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R - 100102

HRDHREN 601

VI Semester B.A. (HRD) Examination, June/July 2024

(NEP 2020) (2023-24 Batch Onwards)

### STRESS MANAGEMENT

Time : 2 Hours

Max. Marks : 60

**Instructions :** 1) Booklet containing 40 pages will be issued.

మొబెన్‌గళు : 40 పుటగళ ఒందు లుత్తర పెత్తికే నీడలాగువుదు.

2) No additional sheets will be issued.

హెచ్చెన హాళగళన్న నీడలాగువుదిల్ల.

#### SECTION – A

##### విభాగ - ఏ

Answer any five of the following :

(2x5=10)

ఈ కేళగిన యావుదాదరూ ఐదక్క లుత్తరిసి :

1. What is meant by stress ?

ఒత్తడద అధివేణు ?

2. What is emotional intelligence ?

భావనాత్మక బుద్ధిమత్తు ఎందరేను ?

3. State the meaning of work home transition.

కేలసద మనే పరివర్తనేయ అధిక తీళిసిరి.

4. Define counselling.

కౌన్సల్టింగ్ అన్న వ్యాఖ్యనిసి.

5. State the meaning of cognitive therapy.

అరివిన చికిత్సెయ అధిక తీళిసిరి.

6. State the meaning of networking.

నెట్వర్కింగ్ అధివన్న తీళిసిరి.

7. State any two effects of extra organisation stressors.

హెచ్చువరి సంస్థయ ఒత్తడగళ యావుదాదరూ ఎరచు పోణామన్న తీళిసి.





## SECTION – B

ಎಭಾಗ - ಬಿ

**Answer any five of the following :**

(4×5=20)

ಕೆಳಗಿನ ಯಾವುದಾದರೂ ಐದಕ್ಕೆ ಉತ್ತರಿಸಿ :

1. Write a note on distress.

ಸಂಕಟದ ಬಗ್ಗೆ ಟಿಪ್ಪಣಿ ಬರೆಯಿರಿ.

2. What are the sources of stress ?

ಒತ್ತಡದ ಮೂಲಗಳು ಯಾವುವು ?

3. How does stress impact emotions ?

ಒತ್ತಡವು ಭಾವನೆಗಳ ಮೇಲೆ ಹೇಗೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ ?

4. How can organisational implement stress control workshops ?

ಸಾಂಸ್ಕಿಕ ಒತ್ತಡ ನಿಯಂತ್ರಣ ಕಾರ್ಯಗಾರಗಳನ್ನು ಹೇಗೆ ಕಾರ್ಯಗತಗೊಳಿಸಬಹುದು ?

5. What are the different techniques for coping with stress ?

ಒತ್ತಡವನ್ನು ನಿಖಾಯಿಸುವ ವಿವಿಧ ತಂತ್ರಗಳು ಯಾವುವು ?

6. Write a note on physical exercise.

ದೃಷ್ಟಿಕ್ಕೆ ವ್ಯಾಯಾಮದ ಕುರಿತು ಟಿಪ್ಪಣಿ ಬರೆಯಿರಿ.

7. Explain the role of communication in managing stress and work performance.

ಒತ್ತಡ ಮತ್ತು ಕೆಲಸದ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ನಿರ್ವಹಿಸುವಲ್ಲಿ ಸಂಖನದ ಪಾತ್ರವನ್ನು ವಿವರಿಸಿ.

## SECTION – C

ಎಭಾಗ - ಸಿ

**Answer any three of the following :**

(3×10=30)

ಕೆಳಗಿನ ಯಾವುದಾದರೂ ಮೂರಕ್ಕೆ ಉತ್ತರಿಸಿ :

1. Describe the characteristics of stress.

ಒತ್ತಡದ ಗುಣಲಕ್ಷಣಗಳನ್ನು ಬಣ್ಣಿಸಿರಿ.

2. What are coping strategies that organisation can use to enhance role clarity ?

ಪಾತ್ರದ ಸ್ಪಷ್ಟತೆಯನ್ನು ಹೆಚ್ಚಿಸಲು ಸಂಸ್ಥೆಯು ಒಳಸಬಹುದಾದ ನಿಖಾಯಿಸುವ ತಂತ್ರಗಳು ಯಾವುವು ?

3. How does emotion intelligence related to conflict management ?

ಸಂಘರ್ಷ ನಿರ್ವಹಣೆಗೆ ಭಾವನಾತ್ಮಕ ಬುದ್ಧಿವಂತಿಕೆ ಹೇಗೆ ಸಂಬಂಧಿಸಿದೆ ?

4. What are the types of counselling ?

ಸಮಾಲೋಚನೆಯ ವಿಧಗಳು ಯಾವುವು ?

5. Explain the stress management based on Indian philosophy.

ಭಾರತೀಯ ತತ್ತ್ವಶಾಸ್ತ್ರದ ಅಧಾರದ ಮೇಲೆ ಒತ್ತಡ ನಿರ್ವಹಣೆಯನ್ನು ವಿವರಿಸಿ.