

12113301\_OC\_3\_SET1\_SECSTRESSMANAGEMENT(CBCS)\_APPLIEDPSYCHOLOGY(HONS)

UNIQUE PAPER CODE:12113301\_OC

SEMESTER: 3

PAPER NAME: STRESS MANAGEMENT (CBCS)

COURSE: APPLIED PSYCHOLOGY (hons)

MAXIMUM MARKS: 38

TIME:2 hrs.

ATTEMPT ANY **FOUR** QUESTIONS

EACH QUESTION CARRIES EQUAL MARKS

1. Define stress and discuss GAS model with examples. (9.5)
2. Discuss different types of stressors with suitable examples (9.5)
3. Discuss the physiological response to stress in detail. (9.5)
4. Describe different constructive coping strategies to stress. (9.5)
5. Discuss "Yoga" as a technique to manage stress. (9.5)
6. Discuss long term coping strategies to stress with examples. (9.5)

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