

(i) Printed Pages : 2 Roll No.

(ii) Questions : 9 Sub. Code :

0	6	8	5
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Exam. Code :

0	0	0	8
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B.A./B.Sc. (Hons.) 4th Semester
(2053)

PSYCHOLOGY

Paper : Recent Perspectives of Psychology

Time Allowed : Three Hours] [Maximum Marks : 90

Note :—Attempt **FIVE** questions in all including Q. No. 1 which is compulsory and selecting **ONE** question from each unit.

1. Attempt any **NINE** of the following in about **25-30** words each :—

- (i) Goleman
- (ii) Self regulation
- (iii) Empathy
- (iv) Spirituality
- (v) Self discipline
- (vi) Sublimation
- (vii) Focussed attention

(viii) REACH

(ix) Stress

(x) Revengefulness forgiveness

(xi) Positive effect

(xii) Fight or flight response.

9×2=18

UNIT—I

2. Define emotional intelligence. Explain Goleman's theory in detail. 18
3. Critically evaluate Salovey and Meyer's theory of emotional intelligence. 18

UNIT—II

4. Write a detailed note on spirituality. 18
5. Can spirituality and wellbeing be interrelated ? 18

UNIT—III

6. Explain the concept and symptoms of stress. 18
7. Discuss role of stress in Coronary Heart Disease. 18

UNIT—IV

8. Write a note on positive emotions and its influence on mental health. 18
9. Explain the concept of forgiveness in detail. 18