

2023

PSYCHOLOGY — HONOURS

Paper : SEC-I

(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
-