

2024

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) Need for quantification
 - (b) Correlational method
 - (c) Action potential and resting potential
 - (d) Histogram
 - (e) Oscillation of attention
 - (f) Properties of mean
 - (g) Gradation vs. Constant method
 - (h) Properties of skewed distribution.
2. Answer **any two** from the following (word limit for each **700**) :
- (a) What is measurement? Delineate the levels of measurement with suitable example. 2+8
 - (b) Discuss any two methods of controlling extraneous variables. 10
 - (c) What role do Gestalt Principles play in perceptual organization. 10
 - (d) Discuss interview method along with its merits and demerits. 10
 - (e) (i) Highlight the properties of median.
 - (ii) Compute the median of the following frequency distribution of body weights (kgs.). 5+5

Class Interval :	51-53	54-56	57-59	60-62	63-65	66-68	69-71
Frequencies :	5	7	14	28	15	8	3

3. Answer *any two* from the following (word limit for each 1000) :

- (a) Define variable. Discuss with suitable examples the classification of variables. 3+12
 - (b) Discuss the structure and function of brain with suitable diagram. 15
 - (c) How do cognitive psychologists define attention? Explain the major theories of selective attention and the experimental support for them. 3+12
 - (d) Critically discuss the Weber-Fechner Law of Psychophysics. 15
 - (e) Discuss the contribution of Structuralism in the history of Psychology. 15
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2024

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) Primary and secondary appraisal
 - (b) Culture and stress
 - (c) Emotional and physical symptoms of stress
 - (d) Environmental sources of stress
 - (e) Resilience
 - (f) Type A personality
 - (g) Learned helplessness
 - (h) Difference between acute and chronic stress.

2. Answer **any two** questions from the following (700 words each) :
 - (a) Discuss the nature of stress. Discuss the social and physiological sources of stress. 2+8
 - (b) Discuss in detail and with examples the three elements of Lazarus' model of stress. 10
 - (c) State the cognitive and behavioural symptoms of stress. Discuss how life events contribute to levels of stress in individuals. 4+6
 - (d) Discuss the effect of stress on cardiovascular system and immune system. 10
 - (e) How do individual differences affect response to stress? 10

3. Answer **any two** questions from the following (1000 words each) :
 - (a) Describe relaxation techniques and their benefits in managing stress. 15
 - (b) What is frustration and conflict? What are its causes? Discuss with examples the types of conflict. 5+5+5

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- (c) Discuss the biopsychosocial model of stress. Elaborate on how yoga and meditation influences stress levels. 8+7
- (d) Identify the major sources of stressors in workplace and explain its impact on health. 8+7
- (e) Compare and contrast problem focused and emotion focused approaches to manage stress. 15