QP CODE: DIBPS2503	**(Pages: 2)**	**Reg. No**	**: .....**
		Name	**: .....**

First Semester FYUGP (Regular) Examination November 2025

Multi-Disciplinary Courses (MDC)

PSY1FM105(1) : The Art of Stress Management

(Credits: 3)

Time: 1.5 Hours **Maximum Marks: 50**

Section A

Answer the following questions. Each carries 2 marks (Ceiling: 16 marks)

1.	List and describe three stages of the GAS model.	BL2	CO1
2.	Apply emotion-focused coping to a scenario where direct action is not possible.	BL3	CO3
3.	Analyse why patient motivation is crucial for the effectiveness of biofeedback therapy.	BL4	CO3
4.	Explain the two processes in cognitive appraisal theory.	BL2	CO2
5.	Describe how pressure contributes to stress.	BL2	CO2
6.	Analyze how progressive muscle relaxation (PMR) helps in reducing muscular tension and stress.	BL4	CO3
7.	Analyze two key benefits of practicing mindfulness regularly.	BL4	CO5
8.	Summarize symptoms of stress.	BL2	CO1
9.	Discuss the role of life events in causing stress.	BL2	CO2
10.	Describe various types of stress.	BL2	CO1

Section B

Answer the following questions. Each carries 6 marks (Ceiling: 24 Marks)

11.	Define approach-approach conflict. Also explain why this type of conflict causes less stress.	BL2	CO2
12.	Summarize the concept of stress as a natural body response, including a suitable example to illustrate your explanation.	BL2	CO1

(PTO)

13.	Illustrate the role of yoga as a stress management technique by describing a specific scenario where its practice positively impacted physical and mental health.	BL3	CO5
14.	Apply the concept of frustration to a real-life situation by describing an event where frustration led to stress.	BL3	CO2
15.	Describe the Diathesis-Stress Model and explain how it helps in understanding mental illness.	BL2	CO2
	Section C		
	Answer any one question. Each carries 10 marks (1 x 10 = 10 Marks)		
16.	Analyze four common stress management techniques by applying them to specific stress scenarios, and evaluate their effectiveness in reducing stress.	BL4	CO3
17.	What are stressors ? Describe various types of stressor with relevant examples.	BL2	CO1
	CO : Course Outcome		
	BL : Bloom's Taxonomy Levels (1 – Remember, 2 – Understand, 3 – Apply, 4 – Analyse, 5 – Evaluate, 6 – Create)		