



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

# DK-105

December-2025

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

## SEC-356 : Stress Management (Cloud & Application Development)

Time : 1:00 Hour]

[Max. Marks : 25

- Instructions :** (1) Attempt **all** questions.  
(2) Do not write anything on the question paper.

1. What is the difference between eustress and distress ? Give real-life examples to show how both types of stress influence personal performance. **10**

**OR**

1. What are adaptive and maladaptive behaviours in response to stress ? Explain with examples how these behaviours affect our health. **10**
2. Discuss the importance of work-life balance and its relation to stress management. How can one achieve a healthy balance ? **10**

**OR**

2. Discuss the significance of social support in Stress Management. How can family and friends play a role in lessening stress ? **10**
3. Answer any **five** questions out of the **seven** : **5**
- (1) Which behaviour is maladaptive for coping with stress ?
- (a) Exercise
  - (b) Avoidance
  - (c) Problem-solving
  - (d) Social support

- (2) Emotional intelligence helps in :
- (a) Controlling others
  - (b) Understanding and managing emotions
  - (c) Avoiding problems
  - (d) Increasing workload
- (3) Which is an example of an adaptive coping mechanism ?
- (a) Substance abuse
  - (b) Seeking social support
  - (c) Ignoring problems
  - (d) Avoidance
- (4) Effective Time Management can reduce stress by :
- (a) prioritizing tasks
  - (b) avoiding deadlines
  - (c) procrastinating
  - (d) multitasking
- (5) What does the term “stressor” refer to ?
- (a) A type of relaxation
  - (b) A source of stress
  - (c) A coping method
  - (d) A hormone
- (6) Which of these is NOT considered a good time management practice ?
- (a) Setting priorities
  - (b) Making to-do lists
  - (c) Procrastination
  - (d) Taking breaks
- (7) Which skill is crucial for managing workplace stress by understanding your own emotions and those of others ?
- (a) Time management
  - (b) Emotional intelligence
  - (c) Conflict avoidance
  - (d) Multitasking