

2020
UNIVERSITY OF CALCUTTA EXAMINATION CONDUCTED BY LORETO COLLEGE
B.A/B.Sc. SEMESTER IV HONOURS EXAMINATION, CBCS SYSTEM

GROUP C
PSYCHOLOGY – HONOURS – THEORY

Stress Management

SEC – B – 02

TIME ALLOTTED: 2 HOURS

FULL MARKS: 65

The figures in the margin indicate full marks for each question.

- | | | |
|----|--|----------------|
| 1. | Answer any 1: (Word Limit – 250 words) | 15x1=15 |
| | a) What is problem focussed coping? Discuss different strategies to reduce stressors using problem focussed coping. | 5+10 |
| | b) Describe the physiological effects of stress. | 15 |
| 2. | Answer any 2: (Word Limit – 500 words) | 25x2=50 |
| | a) What is emotion focussed coping? How is problem focussed coping different from emotion focussed coping? Discuss the different types of emotion focussed coping. | 5+10+10 |
| | b) Explain how yoga helps in stress reduction. | 25 |
| | c) Discuss meditation as an effective stress management technique. | 25 |
| | d) Discuss the concepts of Fight and Flight Response, General Adaptation Syndrome and Psychoneuroimmunology. Write briefly about any 2 symptoms of Stress. | 5+5+5+5 |