

B.A III SEMESTER SUPPLEMENTARY EXAMINATION, MAY/JUNE 2019

PSYCHOLOGY -SEC

PAPER – PSS101: STRESS MANAGEMENT

Duration: 02 Hours

Marks: 80

INSTRUCTIONS :

1] All questions are Compulsory.

2] The sub-questions in Q I and Q II are to be answered in 100 words each.

3] Questions carrying 10 Marks are to be answered in 400 words each.

Q I Write short notes on *any four* of the following: [4X4 = 16]

- i) Eustress and distress
- ii) Challenge as a stressful appraisal
- iii) Gender and socio-cultural differences in receiving support
- iv) Learnt helplessness
- v) Indulging yourself as a coping strategy
- vi) Giving up as a coping strategy

Q II Write short notes on *any four* of the following: [4X4 = 16]

- i) Psychological hardiness
- ii) Hypertension
- iii) Yoga
- iv) Health and personal control
- v) Defensive coping strategies
- vi) Meditating as a emotion focused coping strategy

Q III A] Describe the components of stress. [12]

OR

B] Briefly explain the diathesis stress model. [12]

Q IV A] Discuss the Psychological aspects of stress. [12]

OR

B] Write a detailed note on stress and cardiovascular disorders. [12]

Q V A] Elaborate on the Psycho physiological disorders and stress. [12]

OR

B] Explain how appraisal focused constructive coping strategy can help in dealing with stress. [12]

Q VI A] Explain how meditation and relaxation techniques are used to reduce stress [12]

OR

B] Examine the role of emotion focused constructive coping strategy in reducing Stress. [12]

B.A III SEMESTER END EXAMINATION, OCTOBER 2018
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Q I Write short notes on *any four* of the following: [4X4 = 16]

- i) Eustress and distress
- ii) Characteristics of Hardiness
- iii) Stress behaviour and illness
- iv) Hypertension
- v) Blaming yourself as a coping strategy
- vi) Characteristics of constructive coping

Q II Write short notes on *any four* of the following: [4X4 = 16]

- i) Coronary heart disease
- ii) Characteristics of stressful events
- iii) Emotional style of Type A and Type B behaviour
- iv) Giving up as a coping strategy
- v) Striking out at others as a coping strategy
- vi) Positive reinterpretation as an appraisal focused coping strategy

Q III A] Write a note on cognitive appraisal process used in appraising stressful events. [12]

OR

B] Explain the stages of general adaptation syndrome. [12]

QIV A] Describe diathesis stress model. [12]

OR

B] Examine the individual differences in coping with stress. [12]

Q V A] Write a note on the types of social support . [12]

OR

B] Explain the importance of problem focused constructive coping strategy. [12]

Q VI A] Explain how yoga and relaxation technique are used to reduce stress. [12]

OR

B] Elaborate on how appraisal focused constructive coping strategies help in dealing with stress. [12]