

QP CODE
H1148

Enrollment Number:

Name:

B.A. DEGREE EXAMINATIONS, MARCH 2026
Third Semester
B.A. Psychology
B23PY01SE – Stress Management
(2024 July Admissions)

Time: 3 Hours

Max Marks: 70

Section A

Answer any ten of the following questions in a word or sentence each. Each question carries 1 mark.

1. Who is known as the father of stress research?
2. What is fear?
3. Who proposed that stress arises from dynamic person-environment interactions?
4. What model did Hans Selye outline in 1956?
5. What mental health concern is associated with catastrophic events?
6. What did Selye initially view stress as?
7. What response is associated with Walter Cannon?
8. What is cortisol often called?
9. What is MBCT?
10. What does allostasis do under stress?
11. What are strategies to cope with stressful experiences called?
12. What type of coping strategy is Prioritization?
13. What is Progressive Muscle Relaxation (PMR) used for?
14. What does the HPA axis release to deal with long-term stress?
15. What is another name for forest bathing?

(1X10=10)

Section B

Answer any ten of the following questions in two or three sentences each. Each question carries 2 marks.

16. What does yoga walking combine?
17. What does MBSR stand for?
18. What is self-efficacy?
19. What is cognitive appraisal?
20. What is positive reappraisal?
21. What is progressive muscle relaxation?

22. What is meditation?
23. Name the two main types of coping.
24. Who outlined the two main types of coping in 1984?
25. What is problem-focused coping?
26. What does prolonged stress disrupt in depressive disorder?
27. What psychological problems can long-term stress lead to?
28. Name two stress-related behaviors linked to diabetes.
29. What causes acculturative stress?
30. What are key traits of Type B behavior pattern?

(2X10=20)

Section C

Answer any five of the following questions in a paragraph each. Each question carries 4 marks.

31. Explain allostasis.
32. Explain catastrophes with relevant examples.
33. Enumerate the key elements of eustress and distress and provide appropriate examples.
34. Explain the two main types of social factors that cause stress.
35. Analyze and compare the main psychological factors that cause a stress response.
36. Discuss the different psychological disorders caused from long-term stress.
37. Explain how long-term stress affects one's physical health.
38. Enumerate and explain emotion-focused coping strategies.
39. Write a short description of the steps needed to solve a problem to reduce anxiety.
40. Explain the importance of time management in problem-focused coping strategies.

(4X5=20)

Section D

Answer any two of the following questions in two pages each. Each question carries 10 marks.

41. Describe how Type B personality qualities, as opposed to Type A personality traits, impact stress management.
42. Explain the body's physiological responses to prolonged stress by integrating Cannon and Selye's views.
43. Compare and contrast the Hypothalamic-Pituitary-Adrenal (HPA) axis and General Aggression Model (GAM) to explain the role of stress and aggressive behaviour.
44. Write a brief explanation of modern resilience-building techniques.

(10X2=20)