

(6 pages)

Reg. No. :

Code No. : 8681

Sub. Code : PBAE 4 D

M.B.A. (CBCS) DEGREE EXAMINATION,
APRIL 2022.

Fourth Semester

Business Administration

Elective – STRESS MANAGEMENT

(For those who joined in July 2017 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Memory problems is a _____ symptom of stress.
- (a) Emotional
 - (b) Physical
 - (c) Cognitive
 - (d) Behavioural

2. Unable to work anymore, caused by working too hard is called

- (a) Distress
- (b) Eustress
- (c) Burnout
- (d) Dissonance

3. Phone calls, unscheduled visits make _____ in effective time management.

- (a) Hinderance
- (b) Interruptions
- (c) Task
- (d) Priorities

4. Matters that are note important and not urgent and if we do it, it is called

- (a) Procrastination
- (b) Interruption
- (c) Time wasters
- (d) Doing too many tasks

5. Employees who equate carrer success with hierarchical movement face _____ career plateau.

- (a) Content
- (b) Disguised
- (c) Structural
- (d) Unorganised

Page 2

Code No. : 8681



6. Risk assessment and early warning systems reveal
 - (a) Crisis preparedness
 - (b) Crisis response
 - (c) Crisis activation
 - (d) Crisis communication
7. Group cohesion will be high if there are _____ of members.
 - (a) Low number (b) High number
 - (c) Average number (d) Assorted number
8. A team member's role of identifying new ideas is called
 - (a) Director (b) Mr. Fix it
 - (c) Spark (d) Leader
9. Responding to feelings is called _____ listening.
 - (a) Passive (b) Aggressive
 - (c) Active (d) Assertive
10. Ability to think and do things by oneself is called
 - (a) Interest (b) Initiative
 - (c) Inclusive (d) Voice

Page 3 Code No. : 8681

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Spell out the symptoms of stress.
Or
(b) Brief the organisational stressors.
12. (a) Narrate the barriers in time management.
Or
(b) Why one should learn to say 'No'?
13. (a) Why 'Sabbaticals' are needed?
Or
(b) Why do 'Career plateaus' occur?
14. (a) Discuss the factors affecting group cohesion.
Or
(b) Brief the structural issues in crisis management.
15. (a) How do yoga help stressful personalities?
Or
(b) Illustrate the mental traits that affect personality.

Page 4 Code No. : 8681
[P.T.O.]



PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Discuss the methods of coping up with stress.

Or

- (b) Specify how stress is formed.

17. (a) Analyse how you waste your time and write few steps you can take for effective time management.

Or

- (b) Enlist the steps in effective time management.

18. (a) Spell out the positive and negative outcomes of career plateaus.

Or

- (b) What types of career counselling could help executives?

19. (a) Illustrate the preparedness for crisis management.

Or

- (b) How humour leads to empowerment?

Page 5

Code No. : 8681

20. (a) How could you improve servicable communication in work place?

Or

- (b) Illustrate the methods of improving creativity.
-

Page 6

Code No. : 8681

