

**SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)**

**(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai — 600 044.**

**M.A. END SEMESTER EXAMINATIONS APRIL - 2022**

**SEMESTER - II**

**20PHRCT2008 - Stress Management**

**Total Duration : 3 Hrs.**

**Total Marks : 60**

**Section A**

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. Define Stress.
2. Discuss the various strategies for managing stress.
3. What are the biological factors of stress?
4. Explain the reasons for Stress among working women.
5. List out the various signs and symptoms of stress.
6. Discuss the importance of Journal Writing.
7. Explain the symptoms of Occupational Stress.
8. Describe the impact of stress in the organization.

**Section B**

**Part A**

Answer any **TWO** questions ( $2 \times 10 = 20$  Marks)

9. Discuss the Sources of stress.
10. Explain the relationship between stress and disease.
11. Briefly explain the various types of stressors.
12. List out the causes of occupational stress. How to cope up with the same?

**Part B**

Compulsory question ( $1 \times 10 = 10$  Marks)

13. "Stress is the growing cause of Absenteeism and Labour Turnover" - Discuss.

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