



K24P 3191

Reg. No. :

Name :

III Semester M.Sc. Degree (C.B.C.S.S. – OBE-Regular)

Examination, October 2024

(2023 Admission)

COUNSELLING PSYCHOLOGY

Open Elective Course

MSCPS03001 : Stress Management

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** of the following. **Each** question carries **3** marks.

1. What are the different types of stress ?
2. Discuss the HPA axis activation process in a person experiencing chronic stress.
3. Explain the difference between problem-focused and emotion-focused coping.
4. Describe the three stages of the General Adaptation Syndrome.
5. How can we promote psychological resilience ?
6. How does pranayama help in managing stress ?

(5×3=15)

SECTION – B

Answer **any three** of the following. **Each** question carries **5** marks.

7. Explain Lazarus's transactional view on stress and coping.
8. How does chronic stress contribute to obesity ?
9. Discuss the effect of personal resources on individual's coping mechanisms.
10. How does social support influence health ?
11. Explain the key components of the autogenic relaxation technique.

(3×5=15)

P.T.O.



SECTION – C

Answer **any three** of the following. **Each** question carries **10** marks.

12. In your opinion, which sources of stress are most likely to contribute to long-term health problems, and why ?
13. How does stress contribute to the development of depression and anxiety ?
14. How do the nervous system and endocrine system work together during the stress response ?
15. Describe how personal and situational factors influence an individual's coping responses.
16. Discuss various relaxation techniques and meditation practices that can enhance stress management skills. (3×10=30)

