

24U163

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Name : .....

Reg. No : .....

**FIRST SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024**

(FYUGP)

**CC24U PSY1 FM105(1) - THE ART OF STRESS MANAGEMENT**

(B.Sc. Psychology - MDC)

(2024 Admission - Regular)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

**Part A** (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Explain Psychological stressors. [Level:2] [CO1, CO4]
2. Describe the concept of stress. [Level:2] [CO1, CO4]
3. Discuss the concept of Eustress. [Level:2] [CO1, CO4]
4. Explain avoidance-avoidance conflicts can lead to indecision and stress. [Level:2] [CO1, CO5]
5. Discuss the effects of poor time management on stress and productivity. [Level:2] [CO1, CO5]
6. Explain Flight or fight response. [Level:2] [CO4, CO5]
7. Describe resistance stage of GAS [Level:2] [CO4, CO5]
8. Describe two key components of a healthy lifestyle. [Level:2] [CO3]
9. Discuss hatha yoga. [Level:2] [CO3]
10. Describe what biofeedback is. [Level:2] [CO3]

**(Ceiling: 16 Marks)**

**Part B** (Paragraph questions/Problem)

Answer *all* questions. Each question carries 6 marks.

11. Describe the difference between physical and emotional symptoms of stress. [Level:2] [CO1, CO4]
12. Explain the concept of pressure in the context of psychological stress. [Level:2] [CO1, CO4]
13. Explain interaction of stress and vulnerability. [Level:2] [CO1, CO4]
14. Explain the process of mental relaxation techniques such as guided imagery and their role in reducing stress. [Level:2] [CO3, CO5]
15. Discuss the role of stress in health and diseases. [Level:2] [CO1,CO3]

**(Ceiling: 24 Marks)**

**Part C (Essay questions)**

Answer any *one* question. The question carries 10 marks.

16. Explain the role of cognitive behaviour therapy (CBT) in identifying and changing negative thought patterns and its impact on effective stress management. [Level:2] [CO3, CO6]

17. Describe the stress models with examples. [Level:2] [CO4, CO5]

**(1 × 10 = 10 Marks)**

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