



M.B.A IV Semester Degree Examination, October - 2023

MANAGEMENT

Stress Management

GEC (NEP)

Time : 1 Hour

Maximum Marks : 30

Note : Answer **all** the Sections.

SECTION - A

1. Answer **all** the following questions, each question carries **one** mark. **5x1=5**
- (a) Define Stress Management.
 - (b) What is chronic stress ?
 - (c) List out two causes of acute stress.
 - (d) What is stress coping ?
 - (e) Define meditation.

SECTION - B

Answer **any five** of the following questions, each question carries **two** marks.

5x2=10

- 2. What is distress ?
- 3. What is social stress ?
- 4. List four benefits of yoga in managing stress.
- 5. What is appraisal focussed coping mechanism ?
- 6. What is nurturing environment ?
- 7. What is the time management ?
- 8. List out the symptoms of acute stress.



SECTION - C

Answer **any three** of the following questions, each question carries **five** marks.

3x5=15

9. Write an explanatory note on tools to manage stress.
10. Explain the psychological impact of stress.
11. Discuss the emotional focussed coping mechanism.
12. Explain the impact of autogenic training in stress reduction.
13. Explain the nature of stress management.

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