

**M.E.S. COLLEGE OF ARTS & COMMERCE, ZUARINAGAR - GOA**

**B.A. (CBCS) III SEMESTER END (REGULAR/REPEAT) EXAMINATION, JANUARY 2022**

**SEC - PSYCHOLOGY – Stress Management (PSS 101)**

**Duration: 02 Hours**

**Total Marks: 80**

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**Instruction:**

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- i) All questions are compulsory, however internal choice is available.*
- ii) Answer sub-questions in Question No. 1 and Question No. 2 in about 100 words.*
- iii) Answer Question No. 3 to Question No. 6 are in about 400 words.*
- iv) Figures to the right indicate marks assigned to each question/sub-question.*
- v) Paper carries a maximum of 80 marks.*

- Q. 1. Write short notes on Any Four of the following** (4 x 4 = 16)
- a) Stress appraisal model
  - b) Stage of resistance
  - c) Avoidance – Avoidance conflict
  - d) Burnout symptoms
  - e) Asthma and stress
  - f) Effects of stress on immunity
- Q. 2. Write short notes on Any Four of the following** (4 x 4 = 16)
- a) Yoga
  - b) Personal Control
  - c) Mindfulness technique
  - d) Blaming yourself
  - e) Using systematic problem solving
  - f) Releasing pent-up emotions
- Q. 3. a) Discuss cognition and emotion as psychosocial aspects of stress.** (12)
- OR**
- b) Explain the nature of stress in detail.** (12)
- Q. 4. a) Write a detailed note on stress and cardiovascular disorders.** (12)
- OR**
- b) Elucidate on the diathesis model of stress.** (12)
- Q. 5. a) Elaborate on meditation technique of stress management.** (12)
- OR**
- b) Explain how resilience improves personality.** (12)
- Q. 6. a) Highlight the stress management strategies.** (12)
- OR**
- b) Discuss Ellis's appraisal focused coping.** (12)
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