

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,
SEMESTER END EXAMINATION, OCTOBER 2019

Semester: III of BA

Subject: PSYCHOLOGY

SEC: Stress Management (PSS 101)

Duration: 2 hours

Date: 5-11-2019

Total marks: 80

Instructions: 1. All questions are compulsory.
2. Figures to the right indicate marks.

1. A. Write a short note on any two of the following (5 X 2 = 10 marks)
 - i. Components of stress
 - ii. Physical illness as potential effects of stress
 - iii. Post-traumatic stress disorder
1. B. Answer any one of the following (10 X 1 = 10 marks)
 - i. Explain the sources of stress
 - ii. Discuss the psychosocial aspects of stress
2. A. Write a short note on any two of the following (5 X 2 = 10 marks)
 - i. Coronary heart disease
 - ii. Psychoneuroimmunology
 - iii. Recurrent headaches
2. B. Answer any one of the following (10 X 1 = 10 marks)
 - i. Describe the Diathesis stress model
 - ii. Explain stress behaviour and illness
3. A. Write a short note on any two of the following (5 X 2 = 10 marks)
 - i. Yoga
 - ii. Type A and B personality
 - iii. Relaxation techniques
3. B. Answer any one of the following (10 X 1 = 10 marks)
 - i. Explain social support as psychosocial modifier of stress
 - ii. Describe sense of personal control as psychosocial modifier of stress
4. A. Write a short note on any two of the following (5 X 2 = 10 marks)
 - i. Systematic problem solving
 - ii. Avoidance of unnecessary stress
 - iii. Humour as a stress reducer
4. B. Answer any one of the following (10 X 1 = 10 marks)
 - i. Explain Ellis's rational thinking and catastrophic thinking
 - ii. Discuss the importance of emotion-focused constructive coping.