

19/12/23



Doon University Dehradun

Department of Psychology

End term examination 2023-24

BA Psychology (NEP) III (Odd Semester Third)

~~Stress and~~ Stress Management (Course Code _PYS301)

Time 3hrs.

Total marks 50

Section-A

Attempt all the questions

1x10=10 marks

1. Which coping strategy involves avoiding or ignoring stressful situations?
a) Problem-solving b) Social support
c) Emotional release d) Avoidance
2. Which of the following is a physiological source of stress?
a) Academic pressure b) Environmental noise
c) Physical illness d) Social isolation
3. Eustress is characterized by
a) Negative impact on health b) Unpleasant experiences
c) Positive outcomes and motivation d) Chronic fatigue
4. What are common symptoms of stress?
a) Increased energy levels b) Improved concentration
c) Headaches and muscle tension d) Enhanced immune function
5. Meditation is often used as a method for:
a) Increasing stress levels b) Improving physical fitness
c) Relaxation and stress management d) Social interaction
6. Environmental sources of stress may include:
a) Supportive relationships b) Natural disasters
c) Positive life events d) Adequate sleep
7. What is the primary focus of problem-focused coping?
a) Changing the emotional response to stress b) Addressing the root cause of stress
c) Ignoring stressors d) Seeking social support

8. Social factors contributing to stress can involve:

- a) Strong social support b) Positive self-esteem
- c) Social conflicts and pressures d) Optimal time management

9. The long-term effects of stress on health may include:

- a) Improved immune function b) Reduced risk of chronic diseases
- c) Increased susceptibility to illnesses d) Enhanced cognitive abilities

10. Relaxation techniques for stress management may include:

- a) Vigorous exercise b) Deep breathing and progressive muscle relaxation
- c) Excessive caffeine consumption d) Multitasking

Section-B

Short Answer

4x5=20 marks

Attempt *any four* questions.

1. What are the key components regarding stress?
2. Provide examples of environmental, social, physiological, and psychological sources of stress in detail.
3. Explain the impact of stress on health.
4. What is eustress, and how does it differ from distress?
5. List three methods discussed for managing stress.
6. Why is it important for individuals to learn about stress management techniques?

Section-C

Attempt *any two* questions

10x2=20 marks

1. Imagine you are in a high-pressure work environment. Identify and analyse the environmental, social, physiological, and psychological stressors that may affect your performance. Suggest practical strategies to cope with each type of stressor.
2. Consider a scenario where an individual is experiencing chronic stress. Outline the potential long-term health consequences and propose personalized interventions based on the principles discussed in stress and health to mitigate these health risks.
3. You have a friend who is struggling with stress due to academic pressures. Recommend a customized stress management plan for them, incorporating specific methods discussed in class as yoga, meditation, and problem-focused strategies. Justify your choices based on the nature of their stressors.