

CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,
NUVEM-GOA

SEMESTER END EXAMINATION, NOVEMBER-DECEMBER 2022

Semester: III of BA

Course name & Code: SEC- Stress Management, PSS 101

Total Marks: 80

Date: 06/12/2022

Duration: 2 hours

Total No of pages: 02

Instructions: 1) All questions are compulsory

2) figures to the right indicate marks

Q.1. A. Write short notes on any two of the following. (10 marks)

- i. Good stress v/s bad stress
- ii. Define stress and its characteristics of stressful events
- iii. PTSD

B. Answer any one of the following. (10 marks)

- i. Describe in detail how family and community can become the sources of stress
- ii. Elaborate on biological aspects of stress.

Q.2. A. Write short notes on any two of the following. (10 marks)

- i. How cancer is related to stress
- ii. Diathesis stress model
- iii. Stress and immune functioning.

B. Answer any one of the following (10 marks)

- i. Describe in detail the burnout and its distinct stages
- ii. Explain in detail how stress reducing activities can lower blood pressure issues.

Q.3. A. Write short notes on any two of the following. (10 marks)

- i. How social support is associated to better health conditions.
- ii. Benefits of yoga to manage everyday stress
- iii. Progressive Muscle Relaxation Technique.

B. Answer any one of the following.

(10 marks)

- i. Describe sense of personal control as psychosocial modifiers of stress
- ii. Explain in detail the importance of meditation and exercise to manage stress.

Q.4. A. Write short notes on any two of the following.

(10 marks)

- i. Roots of catastrophic thinking
- ii. Nature of constructive coping
- iii. Five defensive ways of coping

B. Answer any one of the following.

(10 marks)

- i. Explain in detail the Elli's rational thinking with relevant examples.
- ii. Elaborate on importance of emotion-focused as constructive coping.