

2023

PSYCHOLOGY — HONOURS

Paper : CC-11

(Understanding and Dealing with Psychological Disorders)

Full Marks : 50

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 two* from the following (word limit 300 each) : 5×2
 - (a) Role of limbic system in Schizophrenia.
 - (b) Write a short note on : 'Eclectic Counselling'.
 - (c) Explain the role of isolation and undoing in the formation of OCD.
 - (d) Flooding.

 2. Answer *any one* from the following (word limit 800) : 10×1
 - (a) Discuss the role of neurotransmitters in causation of mood disorders.
 - (b) Discuss the steps of non-directive counselling.
 - (c) Discuss the behavioural intervention in phobia.

 3. Answer *any two* from the following (word limit 1000 each) :
 - (a) Discuss the defenses observed in Dissociative Identity Disorder. 15
 - (b) What do you mean by Cognitive Distortions? Explain some of the cognitive distortions found in depression. 5+10
 - (c) Discuss, in detail, the biological etiology of Schizophrenia. 15
 - (d) Discuss the etiology and treatment plan of OCD from the psychoanalytic perspective. 7+8
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2023

PSYCHOLOGY — HONOURS

Paper : CC-12

(Developmental Psychology)

Full Marks : 50

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as far as practicable.*

1. Write short notes on *any two* from the following : 5×2
 - (a) Autonomous morality
 - (b) Importance of make believe play
 - (c) Pubertal changes in adolescence
 - (d) Demerits of permissive parenting.

 2. Answer *any one* question from the following :
 - (a) Define the concept of growth and development. Explain the characteristics of development from lifespan perspective. 4+6
 - (b) Compare the cross-sectional and longitudinal research approaches in the study of development. 10
 - (c) Elaborate Vygotsky's perspective on cognitive development. 10

 3. Answer *any two* questions from the following :
 - (a) Define personality. Elaborate Psychoanalytic theory of personality by Freud. 3+12
 - (b) State the possible threats in prenatal period of development. 15
 - (c) What is discipline? What are the different disciplinary techniques? State the effects of disciplinary techniques on behaviour and personality pattern of a child. 2+6+7
 - (d) Mention the characteristics of middle adulthood. What do you mean by midlife crisis? Discuss the hazards of middle adulthood. 4+4+7
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2023

PSYCHOLOGY — HONOURS

Paper : DSE-A-1 and DSE-A-2

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Paper : DSE-A-1

(Positive Psychology)

Full Marks : 50

1. Write short notes on *any two* (word limit 300 words) : 5×2
- (a) Character Strength
 - (b) Biological Determinants of happiness
 - (c) Describe the characteristics of a person with high EQ.
 - (d) Transformational Leadership.
2. Answer *any one* question (word limit 800 words) :
- (a) Discuss the Explicit theories of Wisdom. 10
 - (b) What are the different strategies for enhancing emotional intelligence? 10
 - (c) Define mindfulness. What is its relation with meditation? Discuss neurobiology of mindfulness. 2+4+4
3. Answer *any two* questions (word limit 1000 words) :
- (a) Define happiness. How well-being and happiness are related? Write how happiness can be attained. 4+6+5
 - (b) What is Positive Psychology? What are its different levels? What are the different virtues according to Buddhist tradition? Differentiate virtues from non-virtues. 2+3+5+5
 - (c) How intrinsic motivation is developed? Write down the Self Determination theory and discuss. 5+10
 - (d) Define 'Flow'. How is intrinsic motivation related to 'Flow'? Discuss flow experience in intimate relationship and education. 2+6+7

Please Turn Over

**Paper : DSE-A-2
(Cultural and Indigenous Psychology)
Full Marks : 50**

1. Answer *any two* questions from the following (word limit 500 each) : 5×2
- (a) Acculturation
 - (b) Cultural Relativity
 - (c) Globalization
 - (d) Psychological benefits of Intercultural Contacts.
2. Answer *any one* question from the following (word limit 800 each) : 10×1
- (a) Briefly explain the nature of Intercultural Contacts.
 - (b) Write, in brief, about the different applications of Psychology in India.
 - (c) Write a detailed account of Indian Psychology.
3. Answer *any two* questions from the following (word limit 1000 each) :
- (a) Explain the different perspectives of Cross-cultural Psychology. 15
 - (b) What are the psychological benefits and costs of migration? 15
 - (c) Discuss the role of family and children in cultural development. 7+8
 - (d) Explain how culture shapes person and group. 8+7
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PSYCHOLOGY — HONOURS

Paper : DSE-A-1 and DSE-A-2

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*Candidates are required to give their answers in their own words
as far as practicable.*

Paper : DSE-A-1

(Positive Psychology)

Full Marks : 50

1. Write short notes on *any two* (word limit 300 words) : 5×2
- (a) Character Strength
 - (b) Biological Determinants of happiness
 - (c) Describe the characteristics of a person with high EQ.
 - (d) Transformational Leadership.
2. Answer *any one* question (word limit 800 words) :
- (a) Discuss the Explicit theories of Wisdom. 10
 - (b) What are the different strategies for enhancing emotional intelligence? 10
 - (c) Define mindfulness. What is its relation with meditation? Discuss neurobiology of mindfulness. 2+4+4
3. Answer *any two* questions (word limit 1000 words) :
- (a) Define happiness. How well-being and happiness are related? Write how happiness can be attained. 4+6+5
 - (b) What is Positive Psychology? What are its different levels? What are the different virtues according to Buddhist tradition? Differentiate virtues from non-virtues. 2+3+5+5
 - (c) How intrinsic motivation is developed? Write down the Self Determination theory and discuss. 5+10
 - (d) Define 'Flow'. How is intrinsic motivation related to 'Flow'? Discuss flow experience in intimate relationship and education. 2+6+7

Please Turn Over

2023

PSYCHOLOGY — HONOURS

Paper : DSE-B-1 and DSE-B-2

The figures in the margin indicate full marks.

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as far as practicable.*

Paper : DSE-B-1

(Health Psychology)

Full Marks : 50

1. Answer *any two* from the following (word limit 300 each) : 5×2
 - (a) Behavioural Medicine
 - (b) Pessimism as health-defeating behaviour
 - (c) Barriers and health behaviour
 - (d) Safety as health enhancing behaviour.

2. Answer *any one* from the following (word limit 800) :
 - (a) Define well-being. How it is related with life satisfaction? 2+8
 - (b) Discuss the Psychological benefits of exercise. 10
 - (c) Define optimism. Write down the relationship between hope and optimism with suitable example. 2+7+1

3. Answer *any two* from the following (word limit 1000 each) :
 - (a) What are the components of health psychology? Discuss the relevance of biopsychosocial model in Health Psychology. 7+8
 - (b) Define psychoneuroimmunology. What are the importance of 'nutrition' in maintaining good mental health? 3+12
 - (c) Define Pain. What are the different types of pain? Describe the various techniques of pain management. 2+5+8
 - (d) What is resilience? What are the sources of developing resilience? How resilience is related with happiness? 3+7+5

Please Turn Over

Paper : DSE-B-2
(Psychological Perspectives in Education)
Full Marks : 50

1. Write short notes on *any two* of the following (word limit 300 each) : 5×2
- (a) Role of a teacher in education
 - (b) I.Q. Controversy
 - (c) Socio-economic status
 - (d) Myth of irresponsible youth.
2. Answer *any one* of the following (word limit 800) : 10×1
- (a) Discuss in detail the role of play in education.
 - (b) Discuss about the law and order myth in education.
 - (c) Describe the role of education as a discipline.
3. Answer *any two* of the following (word limit 1000 each) :
- (a) What is 'Child-centred education' and 'Progressive education'? What are the characteristics of child-centred education and progressive education? 5+10
 - (b) What is 'Psychological Testing'? Discuss about the uses and abuses of psychological testing in education. 3+6+6
 - (c) What is inclusive education? Discuss about the purposes of inclusive education with suitable examples. 5+7+3
 - (d) What are gender and caste? Discuss about the role of gender and caste in the context of classroom diversity. 5+10
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