

2021

PSYCHOLOGY — HONOURS

Paper : SEC-B-2

(Emotional Intelligence)

Full Marks : 80

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer **any ten** questions : 2×10
- (a) Define the term Conflict Management.
 - (b) How is Motivation related to Emotional Intelligence?
 - (c) How is Feeling related to Emotion?
 - (d) Define the term Self-Regulation.
 - (e) Mention any two differences between EQ and IQ.
 - (f) What is the relation between Thoughts, Emotions and Behaviour?
 - (g) What is Emotional Integration?
 - (h) What is Trait Model by Salovey and Mayer?
 - (i) What is Emotional storytelling?
 - (j) What is Emotional Quotient Map?
 - (k) How is Resilience related to EQ?
 - (l) Write briefly about socioemotional selectivity theory.
2. Answer **any four** questions (within **100** words) : 5×4
- (a) Explain how Emotional Intelligence impacts relationships.
 - (b) Discuss Goleman's EI Performance Model.
 - (c) Briefly discuss Cannon – Bard theory of emotion.
 - (d) Describe the Personal Competence of EQ.
 - (e) Discuss the benefits of Emotional Intelligence.
 - (f) Briefly discuss the methods of developing Self-Awareness.
3. Answer **any four** questions (within **150** words) :
- (a) Discuss the application of Emotional Intelligence in Workplace and Relationships. 5+5

Please Turn Over

- (b) Write about any two tools of measuring Emotional Intelligence, in detail. 10
 - (c) Discuss the different techniques of managing emotions. 10
 - (d) Define Emotional Intelligence. Describe the five components of Emotional Intelligence. 2+8
 - (e) What are Ekman's universal emotions? 10
 - (f) Explain how Emotional Intelligence is related to motivation. 10
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