

2024

(FYUGP)

(2nd Semester)

MANAGEMENT

(Interdisciplinary Paper)

Paper Code : IDP-2/MHSM

(**Mental Health and Stress Management**)

Full Marks : 37½ Pass Marks : 40%

Time : 2 hours

(PART : B—DESCRIPTIVE)

(Marks : 25)

The questions are of equal value

Answer **any five** questions

1. What are the types of stress? Explain the signs associated with each type.
2. What are the sources of stress experienced in academic settings?
3. Explain the stress warning signals.
4. Discuss how stress can affect psychological well-being.

24L/938a

(Turn Over)

5. Explain the stages of the General Adaptation Syndrome.
6. Discuss the impact of physiological effect on the body and explain how it can contribute to long-term health issues.
7. Explain the emotion-focused and problem-focused coping mechanisms of stress.
8. What is biofeedback? Explain its various types.
9. What is Yoga? Explain the benefits of Yoga.
10. What are some effective strategies for maintaining good mental health and well-being in today's fast-paced world and stressful world?

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(**Mental Health and Stress Management**)

(PART : A—OBJECTIVE)

(Marks : 12½)

The figures in the margin indicate full marks for the questions

SECTION—I

(Marks : 7½)

A. Put a Tick (✓) mark against the correct answer in the brackets provided : ½×15=7½

1. Who is considered a pioneer in stress research, laying the groundwork for further exploration of its impact on health?

(a) Hans Selye ()

(b) Claude Bernard ()

(c) Walter Cannon ()

(d) All of them ()

2. Which of the following is a potential impact of eustress?

- (a) Increased anxiety and tension ()
- (b) Decreased motivation and productivity ()
- (c) Enhanced performance and productivity ()
- (d) Impaired immune function and health issue ()

3. Which of the following is not typically considered a common source of stress?

- (a) Work or job-related responsibilities ()
- (b) Financial concerns ()
- (c) Relationship issues ()
- (d) Strong social support networks ()

4. Which of the following is a behavioural symptom commonly associated with stress?

- (a) Increased physical activity ()
- (b) Enhanced social interaction ()
- (c) Decreased appetite ()
- (d) Improved concentration ()

5. What characterizes the cognitive component of stress?

- (a) Physiological reactions to stressors ()
- (b) Emotional responses to stressors ()
- (c) Perceptions and interpretations of stressors ()
- (d) Behavioural actions taken to cope with stress ()

6. Which of the following statements best describes social stress?

- (a) Social stress primarily originates from physical exertion ()
- (b) Social stress arises from interpersonal interactions and societal expectations ()
- (c) Social stress is solely caused by financial difficulties ()
- (d) Social stress is exclusive to workplace environments ()

7. When an individual experiences a threat or perceives danger, which physiological response is activated?

- (a) Relaxation of muscles ()
- (b) Activation of the sympathetic nervous system ()
- (c) Decrease in heart rate ()
- (d) Reduction in adrenaline secretion ()

8. What is the impact of stress on the body according to the general adaptation syndrome (GAS)?
- (a) Alarm response ()
 - (b) Resistance response ()
 - (c) Exhaustion response ()
 - (d) All of the above ()
9. What is a potential consequence of prolonged stress on mental function?
- (a) Improved memory retention ()
 - (b) Enhanced decision-making abilities ()
 - (c) Impaired cognitive function and memory recall ()
 - (d) Increase in creativity and problem-solving skills ()
10. Which of the following is a common coping mechanism for dealing with stress?
- (a) Seeking social support and talking about problems ()
 - (b) Denial and avoidance ()
 - (c) Procrastination and delaying tasks ()
 - (d) Engaging in risky behaviours such as substance abuse ()

11. Which of the following dietary components is typically associated with helping to alleviate stress?
- (a) High intake of sugary snacks and beverages ()
 - (b) Consuming excessive amounts of caffeine ()
 - (c) Increase intake of processed foods high in saturated fats ()
 - (d) Adequate consumption of fruits and vegetables rich in antioxidants ()
12. Which of the following is not a commonly recognized coping mechanism for dealing with stress?
- (a) Problem solving ()
 - (b) Self-blame and rumination ()
 - (c) Emotional expression and ventilation ()
 - (d) Relaxation techniques such as deep breathing or meditation ()
13. Which type of exercise is often recommended for stress reduction and improving mental well-being?
- (a) High-intensity interval training ()
 - (b) Weightlifting ()
 - (c) Yoga ()
 - (d) Sports ()

(6)

14. What is the primary emphasis of appraisal focused coping in stress management?

(a) Altering the perception and interpretation of stressors ()

(b) Changing the external situation causing stress ()

(c) Modifying the individual emotional response to stressors ()

(d) Seeking social support from friends and family ()

15. Which of the following lifestyle choices is not generally recommended for managing stress?

(a) Regular exercise ()

(b) Healthy diet ()

(c) Excessive alcohol consumption ()

(d) Sufficient sleep ()

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(7)

SECTION—II

(Marks : 5)

B. Answer any *five* of the following questions in short : 1×5=5

1. What is stress?

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2. What is episodic acute stress?

3. What is fight or flight?

4. What are the sources of stress?

5. How does stress impact on our diet?

(12)

6. What is coping?

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(13)

7. Describe one stress coping technique that individuals can use to manage their stress levels effectively.

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10. What are the different lifestyle issues to take care of our mental health?

8. What is primary appraisal?

9. How does meditation contribute to self-care?