

M.Phil/Pre Ph.D Regular & Supplementary Examinations – OCTOBER, 2023
R210303E

Paper –III: STRESS MANAGEMENT.
Commerce & Management

Time : 3 hrs

Maximum Marks : 100

Answer One Question from Each Unit
All Questions Carry Equal Marks

UNIT - I

1. (a) Define 'Stress'. What are the symptoms of Stress? 10 M
(b) Explain about different sources of Stress. 10 M
(or)
2. (a) What is meant by Burnout? What are the symptoms of Burnout? 10 M
(b) What strategies are required to come out of Stress? 10 M

UNIT - II

3. (a) Outline the reasons for Frustration. 10 M
(b) What is meant by Conflict? What are the types of Conflicts? 10 M
(or)
4. (a) What factors are responsible for Pressure? 10 M
(b) Explain to what extent society is responsible for pressure. 10 M

UNIT - III

5. (a) What are the sources of Managerial Stress? 10 M
(b) Evaluate the relationship between Stress and Personality. 10 M
(or)
6. (a) Outline the Managerial Implications of Stress. 10 M
(b) Briefly explain about Leadership Styles under Stressful conditions. 10 M

UNIT - IV

7. (a) What are Stress related Disorders? Explain. 10 M
(b) Explain with examples about Eating Disorders. 10 M
(or)
8. (a) Is Stress responsible for obesity? Give reasons. 10 M
(b) What is Bulimia Nervosa? How is stress responsible for this disease? 10 M
Explain.

UNIT - V

9. (a) "Social Support leads to reducing of Stress". Discuss. 10 M
(b) Briefly write about Behavioural Techniques for Stress Control. 10 M
(or)
10. (a) Discuss how Yoga is responsible for reducing Stress. 10 M
(b) What is Assertiveness Training? What are the issues involved in it? 10 M
