

(6 pages)

Reg. No. : .....

Code No. : 9144

Sub. Code : KBAE 44

M.B.A. (CBCS) DEGREE EXAMINATION,  
APRIL 2018.

Fourth Semester

Business Administration

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. Which of the following are the basic sources of stress
  - (a) The Environment
  - (b) Social Stressors
  - (c) Physiological
  - (d) All of the above

2. Examples of environmental stressors are
  - (a) Weather
  - (b) Traffic
  - (c) Substandard housing
  - (d) Only 'A' & 'B' are right
3. The time you spend on activities such as eating sleeping bathing, exercises, and caring for your home is \_\_\_\_\_
  - (a) Committed time
  - (b) Discretionary time
  - (c) Maintenance time
  - (d) Family time
4. Which of following is/are suggested time management technique(s)?
  - (a) Clean up and get organized
  - (b) Concentrate on one key task at a time
  - (c) Make good use of technology
  - (d) All of the above.
5. Aches, shallow breathing and sweating, frequent colds are
  - (a) Physical symptoms of stress
  - (b) Behavioural symptoms of stress
  - (c) Emotional symptoms of stress
  - (d) Cognitive symptoms of stress

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6. Which of the following would be considered personality development?
- (a) bodily changes during illness
  - (b) personality changes due to the effects of a drug
  - (c) decreasing activity level over time
  - (d) a new career
7. Which of the following characteristics is difficult to define as either intellectual or non-intellectual individual differences?
- (a) Creativity
  - (b) Emotional intelligence
  - (c) Social intelligence
  - (d) All of the above
8. Situation in which employees feel themselves stucked at a particular career level is classified as
- (a) workforce transition
  - (b) career plateaus
  - (c) reality feedback
  - (d) entry shock

9. For meditation to be effective, you need to...
- (a) Meditate in sessions lasting longer than 30 minutes.
  - (b) Consciously force yourself to relax while meditating.
  - (c) Practice it on a regular basis.
  - (d) Come out of the meditative state quickly.
10. What does the word 'yoga' mean?
- (a) Join or Unite
  - (b) Balance
  - (c) Truth
  - (d) Wellness

PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Write a short note of distress
- Or
- (b) Give an account of stress patterns.
12. (a) Briefly describe the major benefits of the time management.
- Or
- (b) Discuss the causes of lack of concentration.



13. (a) Briefly describe the theories of counseling.

Or

- (b) How to find out the sustainable career in market? Give example.

14. (a) Describe the nature of crisis management.

Or

- (b) How to create the team spirit? List out the features of team spirit.

15. (a) Write down the need of self-development.

Or

- (b) How to make a good personality? Bring out the steps for good personality.

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 stress management process model.

Or

- (b) Explain the types of stressors.

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17. (a) How time management prevent the stress? Explain.

Or

- (b) Explicate the key skills of time management. State its features.

18. (a) Discuss the different kinds of career plateau

Or

- (b) Explain the factors determining the career plateau.

19. (a) List out and explain the various environmental issues of crisis management.

Or

- (b) Describe the factors contributing to group cohesiveness.

20. (a) Explain the factors influencing the shaping of our personality.

Or

- (b) Define meditation. Discuss the religious and spiritual meditation in your life

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