

S.Y.B.A Semester IV regular Exams – April 2018

APPLIED COMPONENT: STRESS MANAGEMENT – ANSWER KEY

QP code: 31874

QUESTION NO.	ANSWER KEY POINTS	MARKING SCHEME
1a.	Bracing Jacobson's discovery with patients & Underlying procedure Difference from meditation and autogenic training	02 04 04
1b.	Meaning of meditation Physiological benefits (any 10)	10
1c.	Meaning of and forms of biofeedback Phases Physiological benefits (any 10)	02 03 05
2a.	Meaning of aerobic and anaerobic exercises Physiological benefits (any 4) Psychological benefits (any 4)	02 04 04
2b.	Difference between lifestyle and health behaviours Any 10 methods to decrease	10
2c.	Introduction to exercise and health Walking - procedure, benefits, Race-walking, procedure Bicycling – method, requisites, procedure, benefits	05 05
3a.	Define occupational stress Occupational Stress Model – diagram, components, explanation	02 08
3b.	Meaning, causes, kinds, consequences Tips to combat	04 06
3c.	Need for work-friendly policies for women Job sharing – meaning, benefits, costs Flexible work schedules – meaning, methods, benefits Home-based work - meaning, methods, benefits	01 03 03 03
4a.	Definition and types of families Needs met – reproduction, economic and emotional	04 06
4b.	Meaning of dual career family Benefits and limitations	02 08
4c.	Financial stressors for families living in poverty For middle and upper middle class families For prosperous families	04 03 03
5a.	Meaning and description of mindfulness Benefits Mindfulness activities – process, eating, listening, breathing, walking	02 03 05
5b.	Use of theories to explain behaviour change Prochaska's stages of change theory model, 5 stages, movement along the stages, how to use this model	02 08
5c.	Meaning of life situations interventions and 5 tips Perceptual interventions – 5 suggestions	05 05
5d.	Divorce – trace changes from previous years to recent trends Single parent families – reasons for rise, outcomes, changing trends LGBT families – meaning, reasons, outcomes, challenges, trends	03 03 04