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MBAS 512

Third Semester M.B.A. Degree Examination, December 2018
BUSINESS ADMINISTRATION
Stress Management

Time : 3 Hours

*Sri Dharmasthala Manjunatheshwara
College of Business Management, Mangalore
Post Graduate Centre for Management
Studies and Research Library*

Max. Marks : 70

SECTION – A
(Compulsory)

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

1. 'Emotions give rise to affective experiences, such as pleasure or displeasure'.
Comment on the statement.

SECTION – B

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

2. Explain adaptive and maladaptive behaviour of individuals.
3. What are the psychological relaxation methods of stress management ?
4. Explain the various techniques of coping with occupational stress.
5. How to deal with monetary stress and unhealthy worry of employees ?
6. Elaborate the ways to deal with frustration and anger with examples.
7. What is the role of stress intervention in employees' performance ? Explain.
8. How lifestyle issues affect the optimal functioning in stressful environment ?
9. Bring out the cognitive aspects of stress with examples.

P.T.O.



SECTION - C
(Compulsory)

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

(1×15=15)

10. Case analysis.

Many employees feel that on-the-job stress is difficult to control, but at least when they get home they can relax. However, as the nature of work changes, the home is no longer the sanctuary it once was. With advanced information technology and customer demands for 24-hour service, an increasing number of employees are on call at all times or working the "graveyard" shift that used to exist only for factory workers. For example, today there are numerous Wal-Mart stores, Walgreens, drugstores and supermarkets that never close. Add consider the Heartland Golf Park in Deer Park, Long Island. A golfer who wants a late evening tee-off time can get one up to 3:00 A.M. The strategy has proven so popular that within 90 days of the time it was introduced, the wait time at midnight had grown to two and a half hours. Avid golfers do not mind, however, as the course is well lit and they can play as if it were high noon.

All around the country, businesses are realizing that there is a great deal of profit that can be added to the bottom line if they remain open outside of "normal" hours. One research firm estimates that this strategy can add 5 percent to overall profits, a hefty sum given that more and more businesses are finding their profit margins being narrowed by the competition.

In some cases, the decision to expand working hours has been a result of customer needs. Kinko's Inc., a privately held chain of photocopy shops, moved to a 24-hour schedule when people literally started banging on their doors after regular business hours and asking them to let them come in for desperately needed photocopies. As a news article recently put it, "The company's ... stores are magnets for ambassadors of the night: everyone from dreamers pursuing secret schemes and second careers to executives putting the final touches on tomorrow's presentation." In Chicago, Kinko's set up an office in the lobby of the Stouffer Renaissance Hotel, a favorite spot of international executives. Customers from different time zones had been coming down at odd hours to ask the hotel to fax materials abroad and to help them with their desktop publishing. The hotel was not equipped to provide these services, so it asked Kinko's to help out. The guests are delighted with the new service and the hotel is happy to be able to accommodate them thanks to their profitable arrangement with Kinko's.



Banks have also begun to offer 24-hour service. In addition to their ATM machines, which can be found just about everywhere, some banks now offer round-the-clock service: customers can call in and find out within 10 minutes whether they qualify for a new-car loan. A growing number of banks also offer after-hours customer services ranging from safe deposit boxes to \$ 1,000 credit lines to overdraft protection. All the customer has to do is call in at any hour and provide the necessary information.

Some critics are concerned that this development will result in increasing costs to business and added stress to employees. After all, when people work late at night or put in a 15-hour day, they are likely not only to make far more mistakes than if they were on a 9-to-5 schedule but also to become fatigued and burned out. Nevertheless, at the present time approximately two-thirds of all U.S. workers, around 75 million people, do not work traditional 9-to-5 hours – and the number is definitely growing. Additionally, organizations that are engaged in international business, such as brokerage firms, are finding that their operations in Europe and Asia require them to keep odd hours. A U.S. - based broker must be up or on call in the wee hours of the morning because Europe's stock exchanges are doing business. By the time the broker wraps up trading on the Pacific Stock Exchange in the early evening (Eastern Standard Time), there are only a few hours before the Asian stock exchanges open. Simply put, in an increasing number of businesses, it is possible to work round-the-clock—and, of course, to pick up the stress that goes along with this lifestyle.

- 1) How would a Type A personality feel if his or her organization suddenly announced that everyone was to be on call 24-hours a day because the company was moving to round-the-clock customer service ?
- 2) How would psychological hardiness help people deal with these emerging round-the-clock operations ?
- 3) What are some ways employees and their organizations could cope with the stress caused by these new round-the-clock developments ?