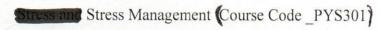


Doon University Dehradun

Department of Psychology

End term examination 2023-24

BA Psychology (NEP) III (Odd Semester Third)



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.