



Seat No. : \_\_\_\_\_

# DK-102

December-2025

Integrated M.Sc. (IT) Fintech, Sem.-V

SEC-356 : Stress Management

Time : 1:00 Hour]

[Max. Marks : 25

- Instructions :** (1) Figures to the right indicate full marks.  
(2) Do not write anything on the question paper.  
(3) Simple calculator is allowed. Do not use a scientific calculator.

1. You are working as a team leader in a project with a strict deadline. One of your team members is constantly anxious, which affects the group's productivity. Identify possible causes of this stress and discuss strategies that can help the individual and the team cope effectively. **10**

**OR**

1. Different people react differently to the same stressful situation. Examine the psychological, environmental and personality-related factors that influence stress response and illustrate your answer with examples. **10**

2. "Effective communication begins within." **10**  
Discuss the role of communication in managing stress, emphasizing how positive self-talk, confidence in expression and clear interpersonal communication reduce anxiety and emotional pressure. Explain how active listening, empathy and assertiveness help individuals overcome hesitation, prevent misunderstandings and build emotional resilience in stressful situations.

**OR**

2. A university student juggling academics, part-time work and family responsibilities feels mentally drained and disconnected. **10**  
Design a stress management plan that combines relaxation practices, time management and self-care routines to help achieve emotional balance.

3. Short Questions : (5 out of 7) **5**
- (1) What is the difference between acute stress and chronic stress ?
  - (2) Mention one psychological effect of stress.
  - (3) State any one dimension of stress.
  - (4) What is "faith healing" ?
  - (5) Name any one type of common meditation technique.
  - (6) List any one positive force of nature that helps in relaxation.
  - (7) How does physical exercise contribute to stress reduction ?