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D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1
SEMESTER EXAMINATIONS

APRIL – 2018

15SPS4A

SKILL BASED SUBJECT-II: STRESS MANAGEMENT

Time : 2 Hrs

Max. Marks : 50

SECTION-A (10 x 2 = 20)

Answer ALL the questions.

1. What is stress?
2. State frustration.
3. Mention some common coping patterns of stress.
4. What is conflict?
5. What is systematic desensitization?
6. What is Time Management?
7. What is play therapy?
8. What is positive self - talk?
9. What are stressors?
10. What is meditation?

SECTION-B (3x 10 = 30)

Answer any THREE of the following questions.

11. Explain the responses of stress.
12. Explain the types of coping with stress.
13. Explain the social support and physical, emotional, spiritual control of stress.
14. Explain the potential effects of stress.
15. Explain the stress management techniques.

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