

1059

B.A./B.Sc. (Hons.) Fourth Semester

Psychology

Paper: Recent Perspectives of Psychology

Time allowed: 3 Hours

Max. Marks: 90

NOTE: Attempt five questions in all, including Question No. 1 which is compulsory and selecting one question from each Unit.

x-x-x

I. Attempt any nine of the following in about 25-30 words each:-

- a) Emotional Management
- b) Self Motivation
- c) Competency Model of emotional intelligence
- d) Ritualistic prayer
- e) Difference between Religion and Spirituality
- f) Emotional forgiveness
- g) Pyramid Model of Forgiveness
- h) Write the names of any two tools for measuring gratitude.
- i) Daily Spiritual Experience Scale
- j) Fight or Flight Response
- k) Type A behavior
- l) Hans Selye

(9x2)

UNIT - I

II. Describe the concept of Emotional Intelligence. Also delineate its relevance in various domains of our life. (6,12)

III. Elucidate the four branches of emotional intelligence as proposed by Salovey and Meyer. (18)

UNIT - II

IV. Define spirituality? Explain how it can be measured? (6,12)

V. Explain the various ways in which spirituality helps in coping with negative life events. (18)

(2)

UNIT - III

- VI. Explain the concept of stress. Also discuss in details stress as a risk factors of Coronary Heart Disease (CHD). (6,12)
- VII. Elucidate in details the symptoms and consequences of long term stress. (9,9)

UNIT - IV

- VIII. Delineate the concept of forgiveness. Explain forgiveness as a technique of positive living. (6,12)
- IX. Define gratitude. Also throw light on the positive health benefits of gratitude. (4,14)

x-x-x