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MBAS 512

**III Semester M.B.A. Degree Examination,
November/December 2019**

BUSINESS ADMINISTRATION

Stress Management

Time : 3 Hours]

[Max. Marks : 70

SECTION – A

(Compulsory)

Answer to the question should not exceed 6 pages : **(1 × 15 = 15)**

1. Discuss the cause and effect of work related stress, and methods of managing stress.

SECTION – B

Answer **any five**, each question carries **8** marks. Answer to the question should not exceed 5 pages : **(5 × 8 = 40)**

2. 'Burn-out is a defence mechanism for reduction of stress' – Discuss with examples.
3. Explain the significance of sensible delegation in stress management.
4. What are the physical and cognitive symptoms of stress?
5. Explain the basic principles and characteristics of time management.
6. Describe the coping strategies and interventions related to frustration and anger.
7. Elaborate the relationship between stress and performance.
8. Bring out the importance of stress reduction exercise and yoga.
9. Explain the stress connected with life style issues and conflict in relationships.



SECTION – C
(Compulsory)

Answer to the following should not exceed 6 pages : **(1 × 15 = 15)**

10. Analyse the following case :

Derek is an Engineer and is expected to work abroad for several weeks at a time. As a father of four children and with a baby on the way. Derek came to coaching because he was stressed due to the burden of demands from both family and work. He had some major decisions to make as he and his partner prepared for the new baby, but stress was making it too difficult for him to make a decision. Derek wanted to get control over his time and to manage overwhelm as he was trying to please different people in his family. He looked at the most important factors that would influence his decision in this type of situation.

Questions :

- (a) How Derek prioritized his life and identified family and financial stability as the most important areas of his life?
- (b) In what way Derek could choose to focus on these high importance/low urgency activities?
- (c) Identify few ways to reduce the pressure on Derek.