



Seat No. : _____

DK-106

December-2025

5 Year Int., M.Sc. IT (DMVI), Sem.-V

SEC-356 : Stress Management

(Data Management & Visual Insight)

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) What are the consequences of stress on an individual's body, mind and behaviour ? Illustrate with examples. 5
- (b) What are the consequences of stress ? Explain physiological and psychological problems, behavioural symptoms and adaptive vs. maladaptive behaviour with examples. 5

OR

1. (a) Identify and explain common stressors at work (frustration, conflict, pressure, etc.). Discuss their cognitive and behavioural aspects and their impact on memory. 5
- (b) Explain the meaning and nature of stress. How does it differ from eustress and distress ? 5
2. (a) Explain the various strategies of stress management including meditation, yoga, problem-solving and methods to make changes last. 5
- (b) Discuss the relationship between stress and work performance. How do emotional intelligence, emotional regulation, and communication help in managing it ? 5

OR

2. (a) How can one prepare for a better future by reducing stress ? Explain the role of time management, prevention techniques and small changes that bring large rewards. 5
- (b) Describe any three effective strategies for managing stress in daily life. 5

3. Answer any **five** of the following :

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- (1) Which of the following best defines *stress* ?
 - (a) A permanent emotional disorder
 - (b) The body's response to any demand or challenge
 - (c) A psychological illness only
 - (d) The absence of all pressure

 - (2) *Eustress* refers to :
 - (a) Negative stress that causes harm
 - (b) Stress that always leads to conflict
 - (c) Positive stress that motivates and enhances performance
 - (d) A condition of complete relaxation

 - (3) Which of the following is not a common workplace stressor ?
 - (a) Frustration
 - (b) Conflict
 - (c) Pressure
 - (d) Meditation

 - (4) Which of the following helps in managing emotional stress effectively ?
 - (a) Avoiding communication
 - (b) Emotional intelligence and emotional regulation
 - (c) Ignoring all emotions
 - (d) Overworking to stay busy

 - (5) Yoga and meditation are examples of:
 - (a) Stress prevention techniques
 - (b) Physical fitness only
 - (c) Competitive exercises
 - (d) Behavioural stressors

 - (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
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