

Exam.Code:0008

Sub. Code: 0685

1058

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 Integration
- b) Empathy
- c) Emotional Competence Inventory
- d) Petitionary prayer
- e) Spirituality
- f) Positive forgiveness
- g) Worthington's REACH model of forgiveness
- h) Write the names of any two tools of measuring gratitude.
- i) Daily Spiritual Experience Scale
- j) Angina
- k) Type A behaviour
- l) Hans Selye

(9x2)

UNIT - I

II. Define Emotional Intelligence. Why EQ is considered as a better predictor of success in life than I.Q. (6,12)

III. Explain Ability Model of emotional intelligence as proposed by Salovey and Meyer. (18)

UNIT - II

IV. What is spirituality? How it can be measured? (6,12)

V. Explain in details how spirituality can lead to well-being. (18)

P.T.O.

(2)

UNIT - III

- VI. What is Coronary Heart Disease (CHD)? Discuss in details stress as a risk factors of CHD. (4,14)
- VII. Explain in details the symptoms and consequences of long term stress. (9,9)

UNIT - IV

- VIII. Define forgiveness. Explain forgiveness as a technique of positive living. (6,12)
- IX. Explain how gratitude is different from feeling of indebtedness? Also throw light on the positive health benefits of gratitude. (4,16)

x-x-x