

Reg. No.:



Name:

University of Kerala

U9007

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 | What does the term "eustress" refer to? Options : A)Negative stress B)Stress from physical exertion C)Positive stress D)Stress caused by environmental factors | RE | 1 |
| 2 | How does meditation help in coping with stress? Options : A)By increasing heart rate B)By promoting relaxation and focus C)By releasing cortisol D)By avoiding the stressor | RE | 1 |
| 3 | The "pressure" aspect of psychological stress refers to: Options : A)The feeling of being forced to meet high expectations B)Frustration due to goal blockage C)Lack of control over an event D)Experiencing daily hassles | UN | 1 |
| 4 | Which of the following best explains why stress impairs task performance? Options : A)Stress enhances logical thinking and problem-solving B)Stress increases cognitive overload, reducing working memory capacity | UN | 1 |

| Qn No. | Question | CL | CO |
|--------|---|----|----|
| | C)Stress eliminates distractions, leading to better focus D)Stress has no impact on cognitive resources | | |
| 5 | Which of the following is a key component of effective modeling in stress management? Options : A)Observing a model B)Imitating a model's behavior C)Receiving feedback and reinforcement D)All of the above | UN | 1 |
| 6 | What is the difference between the "fight" and "flight" reactions in stress response? Options : A)"Fight" involves avoiding the stressor, "flight" involves confronting it B)"Fight" is physical, "flight" is mental C)"Fight" is confronting the stressor, "flight" is escaping from it D)"Fight" and "flight" are the same | 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 | Explain how chronic workplace stress can lead to burnout. What are the key symptoms of burnout? | UN | 1 |
| 8 | Describe the importance of coping mechanisms in stress management. | UN | 1 |
| 9 | A close family member has been diagnosed with a serious illness, and you are feeling overwhelmed. How can you apply stress-reduction strategies to manage your emotional response while supporting your family? | AP | 1 |
| 10 | Imagine a student facing stress before exams. How can they apply relaxation techniques to improve their focus and reduce anxiety? | AP | 3 |

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) Evaluate the behavioural patterns of person having Type A behaviour and suggest ways to reduce their health risks. OR B) Illustrate how chronic stress can lead to mental health conditions like anxiety, depression, burnout, and cognitive decline. | AP | 5, 5 |

| Qn No. | Question | CL | CO |
|--------|--|----|------|
| 12 | <p>A)</p> <p>Analyse the advantages and disadvantages of using meditation versus medication to manage chronic stress.</p> <p>OR</p> <p>B) Analyse the cognitive and behavioural effects of stress on psychological functioning.</p> | AN | 5, 5 |
| 13 | <p>A)</p> <p>Evaluate how chronic stress can lead to sustained high blood pressure, increased heart rate, and higher levels of adrenaline.</p> <p>OR</p> <p>B)</p> <p>Evaluate the role of the fight or flight response in modern society, considering its original purpose, physiological effects, and consequences on mental and physical health.</p> | EV | 4, 5 |
| 14 | <p>A)</p> <p>Develop a case-based scenario or narrative that illustrates how chronic stress can lead to anhedonia by diminishing an individual's ability to experience joy. Highlight key psychological mechanisms and behavioral changes involved in this process.</p> <p>OR</p> <p>B)</p> <p>Construct a conceptual model to illustrate how activation of the hypothalamic-pituitary-adrenal (HPA) axis contributes to the development of stress-related diseases.</p> | CR | 4, 3 |