

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

**AH-102**

**April-2016**

**F.Y. M.B.A., Integrated**

**Stress Management**

**Time : 2 Hours]**

**[Max. Marks : 50**

1. Answer the following (Any **two**) :
    - (a) What is stress ? Explain effect of stress. **5**
    - (b) Give the definition of emotions. Write a short note on emotion and stress. **5**
    - (c) Explain biological component of stress. **5**
  
  2. Answer the following :
    - (a) What is job stress ? Explain sources of job stress. **5**
    - (b) Explain four types of role conflict faced by managers. **5**
  
  3. Answer the following :
    - (a) Explain importance of communication in stress. **5**
    - (b) How to live a longer life ? Explain. **5**
  
  4. Explain coping strategies for workplace stress. **10**
  
  5. Answer the following :
    - (a) What are novel ways of managing stress ? **5**
    - (b) What should organization do to reduce stress for its employees ? **5**
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