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K23U 2573

Reg. No. :

Name :

V Semester B.A./B.A. Afsal-UI-Ulama/B.Sc./B.Com./B.T.T.M/ B.B.A/
 B.B.A. – T.T.M./B.B.A. – A.H./B.C.A./B.S.W./B.M.M.C. Degree (CBCSS – OBE –
 Regular/Supplementary/Improvement) Examination, November 2023
 (2019 – 2021 Admissions)
 Generic Elective Course
 5D02PSY – STRESS MANAGEMENT

Time : 2 Hours

Max. Marks : 20

SECTION – A

Answer the following. Each question carries 1 mark.

(6x1=6)

1. Define wellness.
2. What is problem focused coping ?
3. How does avoidance coping occur ?
4. What is meant by Palpitation ?
5. What is a Chronic Heart Disease ?
6. Write a note on Pranayama.

SECTION – B

Answer any four of the following. Each question carries 2 marks.

(4x2=8)

7. Define Distress.
8. What is a stressor ?
9. What is the role of bargaining as a stage of coping ?
10. How does guided imagery help in stress management ?
11. How is self-talk used to help with stress ?
12. What is the effect of aerobic exercise ?

SECTION – C

Answer any one of the following. Each question carries 6 marks.

(1x6=6)

13. How are the personal and cultural factors affecting stress ?
14. What is the relationship between stress and personality ?