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**Presidency University**

**Bengaluru**

**MAke up Examination – JULY 2024**

**Sem & AY**: sem I

**Course Code**: DSA 1003

**Course Name**: Stress Management & Well Being

**Program & Sem**: BBA (all), B.com (all), B.sc (Economics)

**Date**: 10 JULY 2024

**Time**: 09:30AM – 12:30PM

**Max Marks**: 100

**Weightage**: 50%

**Instructions:**

1. *Read the question properly and answer accordingly.*
2. *Complete the test within the time given.*

**Part A (Memory Recall Questions)**

**Answer all the questions. Each question carries Three mark. (10\*3=30)**

1. Which of the following is true **(3 Mark, CO1, Knowledge )**

a. Little stress is good

b. Too much stress is harmful

c. All stress are harmful

d. only a and b are true

2. Stress can be influenced by **(3 Mark, CO1, Knowledge )**

a. Internal factor

b. External factor

c. both a and b

d. None of the above.

3. Stressors can be **(3 Mark, CO1, Knowledge )**

a. Biological

b. Psychological

c. Both a and b

d. Only a

4. Which of the following is not the example for the external source of stress **(3 Mark, CO1, Knowledge)**

a. Weather

b. Financial Problems

c. Toxins

d. Depression

5. The outcome of the stress reactivity is referred as **(3 Mark, CO1, Knowledge)**

a. Strain

b. Stressor

c. Long term stressor

d. None of the above

6. Example for Acute stress **(3 Mark, CO2, Knowledge)**

a. Broke down of the car

b. Financial problem

c. Relationship/family issues

d. Disliking career

7. Which of these statement is false? **(3 Mark, CO2, Knowledge)**

a. Acute stress is not easily recognized

b. Acute stress is manageable

c. Acute stress remains only for short span of time

d. both c and d

8. Personality is developed through **(3 Mark, CO2, Knowledge)**

a. Values

b. Attitude

c. Habits

d. All of the above

9. Individuals who seems to have control over the environment are considered to have **(3 Mark, CO2, Knowledge)**

a. Internal Locus of Control

b. External Locus of control

c. Locus of contol

d. None of the Above

10. Identify the three Cs of Hardiness **(3 Mark, CO2, Knowledge)**

a. Commitment, Control, Challenge

b. Commitment, Control, Change

c. Commitment, Cooperate, Challenge

d. Corporation, Control, Challenge

**Part B. (Thought Provoking Questions)**

**Answer all the questions. Each question carries Eight marks. (5x8=40)**

1. What is “Flight of Fight response”. Explain with an example. **(8 Marks, CO1, Application)**

2. What is locus of control? How is having internal locus of control can control the stress? **(8 Marks, CO2, Comprehension)**

3.What are the sources of the Stress? Expalin with the suitable example. **(8 Marks, CO1, Comprehension)**

4. What do you understand by “Stress Signal”? Discuss the different stress signals in college life.  **(8 Marks, CO3, Comprehension)**

5. What are the main characteristics and their respective symptoms of Type A behaviour? **(8 Marks, CO2, Comprehension)**

**Part C (Problem Solving Questions)**

**Answer the following. The question carries Fifteen marks. (2x15=30)**

1. Acute stress is short-term stress and Chronic stress is long-term stress. List out the difference between Acute and Chronic Stress.  **(15 Marks, CO2, Comprehension)**
2. Explain the various benefits of Yoga? How does yoga help in managing the stress. **(15 Marks, CO3, Comprehension)**