

Reg. No.:



Name:

University of Kerala

U9139

Second Semester FYUGP Degree Examination, April 2025

Discipline Specific Core Course

PSYCHOLOGY

UK2DSCPSY115 - STRESS MANAGEMENT

Academic Level: 100-199

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark Each.Answer all questions

Qn No.	Question	CL	CO
1	Which part of the brain is primarily responsible for the stress response? Options : A)Cerebellum B)Hypothalamus C)Hippocampus D)Amygdala	RE	1
2	What is the Daily Hassles Scale? Options : A)A measure of major life events B)A measure of daily stressors C)A measure of coping skills D)A measure of stress symptoms	RE	1
3	What is the "fight or flight" response in relation to stress? Options : A)A relaxation response to reduce stress B)A coping strategy involving social interaction C)The body's automatic reaction to perceived threats D)A long-term strategy to manage chronic stress	UN	1
4	How does stress primarily affect cognitive functioning? Options : A)Improves problem-solving skills B)Impairs attention, memory, and decision-making C)Enhances creativity D)Has no effect on cognitive processes	UN	1
5	Which of the following is a benefit of hypnosis? Options : A)Reduced anxiety B)Improved sleep C)Increased focus and concentration D)All of the above	UN	1

Qn No.	Question	CL	CO
6	What is the impact of allostatic load on mental health? Options : A)It improves mental health B)It has no effect on mental health C)It worsens mental health D)It is not related to mental health	UN	1

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Compare the "Fight or Flight" and "Tend and Befriend" responses to stress.	UN	2
8	Identify and explain three environmental and three psychological stressors that impact an individual's well-being.	UN	1
9	Suggest a stress reduction program to reduce the online stress among teenagers.	AP	3
10	A young professional under chronic stress reports frequent headaches, high blood pressure, and difficulty sleeping. Explain the physiological mechanisms linking stress to these symptoms.	AP	2

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Identify a stressful life event (e.g., job loss, divorce) and suggest appropriate coping strategies for it. OR B) Analyze how different types of stress—such as acute, episodic, and chronic stress—impact physical and mental health. Support your answer with real-life examples and practical implications.	AP	4, 5
12	A) Examine how stress leads to behavioral changes such as procrastination, impulsivity, or withdrawal from social interactions, which can worsen stress levels.	AN	5, 5

Qn No.	Question	CL	CO
	<p>OR</p> <p>B)</p> <p>Evaluate how stress leads to fatigue, including physical tiredness, mental exhaustion, and a lack of energy that can affect daily tasks.</p>		
13	<p>A)</p> <p>Compare cognitive-behavioral therapy (CBT) and biofeedback as strategies for managing stress.</p> <p>OR</p> <p>B) A friend shows signs of stress-induced mental distress (persistent anxiety and withdrawal). Outline a basic intervention plan.</p>	EV	5, 3
14	<p>A)</p> <p>Write an article on the title” The Hidden Dangers of Chronic Stress: What You Need to Know to Protect Your Health.”</p> <p>OR</p> <p>B)</p> <p>Design an illustrated guide or infographic that explains the main types of coping strategies—problem-focused, emotion-focused, and avoidance coping. Show how each strategy helps individuals manage stress.</p>	CR	5, 4