

2023

PSYCHOLOGY — HONOURS

Paper : DSCC-1

(Introduction to Psychology)

Full Marks : 75

The figures in the margin indicate full marks.

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

1. Write notes on *any five* (word limit for each 250) : 5×5

- ✓(a) Interview method
- (b) Ratio scale
- ✓(c) Different types of neuron
- (d) Ogive
- ✓(e) Continuous vs Discrete variables
- ✓(f) Transduction
- ✓(g) Distinction between physical measurement and psychological measurement
- (h) Computation of mode.

2. Answer *any two* from the following (word limit for each 700) :

- (a) Discuss correlational method along with its advantages and disadvantages. 10
- (b) (i) What is the basic nature of experimentation? Explain it with an appropriate example.
(ii) Why is random assignment of participants to conditions required in experiments? 6+4
- ✓(c) What do neurons do? With a labelled diagram describe the basic parts of neuron. 3+4+3
- ✓(d) Discuss with examples different determinants of attention. 10
- (e) What is a measure of variability? State the differences between semi-interquartile range and Standard Deviation as measures of variability. Compute the quartile deviation of the following achievement test scores in a groups of students. 1+5+4

Class Interval :	81 – 90	91 – 100	101 – 110	111 – 120	121 – 130	131 – 140
Frequencies :	7	12	19	24	14	4

Please Turn Over

2023

PSYCHOLOGY — HONOURS

Paper : SEC-1

(Stress Management)

Full Marks : 75

*The figures in the margin indicate full marks.**Candidates are required to give their answers in their own words as far as practicable.*

1. Write short notes on *any five* from the following (250 words each) : 5×5
- (a) Eustress
 - (b) Stress inoculation training
 - (c) Social support
 - (d) Burnout
 - (e) Nature of stress
 - (f) Fight and flight response
 - (g) Emotional disclosure
 - (h) Physiological effects of stress.
2. Answer *any two* questions from the following (word limit 700 each) :
- (a) Define stress. Explain the psychological and environmental sources of stress with examples. 2+8
 - (b) Critically discuss the diathesis stress model. 10
 - (c) Who introduced the GAS model? What are the stages of this model? Elaborate with examples. 1+2+7
 - (d) Discuss the JPMR technique. What are its applications? 7+3
 - (e) What are primary and secondary appraisals? Explain with examples. 5+5
3. Answer *any two* questions from the following (word limit 1000 each) :
- (a) What are the different types of coping? Elaborate each coping strategy in relation to their adaptive significance. 7+8
 - (b) What are the cognitive processes of stress management? 15
 - (c) Discuss meditation as an effective stress management technique. 15
 - (d) How can the stressful experience possibly influence the immune system? Write about any three stress-related illnesses. 8+7
 - (e) Write about the different types of stress with examples. How can yoga minimize the harmful effects of stress? 9+6