

(i) Printed Pages : 3

Roll No.

(ii) Questions : 9

Sub. Code :

1	7	6	8	5
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Exam. Code :

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B.A./B.Sc. (Hons.) 4th Semester
(2055)

PSYCHOLOGY

Paper : Recent Perspectives of Psychology

Time Allowed : Three Hours]

[Maximum Marks : 90

Note :— There shall be 9 questions in all. Five questions are required to be attempted. Question No. 1 is compulsory. It shall be short answer type containing 12 short questions and each to be answered in about 25 to 30 words. You have to attempt any 9 short answer type questions i.e. 2 marks each. Rest of the paper contains 4 Units. Each Unit shall have two questions and internal-choice is given i.e. the candidates shall attempt **ONE** question from each Unit, 4 in all. Each question will carry 18 marks.

1. Short notes (Attempt any 9) :

(1) Emotional Intelligence

(2) Eudaimonia

(3) Purpose in life

- (4) Maslow
- (5) Existential anxieties
- (6) Spiritual integration
- (7) Positive reappraisal
- (8) Problem focused coping
- (9) Psychological resources
- (10) State forgiveness
- (11) Distress
- (12) Catastrophes.

UNIT-I

- 2. Discuss the importance and positive outcomes of developing emotional intelligence.
- 3. Explain Goleman's model of emotional intelligence.

UNIT-II

- 4. Define spirituality and discuss the spiritual process.
- 5. Discuss the nature of spirituality and its link to well-being.

UNIT-III

- 6. Discuss the concept of stress in detail. How can stress be identified in an individual ?

7. What is the relationship between stress and coronary heart disease ?

UNIT-IV

8. Write a note on the benefits of positive emotions. How can they be cultivated ?
9. Discuss the role of forgiveness in improving mental health. Discuss the measurement tools of forgiveness.