



'समानो मन्त्रः समितिः समानी'

UNIVERSITY OF NORTH BENGAL

B.A. Sec 1st Semester Examination, 2023

UPSYSEC11001-PSYCHOLOGY

STRESS MANAGEMENT

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

1. Define stress. Discuss its nature. 4+6
2. Explain the various sources of stress. 10
3. Elucidate on the effect of stress on health. 10
4. Describe in detail any two methods of managing stress. 5+5

GROUP-B

Answer any three from the following

5×3 = 15

5. State the symptoms of stress. 5
6. What are the environmental causes of stress? 5
7. Elaborate on the physiological sources of stress. 5
8. Write a short note on the effect of stress on the mind. 5
9. Explain relaxation techniques as a method of stress management. 5

GROUP-C

Write short notes on any five from the following

1×5 = 5

10. Eustress 1
11. Social source of stress 1
12. Psychological source of stress 1
13. Mindfulness 1
14. Yoga 1
15. Problem focused approach of stress management 1
16. Emotion focused approach of stress management 1
17. Meditation. 1

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