

MN-101

May-2022

Int. MBA, Sem.-II

Stress Management

Time : 1 Hour]

[Max. Marks : 30

Section – I

Attempt any **THREE** questions out of **FIVE** questions :

1. “The Yerkes – Dodson law is model of the relationship between stress and task performance.” Discuss the statement with the help of diagram. 8

2. “There are a number of ways, roles become potent stressors at the workplace.” Discuss the statement. 8

3. (A) Explain importance of communication in stress. 4
(B) Enlist and discuss any five healthy tips to live longer life. 4

4. (A) Explain different kind of factors responsible for stress in your organisation. 4
(B) What is the difference between type A and type B behaviour with suitable example ? 4

5. (A) Explain five strategies for turning stress into productive energy. 4
(B) Discuss stress management tools. 4

Section – II

6. Attempt any **SIX** out of **EIGHT** : 6
 - (1) _____ approach works on solving the problem which causes stress.
 - (a) Emotional oriented
 - (b) Action oriented
 - (c) Acceptance oriented
 - (d) Performance oriented
 - (2) Which of the below is a quality of spiritual values that helps corporate leader to lead more efficiently in workplace.
 - (a) Non-questioning attitude
 - (b) Rigidity
 - (c) Negativity
 - (d) Self-awareness

- (3) Which of below are the ways to beat stress ?
- (a) Hear the music
 - (b) Seek negative emotion as a path to success
 - (c) Use a sad memory as a guide
 - (d) Visualise unhappiness
- (4) When you are responsible for others at work, it reduces pressure on them by _____.
- (a) Encouraging a culture that reduces pressure
 - (b) Getting to know them
 - (c) Making it easy for them to ask for help
 - (d) All
- (5) _____ is fun and exciting. It is known as positive type of stress that can keep you energized.
- (a) Eustress
 - (b) Acute stress
 - (c) Chronic stress
 - (d) All
- (6) In _____ stage, the body begins to repair itself. It releases a lower amount of cortisol, your heart rate and blood pressure begin to normalize.
- (a) Exhaustion stage
 - (b) Resistance stage
 - (c) Alarm reaction stage
 - (d) None
- (7) _____ are things which you gain pleasure in your daily routine life. For example, seeing your friends after long time, watching favourite movie or meeting deadline.
- (a) Hassles
 - (b) Uplift
 - (c) Daily hassles
 - (d) None
- (8) Which of the following statement is incorrect related to impact of stress on brain ?
- (a) High level of stress impairs memory.
 - (b) Gray matter is used to connect regions of the brain and communicate information.
 - (c) Stress even kill new neurons in the brains.
 - (d) Moderate level of stress improve cognitive function.
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