5 × 10 = 50 Marks)

Answer **ALL** Questions

Marks BL CO PO

26. a. Explain the sources and consequence of burn-out symptoms among college students. 10 2 1 6

(OR)

b. Illustrate the strategies that are used to cope with work related stress. 10 2 1 6

27. a. How do you develop concentration and plan your daily activities during examination? 10 3 2 7

(OR)

b. What are different techniques conquering procrastination? 10 3 2 6

28. a. How do you deal with career plateau? Discuss. 10 3 3 6

(OR)

b. What are the various ways of sabbaticals in a career improvement? Explain. 10 3 3 6

29. a. Develop a crisis management model for environmental issue in our country regarding water scarcity. 10 3 4 7

(OR)

b. 'Work place humor makes an organization more productive'-Justify the statement. 10 4 4 8

30. a. How will you improve your creativity and decision making for real life problems? Discuss. 10 4 5 7

(OR)

b. Explain the impact of yoga in today's life style. 10 1 5 7

Reg. No.

B.Tech. DEGREE EXAMINATION, MAY 2022

Fifth and Sixth Semester

18MBO407T – MANAGING OF STRESS

(For the candidates admitted from the academic year 2018-2019 to 2019-2020)

Note:

(i) **Part - A** should be answered in OMR sheet within first 40 minutes and OMR sheet should be handed over to hall invigilator at the end of 40th minute.

(ii) **Part - B** should be answered in answer booklet.

Time: 2½ Hours

Max. Marks: 75

PART – A (25 × 1 = 25 Marks)

Answer **ALL** Questions

- | | Marks | BL | CO | PO |
|---|-------|----|----|----|
| 1. According to Selye _____ is defined as the pressure experienced by an individual in response to life demands. (A) Stress (B) Constipation (C) Blood pressure (D) Heart attack | 1 | 2 | 1 | 3 |
| 2. Which of the following is an internal stressor that stimuli proceeding or precipitating a change? (A) Trauma (B) Peer pressure (C) Fear (D) All of them | 1 | 4 | 1 | 4 |
| 3. _____ is defined as the optimal amount of stress that helps to promote health and growth. (A) Mistress (B) Eustress (C) Distress (D) Neostress | 1 | 1 | 1 | 4 |
| 4. The stress which is originated from outside the individual or person like moving to another city and death in family this is _____. (A) Internal stressor (B) Partial stressor (C) Moderate stressor (D) External stressor | 1 | 4 | 1 | 4 |
| 5. The stress condition which is unpredictable and can occurs at any time during life is called as _____ stressor. (A) Developmental (B) Situational (C) Exterior (D) Superior | 1 | 3 | 1 | 4 |
| 6. Which of the following would not normally be considered as a part of a person's work habits? (A) Organizing (B) Priority setting (C) Commuting to work (D) Sending and receiving e-mail | 1 | 4 | 2 | 6 |

7. Which of the following is NOT one of the suggested techniques for reducing procrastination? 1 4 2 7
 (A) Follow the WIFO principle (B) Don't commit to other people
 (C) Motivate yourself with rewards and punishment (D) Express a more positive attitude about your intentions
8. The time management technique of _____ refers to eating meals on the run to make good use of time ordinarily spent on sitting down for meals. 1 1 2 6
 (A) Snacking (B) Snagging
 (C) Grazing (D) Greasing
9. Neatness _____ and speed are important contributions to work place productivity and therefore should be valued. 1 1 2 6
 (A) Cleanliness (B) Orderliness
 (C) Spaciousness (D) Closeness
10. Using _____ is an easy and fast way to achieve consensus on a issue. 1 1 2 6
 (A) Delegation (B) Centralization
 (C) Decentralization (D) Authoritative
11. Career plateau is likely to occur during 1 1 3 7
 (A) Early career (B) Mid career
 (C) Late career (D) Any point of time
12. The organizational restructure and downsizings in any firm lead to 1 2 3 6
 (A) Early retirement (B) Increase in salary
 (C) Self-assessment (D) Reality feedback
13. The situation in which the employees feel themselves pinned at a particular career level is classified as 1 4 3 7
 (A) Workforce transition (B) Career plateau
 (C) Reality feedback (D) Entry shock
14. In general career periods the individuals who are in their early career stage belong to age group of 1 2 3 7
 (A) 20 years (B) 30-40 years
 (C) 50 years (D) 60-70 years
15. _____ are the basic attitudinal characteristics that guide people throughout their careers. 1 4 3 6
 (A) Career path (B) Career stages
 (C) Career anchors (D) None of the above
16. Pareto analysis is a 1 4 4 7
 (A) Risk quantification technique (B) Risk analysis technique
 (C) Risk mitigation technique (D) Risk prioritization technique

17. To reunite student in a crisis with their families as soon as it is safe and appropriate is 1 3 4 7
 (A) A poor plan, because it does not allow time for specialists to counsel students (B) An excellent idea
 (C) Not a good idea, because it brings too many parents onto the campus (D) A position taken by those who are not crisis specialists
18. When we consider how to keep school and community reasonably well informed about a crisis, we should 1 3 4 7
 (A) Issue 'no comment' to the media, because they only worsen the situation (B) Consider only written communications because these are clearer
 (C) Consider different forms and levels of communications including the media (D) No put anything in writing because parents may use it in court
19. Individuals will appraise an event as a crisis if it has all of the following characteristics EXCEPT 1 3 4 6
 (A) The event has mass casualties (B) The event threatens one's identity and integrity
 (C) The event threatens one's assumptive world (D) Intervention occurs off site
20. Among which of the following hazards and disasters are classified 1 4 4 6
 (A) Cultural and social (B) Natural and man-made
 (C) Chemical and physical (D) Human and physical
21. Self-management, also known as _____ is the ability to effectively control one's emotions, behaviour and thoughts. 1 4 5 7
 (A) Self-control (B) Self-innovative
 (C) Self-design (D) Self-respect
22. Self management is also useful in 1 4 5 7
 (A) Reaching your goals (B) Overcoming bad habits
 (C) Creating positive habits (D) Reaching your goals, overcoming bad habits and creating positive habits
23. When you are under _____ for a prolonged period of time, it can cause health problems and mental troubles as well. 1 3 5 7
 (A) Stress (B) Discipline
 (C) Timeliness (D) Goal-setting
24. A person's _____ is an acquired or natural ability that allows them to execute a specific job or task with a high level of proficiency. 1 3 5 7
 (A) Weakness (B) Strength
 (C) Interest (D) Abilities
25. Which of the following can be considered as internal motivation? 1 4 5 7
 (A) Love (B) Reward
 (C) Appreciations (D) Recognition