

(i) Printed Pages : 3

Roll No.

(ii) Questions : 9

Sub. Code :

0	6	8	5
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Exam. Code :

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B.A./B.Sc. (Hons.) 4th Semester

(2054)

PSYCHOLOGY

Paper : Recent Perspectives of Psychology

Time Allowed : Three Hours]

[Maximum Marks : 90

Note :— Attempt **FIVE** questions in all, selecting **ONE** question from each unit. Question No. 1 is compulsory. All questions carry equal marks.

1. Write brief answers (25-30 words) to any **NINE** of the following:

- (i) Emotional Assimilation.
- (ii) Petrides' Model of EI.
- (iii) Emotional Competence Inventory.
- (iv) Spiritual Coping.
- (v) Religion.
- (vi) Daily Spiritual Experience Scale.
- (vii) Atherosclerosis
- (viii) Fight and Flight Response.

- (ix) Type A behaviour.
- (x) Write any two ways to cultivate gratitude.
- (xi) Pyramid Model of Forgiveness.
- (xii) Broaden-and- Build Theory of Positive Emotions.

9×2=18

UNIT-I

- 2. Define emotional intelligence. Discuss its measurement and usefulness in successful professional career. 6,6,6
- 3. Differentiate among ability, mixed and trait models of EI. Explain Daniel Goleman's Model of EI in detail. 6,12

UNIT-II

- 4. What is Spirituality ? Is there any difference between being spiritual and religious ? Also explain how spirituality can be measured. 4,4,10
- 5. What is well-being ? Explain in detail how spirituality can lead to physical and mental well-being. 4,14

UNIT-III

- 6. Write notes on the following :
 - (i) Hans Selye's General Adaptation Syndrome.
 - (ii) Signs and symptoms of chronic stress. 9,9
- 7. How does stress contribute to illness ? Explain with special reference to Coronary Heart Disease. 6,12

UNIT-IV

8. What are positive emotions ? How positive emotions promote well-being ? 6,12
9. Define gratitude. Discuss in detail positive health benefits of gratitude. 4,14