

25U154

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Name :

Reg. No :

FIRST SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(FYUGP)

(Regular/Supplementary/Improvement)

CC24UPSY1FM105(1) - ART OF STRESS MANAGEMENT

(Psychology - Minor Course)

(2024 Admission onwards)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

Part A (Short answer questions)

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

1. Explain Stress and Key Definitions. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
2. Describe Eustress. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
3. Discuss the characteristics of exhaustion stage of GAS. [Level:2] [CO4]
4. Describe the importance of coping mechanisms in maintaining mental health. [Level:2] [CO3]
5. Discuss solutions for overcoming the stress caused by avoidance-avoidance conflicts. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
6. Explain the effect of stress on immune system. [Level:2] [CO4]
7. Discuss how constant pressure at work can lead to burnout. [Level:2] [CO1]
8. Discuss diathesis stress model. [Level:2] [CO4]
9. Describe the benefits of yoga. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
10. Discuss the major concepts of models of stress. [Level:2] [CO4]

(Ceiling: 16 Marks)

Part B (Paragraph questions/Problem)

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

11. Explain the difference between psychological and physical stressors. [Level:2] [CO1]

12. Explain how individuals can manage the stress that arises from both daily events and significant life changes. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
13. Illustrate the cognitive appraisal model with the help of an example. [Level:2] [CO1, CO4]
14. Describe the benefits of regular physical exercise in maintaining a healthy lifestyle. [Level:2] [CO1, CO2, CO3, CO4, CO5, CO6]
15. Explain what is meant by Stress in psychology. [Level:2] [CO1]
- (Ceiling: 24 Marks)**

Part C (Essay questions)

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

16. Discuss the relationship between chronic stress and long-term health conditions. [Level:2] [CO1]
17. Illustrate the flight or fight model with example and diagram. [Level:2] [CO1, CO4]
- (1 × 10 = 10 Marks)**
