

2062
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. I 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 intelligence
- b) Emotions
- c) IQ
- d) Health psychology
- e) Domains of spiritual well being
- f) Stress
- g) Cognitive appraisal of stress
- h) General adaption syndrome
- i) Religiosity
- j) Morality
- k) Transcendental
- l) Forgiveness

(9x2)

UNIT – I

II. Discuss Goleman's theory of emotional intelligence.

(18)

III. Explain the concept of emotional intelligence and discuss Salovey and Meyer's theory.

(18)

UNIT – II

IV. Discuss the concept and measurement of spirituality.

(18)

V. Spirituality and wellbeing are interrelated. Explain.

(18)

P.T.O.

(2)

UNIT – III

- VI. Discuss the risk factors and symptoms of coronary heart disease. (18)
- VII. Explain the role of stress in coronary heart disease. (18)

UNIT – IV

- VIII. Write a note on positive emotions with focus on forgiveness. (18)
- IX. Gratitude helps in promoting positive mental health. Discuss. (18)

x-x-x