



Seat No. : _____

DK-107

December-2025

Int. M.Sc. IT, Sem.-V

SEC-356 : Stress Management (Architecture & Network Security)

Time : 1:00 Hour]

[Max. Marks : 25

- Instructions :**
- (1) Attempt all questions.
 - (2) Make suitable assumptions wherever necessary.
 - (3) Figures to the right indicate full marks.

1. (A) Identify and explain different types of stressors such as environmental, organizational and personal. Give suitable examples. **5**
- (B) Explain the different stages of stress according to the General Adaptation Syndrome (GAS) model. How do people respond differently at each stage ? **5**

OR

1. (A) Define Stress and discuss its main features. How is it different from positive (eustress) and negative (distress) forms of stress ? **5**
- (B) Discuss the short-term and long-term effects of stress on a person's body, emotions and behaviour. **5**
2. (A) Describe five effective techniques for managing stress including relaxation, physical exercise, time management and social support. **5**
- (B) Explain how self-awareness, communication skills and emotional control help in reducing work-related stress. **5**

OR

2. (A) Discuss how goal setting and problem-solving skills contribute to stress management. Include examples from student life or workplace settings. **5**
- (B) What is the role of yoga and mindfulness meditation in maintaining emotional balance and preventing stress relapse ? **5**

3. MCQ : (Any Five)

1 × 5 = 5

- (1) Stress can best be described as :
 - (a) Complete absence of worry
 - (b) The body's reaction to internal or external challenges
 - (c) A mental illness with no cure
 - (d) A lack of motivation
- (2) Which of the following is an example of eustress ?
 - (a) Losing a loved one
 - (b) Preparing for a competition
 - (c) Suffering from illness
 - (d) Conflict at the workplace
- (3) Which of these is not a symptom of chronic stress ?
 - (a) Increased focus and energy
 - (b) Headaches and insomnia
 - (c) Irritability and mood swings
 - (d) Fatigue and loss of interest
- (4) Which practice directly helps in reducing stress levels ?
 - (a) Overworking without rest.
 - (b) Avoiding social contact.
 - (c) Deep breathing and meditation.
 - (d) Ignoring emotions.
- (5) Which approach is most useful for long-term stress prevention ?
 - (a) Poor Time Management.
 - (b) Healthy lifestyle and regular exercise.
 - (c) Procrastination and Multitasking.
 - (d) Constant comparison with others.
- (6) Which of the following practices helps in reducing future stress ?
 - (a) Ignoring problems until they pass.
 - (b) Time management and small lifestyle changes.
 - (c) Avoiding emotional expression.
 - (d) Working without breaks.