

25. _____ is a word or a phrase, which helps us to express what we are trying to say.
- (A) Idioms (B) Gambit
(C) Tricks (D) Sarcastic

PART – B (5 × 10 = 50 Marks)
Answer ALL Questions

- | | Marks | BL | CO | PO |
|---|-------|----|----|----|
| 26. a. Define stress. What are the symptoms of work related stress? | 10 | 4 | 1 | 3 |
| (OR) | | | | |
| b. Discuss on the symptoms of individual stress. What are the steps to overcome it? | 10 | 4 | 1 | 3 |
| 27. a. How important is the process of planning the day? Provide examples. | 10 | 5 | 2 | 5 |
| (OR) | | | | |
| b. "One should start learning to say No" discuss on the above statement. | 10 | 5 | 2 | 5 |
| 28. a. What is executive leasing? Explain it with an example of your own. | 10 | 4 | 3 | 3 |
| (OR) | | | | |
| b. Discuss the various methods in sustaining a markable career. | 10 | 4 | 3 | 3 |
| 29. a. "Pushing new ideas would support in managing crisis". Discuss. | 10 | 5 | 4 | 5 |
| (OR) | | | | |
| b. State and explain the various techniques in preventing interruptions. | 10 | 5 | 4 | 5 |
| 30. a. Analyze the importance of effective decision making. Provide examples. | 10 | 4 | 5 | 7 |
| (OR) | | | | |
| b. Explain the role of meditation for a peaceful life. | 10 | 4 | 5 | 7 |

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B.Tech. DEGREE EXAMINATION, NOVEMBER 2022
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. Which hormone increase in production when the body is under stress? | 1 | 1 | 1 | 3 |
| (A) Thyroxine (B) Adrenaline
(C) Oistrogen (D) Oxytocin | | | | |
| 2. Which of the following effects on the body are associated with the alarm stage of stress, as defined by Dr. Haus Selye? | 1 | 1 | 1 | 5 |
| (A) Increased heart and ventilation rate (B) Colds and flu
(C) High blood pressure (D) Anxiety and depression | | | | |
| 3. The best way to protect the body from the harmful effects of stress is to | 1 | 2 | 1 | 3 |
| (A) Learn how to avoid it (B) Learn how to manage it
(C) Take you anger out on inanimate objects (D) Take a long walk and bottle up your frustration | | | | |
| 4. Extreme fatigue, exhaustion and burn out are all signs of | 1 | 1 | 1 | 3 |
| (A) Short-term stress (B) Long-term stress
(C) Behavioral stress (D) Emotional stress | | | | |
| 5. Which of the following statements in false? | 1 | 1 | 1 | 3 |
| (A) Stress is the imbalance between the demands of everyday like and the ability of cope (B) Too much stress can affect a persons ability to function effectively
(C) Stress is caused by external pressures, such as work (D) Stress can involve any interference that disturbs a person's emotional and physical well-being. | | | | |
| 6. Which of the following would not normally be considered as a part of person's work habits? | 1 | 2 | 2 | 3 |
| (A) Sending and receiving emails (B) Community to work
(C) Priority setting (D) Organizing | | | | |

7. Which of the following is not one of the suggested techniques for reducing procrastination? 1 2 2 3
 (A) Motivate yourself with reward (B) Follow the WIFO principle and punishment
 (C) Express a more positive attitude about your intentions (D) Don't commit to other people
8. The successful project managers spend most of their time 1 2 2 5
 (A) Planning with their personnel (B) Planning with the top management
 (C) Communication with the project team (D) Studying project results
9. Which of the following is the best strategy for effectively planning out your time? 1 2 2 7
 (A) Prioritize all your tasks (B) Ignore all the unexpected work
 (C) Delay any unnecessary work (D) No concern
10. As a result of decentralization 1 1 2 3
 (A) The importance of seniors increases (B) Importance of seniors decreases
 (C) The importance of subordinates increases (D) The importance of top level management increases
11. Career opportunities for 'statisticians' declined due to computerization. So they overcome this problem by acquiring skill in computer operation. This is referred to as 1 2 3 3
 (A) Career shift (B) Career change
 (C) Career rotation (D) Job analysis
12. The career development program which enables the employee to gain multi-skill and diverse experience before being considered for any promotion in the future is 1 2 3 3
 (A) Vertical career path (B) Lateral career path
 (C) Chain career path (D) Network career path
13. The benefit paid to terminated employees or laid-off employees is 1 1 3 3
 (A) Vacations and holidays (B) Life long learning
 (C) Severance pay (D) Optional pay benefits
14. The job schedules in which the employees can work for fewer days, but, for longer time in each day are classified as 1 1 3 3
 (A) Deferred work week (B) Compressed work week
 (C) Flexible work week (D) Stable work week
15. The user of an asset in a leasing arrangement is called the 1 2 3 3
 (A) Lessee (B) Lessor
 (C) Guarantor (D) Trustee

16. Basic crisis intervention consists of all of the following except 1 2 4 3
 (A) Intervention occurs off-site (B) Basic needs for food, shelter and safety are met
 (C) Individuals are assessed for risk-danger to self or others (D) Individuals are assessed for transient symptoms of crisis reaction
17. All of the following are elements of basic crisis intervention except 1 2 4 3
 (A) It is a brief model of talk therapy (B) It is action oriented and directive
 (C) Its purpose is to prevent or reduce psychological harm to those exposed to crisis (D) It assumes that an underlying pathology or dysfunctional situation triggers a crisis
18. Empowerment is the opposite of 1 1 4 5
 (A) Motivated (B) Accomplishment
 (C) Helplessness (D) Goal
19. Which are the two factors on which empowerment depend on? 1 1 4 5
 (A) Individuals personal choices and his family choices (B) Individuals personal choices and his managers choices
 (C) Individuals personal choices and the organizational climate (D) The organizational climate and managers choice
20. Which of the following is not a characteristics of empowered employees? 1 2 4 5
 (A) They are responsible for their own task (B) They are given a free hand in their work
 (C) They balance their own goals with those of the organization (D) They are not well trained, equipped, creative and customers oriented
21. Selecting a best course of action among the alternatives is called as 1 2 5 5
 (A) Decision making (B) Planning
 (C) Organizing (D) Controlling
22. The decisions which are frequent and repetitive in nature are called as 1 1 5 5
 (A) Non-programmed decisions (B) Programmed decisions
 (C) Major decisions (D) Operative decisions
23. The right of a person to give instructions to his subordinates is known as 1 2 5 5
 (A) Responsibility (B) Authority
 (C) Accountability (D) Line authority
24. The foremost skill required for learning a language is 1 2 5 5
 (A) Writing skill (B) Reading skill
 (C) Speaking skill (D) Listening skill