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MBAS 512

III Semester M.B.A. Degree Examination, April 2021

BUSINESS ADMINISTRATION

Stress Management

Time : 3 Hours

Max. Marks : 70

**SECTION – A
(Compulsory)**

Note : Answer to the question should **not** exceed **six** pages. **(1×15=15)**

1. What type of stress do you think Indian organisations experienced and explain the current practices followed by Indian organisation to reduce the stress ?

SECTION – B

Note : Answer **any five** of the following. Answer to **each** question should not exceed **five** pages. **(5×8=40)**

2. Briefly explain the General Adaption Syndrome (GAS), given by Hans Seyle.
3. Explain the stress at various stages of life.
4. Elaborate the relationship between the stress and memory.
5. "All types of stress are not negative. When an individual learns to tolerate the stress to enhance performance, stress is healthy." Discuss the statement.
6. Explain various kinds of stress moderators.
7. Explain with the example the various method of reducing the work stress by the employees themselves, at the individual level.
8. What is the relationship between stress and anger and explain how to deal with frustration and anger ?
9. 'Emotions are basis of stresses.' Explain with example.

P.T.O.



SECTION – C
(Compulsory)

Note : Answer to the question should **not** exceed **six** pages.

(1×15=15)

10. Analyse the following case study.

Mrs. Shaminder is a well-known professor in the city college. Her son, Tinu, was an intelligent and promising boy in the early years of schooling. As the child got to learn a bit of internet surfing, he grew fond of it and started spending long hours remaining glued to computer. Thus, he started remaining awake till midnight. Getting up very late in the morning became his habit. Tinu, a first-year student of graduate programme, can never make it to attending the first period in the college which starts at nine in the morning. Getting up late and falling off to sleep at odd hours is now his habit. His truant behaviour is a matter of concern for teachers. Initially he was bunking classes, then started missing examinations as he was neither prepared for the test nor was able to reach examination venue on time. Missing a few tests initially and the resultant rebukes of parents made Tinu immune to all insults on this account and now it seems his academic career is spoiled. Thus, it has become a great cause of sorrow for Mrs. Shaminder who has been a meritorious student and is a reputed and dedicated teacher.

Questions :

- 1) Identify main problems in the case.
- 2) Suggest ways and means to solve the problems in the above case.