



WEST BENGAL STATE UNIVERSITY
B.A./B.Sc. Honours 5th Semester Examination, 2022-23



PSYADSE03T-PSYCHOLOGY (DSE1/2)

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate marks of question
Candidates should answer in their own words and adhere to the word limit as practicable*

1. Answer any **five** questions from the following: 2×5 = 10
- (a) What is secondary appraisal?
 - (b) Name two virtues of positive psychology.
 - (c) Name two factors for stress in work place.
 - (d) Define emotional intelligence.
 - (e) What is health psychology?
 - (f) What is the difference between hope and optimism?
 - (g) What is meditation?
 - (h) Mention two purposes of assertiveness training.
2. Answer any **four** questions from the following: 5×4 = 20
- (a) Explain the General Adaptation Syndrome.
 - (b) Write a short note on Health-Belief Model.
 - (c) What is the role of resilience in psychological and physical well-being?
 - (d) What are the strategies to promote well-being?
 - (e) How is self efficacy and emotional intelligence related to happiness and well-being?
 - (f) What is mindfulness practice?
 - (g) What are the criticisms of positive psychology?
3. Answer any **one** question from the following: 10×1 = 10
- (a) Define well-being. What are the factors that affect well-being? — Discuss 2+8
 - (b) Elucidate how stress affects different components of one's life.
 - (c) Discuss the biopsychosocial model of health.

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