

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Illustrate the factors causing work related stress.  
Or  
(b) Spell out the strategies to cope up with stress.
17. (a) Discuss the techniques for overcoming procrastination.  
Or  
(b) Outline the steps in effective time management.
18. (a) Brief the outcomes of career plateauing.  
Or  
(b) Specify the need for sabbaticals and its benefits.
19. (a) Illustrate the issues in crisis management.  
Or  
(b) Spell out how learning could lead to empowerment.
20. (a) What factors contribute to self development?  
Or  
(b) How could you make effective decisions?

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Sub. Code : KBAE 44/  
PBAE 4 D

MASTER OF BUSINESS ADMINISTRATION (CBCS)  
DEGREE EXAMINATION, APRIL 2019.

Fourth Semester

Business Administration — Core

*Elective* — STRESS MANAGEMENT

(For those who joined in July 2016 and afterwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Stress caused due to achievement of a target is called  
(a) Distress (b) Eustress  
(c) Anxiety (d) Eczema
2. Neglecting responsibilities is a \_\_\_\_\_ symptom of stress.  
(a) physical (b) behavioural  
(c) cognitive (d) emotional



3. Postponing tasks to a later time, for no reason is called  
 (a) fear of failure (b) procrastination  
 (c) adjourning (d) tactics
4. Trying to do tasks in a perfect manner is a \_\_\_\_\_ in time management.  
 (a) opportunity (b) barrier  
 (c) savings (d) happiness
5. When developmental opportunities in job becomes unattainable the career plateau is called  
 (a) structural (b) enriched  
 (c) content (d) exogenous
6. Capability based planning and network building is \_\_\_\_\_ approach of crisis management.  
 (a) monitoring (b) traditional  
 (c) novel (d) conventional
7. Sense of belongingness will be high if there is  
 (a) Group dynamics (b) Group norms  
 (c) Group cohesion (d) Group conflict
8. Role clarity is found in a \_\_\_\_\_.  
 (a) Group (b) Team  
 (c) Association (d) Individual
9. Listening is a \_\_\_\_\_ process.  
 (a) Physical (b) Mental  
 (c) Emotional (d) Psychological

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10. Thinking in new perspectives is called  
 (a) Alertness (b) Creativity  
 (c) Posture (d) Gestures

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Specify the effect of stress.  
 Or  
 (b) What factors cause individual stress?
12. (a) How would you discriminate between 'urgent' and 'important' activities to be done?  
 Or  
 (b) Illustrate the barriers in time management.
13. (a) Why do career plateaus occur?  
 Or  
 (b) List the prerequisites for sustaining a marketable career.
14. (a) How could sense of humour leads to empowerment?  
 Or  
 (b) What factors affect group cohesion?
15. (a) How would you practice self meditation for peace?  
 Or  
 (b) Illustrate any two listening games.

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