

Reg.No:.....
Name :.....

K24FY1258

First Semester FYUGP Psychology Examination
NOVEMBER 2024 (2024 Admission onwards)
KU1MDCPSY100 (STRESS MANAGEMENT)
(DATE OF EXAM: 29-11-2024)

Time : 90 min

Maximum Marks : 50

Part A (Answer any 6 questions. Each carries 2 marks)

1. How does stress affect eating behavior? 2
2. What is Selye's view of stress? 2
3. In what ways does social support influence health outcomes? 2
4. How does coping relate to the stress-illness link? 2
5. How does control mediate the stress-illness link? 2
6. What role does hostility play in personality? 2
7. Explain body scan meditation. 2
8. What is the role of restoration (rest and recovery) in maintaining health? 2

Part B (Answer any 4 questions. Each carries 6 marks)

9. How can understanding stress physiology help in developing coping strategies for individuals? 6
10. What are the direct pathways through which stress can cause illness? 6
11. How does social support influence overall health and well-being? 6
12. How does a sense of control influence the stress response? 6
13. What factors contribute to the success of relaxation training for individuals with chronic anxiety? 6
14. Propose some methods to foster positive relationships. 6

Part C (Answer any 1 question(s). Each carries 14 marks)

15. Explore the use of coping and self-regulation strategies in day to day life situations? 14
16. What strategies can be employed to identify common stressors in daily life? 14