

- b. How can "pushing a new idea" help to manage the stress? Explain in detail. 12 6 4 2
32. a. How can we reduce conflicts in a work place using humour? 12 3 5 1

(OR)

- b. What is the role of enhancing creativity – effective decision making to manage the stress in work place? Explain in detail. 12 1 5 2

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Reg. No.

B.Tech. DEGREE EXAMINATION, JUNE 2023

Fifth to Seventh Semester

18MBO407T – MANAGING OF STRESS

(For the candidates admitted from the academic year 2018-2019 to 2021-2022)

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 & Part - C should be answered in answer booklet.

Time: 3 hours

Max. Marks: 100

PART – A (20 × 1 = 20 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 | 2 |
| 2. The 'stress' word was originally used by selye in _____
(A) 1936 (B) 1946
(C) 1956 (D) 1996 | 1 | 3 | 1 | 3 |
| 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 | 2 | 1 | 2 |
| 4. 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 | 1 | 1 | 3 |
| 5. The stress management involves control and reduction of tension which occur in stressful conditions and it includes.
(A) Autogenic training (B) Being serious
(C) Inadequate sleep (D) Stress of family | 1 | 3 | 2 | 1 |
| 6. 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 | 1 | 2 | 2 | 3 |
| 7. What thoughts come to the mind when you're under negative stress
(A) You think that you can cope with the situation (B) You think that you cannot cope with the situation
(C) You think that everything will get fine eventually (D) You think that you will get help immediately | 1 | 3 | 2 | 1 |

8. The physical and mental response that our bodies go through when exposed to challenges or perceived threats is
(A) Distress (B) Trauma
(C) Eustress (D) Stress
9. The state in which all body systems are functioning smoothly and in equilibrium is
(A) Distress (B) Eustress
(C) Relaxation (D) Homeostasis
10. What part of the autonomic nervous system provides the body with energy for the fight or flight response?
(A) Parasympathetic nervous system (B) Central nervous system
(C) Sympathetic nervous system (D) Peripheral nervous system
11. After being exposed to a crisis, the body tries to return to homeostasis. This is referred to as a(n) _____
(A) Overload (B) Adaptive response
(C) Reactive response (D) Challenge
12. When we perceive danger or experience stress, which response occurs in the body?
(A) Resistance (B) Fight or flight
(C) Exhaustion (D) Adaption
13. Which branch of science investigates the relationship between stress and the nervous and immune systems?
(A) Psychoneuroimmunology (B) Adaptive immunology
(C) Sociology (D) Neurolinguistics
14. Stress inoculation refers to reducing your level of stress by _____
(A) Preparing ahead of time for stressful events (B) Downshifting
(C) Medicating (D) Utilizing therapy
15. You just found out that you have a test tomorrow, and you don't know how you're going to find time to study. Which part of the brain determines your reaction to this stressor?
(A) Pituitary gland (B) Brain stem
(C) Hypothalamus (D) Cerebral cortex
16. Downshifting involves making changes in one's life to slow the pace and reduce pressures, this process is also known as
(A) Stress management (B) Voluntary simplicity
(C) Philanthropy (D) Relocation
17. Exercise reduces stress by
(A) Decreasing energy (B) Raising levels of endorphins
(C) Improving aerobic capacity (D) Suppressing immune function

18. In response to stress, levels of adrenaline _____ and level of cortisol _____
(A) Rise, rise (B) Fall, fall
(C) Rise, fall (D) Fall, rise

19. Which of the following is not associated with workplace stress?
(A) Work overload (B) Job insecurity
(C) Supervisory support (D) Conflict with co-workers

20. Issues related to health of an individual can lead to low self-esteem and cause _____ stress.
(A) Financial (B) Emotional
(C) Mental (D) Physical

PART – B (5 × 4 = 20 Marks)

Answer ANY FIVE Questions

- | | Marks | BL | CO | PO |
|---|-------|----|----|----|
| 21. Discuss the concept and nature of coping with stress. | 4 | 2 | 1 | 2 |
| 22. What are the physical, emotional and behavioral symptoms of stress? | 4 | 3 | 1 | 3 |
| 23. Describe various techniques of time management. | 4 | 1 | 2 | 1 |
| 24. What do you mean by 'taking of right breaks'? Give examples. | 4 | 5 | 2 | 2 |
| 25. Explain different kinds of career plateau. | 4 | 1 | 3 | 3 |
| 26. Explain how to manage interruptions when working. | 4 | 4 | 4 | 2 |
| 27. Discuss the role of yoga to manage stress management. | 4 | 6 | 5 | 2 |

PART – C (5 × 12 = 60 Marks)

Answer ALL Questions

- | | Marks | BL | CO | PO |
|---|-------|----|----|----|
| 28. a. Discuss the physiology of stress. How does it affect the health? | 12 | 2 | 1 | 3 |
| (OR) | | | | |
| b. Discuss the concept of stressor. What are the different source of stress? | 12 | 1 | 1 | 1 |
| 29. a. Explain in detail about various techniques to avoid procrastination. | 12 | 5 | 2 | 3 |
| (OR) | | | | |
| b. Why we need to keep our work area organized? What are the advantages of keeping the work area organized? | 12 | 2 | 2 | 4 |
| 30. a. What do you mean by 'sustaining a marketable career'? Give an example. | 12 | 2 | 3 | 1 |
| (OR) | | | | |
| b. Compare between fight or flight response and general adaptation syndrome. | 12 | 2 | 3 | 3 |
| 31. a. Explain mindfulness and biofeedback as techniques of stress management. | 12 | 4 | 4 | 3 |

(OR)