

Z(1st Sm.)-Psychology-H/SEC-1/CCF

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.^{vo} 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.^{vo} 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.^{vo} 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