

**2021**

**PSYCHOLOGY — HONOURS**

**Paper : SEC-B-2**

**(Stress Management)**

**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) Briefly explain the concept of 'fight-or-flight' response.
- (b) What do you understand by Eustress?
- (c) Define Resilience.
- (d) What do you mean by proactive coping?
- (e) What is stress inoculation training?
- (f) Define progressive muscle relaxation.
- (g) What is approach avoidance conflict?
- (h) Define frustration.
- (i) Write about 'primary appraisal'.
- (j) Give two advantages of meditation.
- (k) What is biofeedback?
- (l) Write about the symptoms of hypertension.
- (m) Name any two social stressors.
- (n) What do you mean by 'allostatic load'?
- (o) What is systematic desensitization?

2. Answer **any four** questions :

5×4

- (a) Elaborate the General Adaptation Syndrome (GAS).
- (b) Mention the types of coping with suitable examples.
- (c) Explain the relationship between arousal and performance in an individual.
- (d) Discuss the benefits of Yoga.
- (e) Discuss the environmental sources of stress.

**Please Turn Over**

3. Answer **any four** questions :

10×4

- (a) Critically discuss the diathesis stress model.
  - (b) Discuss any one cognitive process of stress management.
  - (c) Delineate the physiological sources of stress.
  - (d) Explain the advantages and disadvantages of relaxation.
  - (e) Compare and discuss the problem focussed and emotion focussed approaches of coping.
  - (f) Critically discuss the role of appraisal in perceiving stress with suitable examples.
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