

[This question paper contains 2 printed pages.]

Sr. No. of Question Paper : 8281 **GC** **Your Roll No.....**

Unique Paper Code : 12113301

Name of the Paper : Stress Management

Name of the Course : **B.A. (H) Applied Psychology (SEC)**

Semester : III

Duration : 2 Hours

Maximum Marks : 38

Instructions for Candidates

1. Write your Roll No. on the top immediately on the receipt of this question paper.
2. Attempt all **three** questions.

1. Define Stress. Discuss the Social and Environmental sources of stress. (5+10)

OR

- Describe the symptoms of stress giving suitable examples. (15)
2. Explain problem- focused constructive coping approach to stress. (15)

OR

- Discuss meditation and relaxation techniques as methods to manage stress effectively. (15)

P.T.O.

3. Write short notes on any **Two** of the following : (4+4)

(a) Psychological Response to Stress

(b) Types of stress

(c) Yoga

(d) Vipassana