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BRAINWARE UNIVERSITY

Term End Examination 2025-2026

Programme – B.Sc.(PSY)-Hons-2023

Course Name – Stress Management

Course Code - BPY60122

(Semester VI)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Select the correct nature of stress according to Lazarus' transactional model.

a) Purely physiological	b) Entirely environmental
c) Interaction between person and environment	d) Only psychological
- (ii) Identify the behavioral symptom of stress.

a) Fatigue	b) Aggression
c) Tachycardia	d) Sweating
- (iii) Select the social source of stress.

a) Crowding	b) Family conflict
c) Hormonal imbalance	d) Extreme temperature
- (iv) Select the correct statement about the nature of stress.

a) Stress is always harmful	b) Stress is purely mental
c) Stress can be adaptive	d) Stress is static
- (v) Identify which hormone is commonly associated with stress response.

a) Melatonin	b) Cortisol
c) Oxytocin	d) Insulin
- (vi) Identify which factor best represents social stress.

a) Hormonal change	b) Discrimination
c) Extreme heat	d) Illness
- (vii) Identify the primary physiological response system activated during acute stress, often referred to as the fight-or-flight response.

a) The Sympathetic-Adrenal-Medullary (SAM) System	b) The Parasympathetic Nervous System
c) The Digestive System	d) The Integumentary System
- (viii) Identify the hormone secreted by the adrenal medulla during the fight-or-flight response to increase heart rate and energy.

- a) Estrogen b) Epinephrine (Adrenaline)
c) Progesterone d) Growth Hormone
- (ix) Select the psychological concept where stress leads to a feeling of being unable to control or change a negative situation.
a) Learned helplessness b) Positive reinforcement
c) Self-actualization d) Internal locus of control
- (x) Select the physiological system that works to return the body to a state of calm after a stressor has passed.
a) Parasympathetic Nervous System b) Sympathetic Nervous System
c) Central Nervous System d) Somatic Nervous System
- (xi) Select the stage of GAS characterized by sustained physiological arousal and coping attempts.
a) Alarm reaction b) Resistance
c) Exhaustion d) Collapse
- (xii) Identify the relationship between GAS and illness.
a) GAS denies any link with illness b) Prolonged stress increases vulnerability to disease
c) Stress affects only emotions d) Illness precedes stress
- (xiii) Select the role of cognitive appraisal in stress.
a) Eliminates stress responses b) Determines perception and response to stressors
c) Operates independently of perception d) Occurs after exhaustion
- (xiv) Identify how two individuals may respond differently to the same stressor.
a) Due to identical appraisal b) Due to different cognitive appraisals
c) Due to uniform coping d) Due to same resources
- (xv) Select the level of arousal associated with optimal performance according to Yerkes–Dodson law.
a) Very low arousal b) Moderate arousal
c) Extremely high arousal d) No arousal

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Explain the main principle of the Yerkes Dodson law regarding performance and arousal. (3)
3. Explain how emotion-focused coping differs from problem-focused coping with an example. (3)
4. Explain the concept of adaptive coping and give one example of such a strategy. (3)
5. Explain the process and benefits of Progressive Muscle Relaxation in alleviating physical tension. (3)
6. Explain the common physiological symptoms associated with chronic stress. (3)

OR

Explain how environmental factors contribute to stress. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Explain the impact of social factors as sources of stress. (5)
8. Explain the psychological sources of stress related to personality and thought patterns. (5)
9. Explain the physiological mechanism of the stress response involving the HPA axis. (5)
10. Write a comprehensive distinction between the mechanisms of defense mechanisms and coping strategies. (5)
11. Write a scenario-based explanation of how a student might use problem-focused coping to deal with exam anxiety. (5)

12. Write an analysis of how adaptive coping strategies contribute to long-term psychological well-being. (5)

OR

- Write a critical evaluation of the consequences of relying on maladaptive coping strategies like avoidance and substance use. (5)

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