



'समानो मन्त्रः समितिः समानी'

UNIVERSITY OF NORTH BENGAL

B.A. Honours 4th Semester Examination, 2023

SEC1-P2-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

The figures in the margin indicate full marks.

**The question paper contains two sections SEC-2A and SEC-2B.
The candidates are required to answer any *one* from *two* courses.
Candidates should mention it clearly on the Answer Book.**

SEC-2A

COMPUTER AND STATISTICS

GROUP-A

Answer any *two* questions from the following

12×2 =24

1. Explain the role of statistics in psychology. 12
2. Identify the various statistical methods in psychology. 12
3. Write about the history of computer use in research methods. 12
4. What do you understand by computer-based assessment? Briefly explain the types of computer-based statistical tools. 4+8

GROUP-B

Answer any *four* questions from the following

6×4 = 24

5. Briefly explain the different types of measures of central tendency with examples. 6
6. Discuss the importance of SPSS in research. 6
7. Differentiate between descriptive statistics and inferential statistics. 6
8. What do you understand by normality and regression? 6
9. Identify the different types of non-parametric tests. 6
10. Recall the uses and limitations of statistics. 6

GROUP-C

Answer any *four* questions from the following

3×4 = 12

11. Define statistics. 3
12. Write a note on ANOVA. 3

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| 13. | What is correlation? | 3 |
| 14. | List down the features of statistics. | 3 |
| 15. | What type of statistics describe a population? | 3 |
| 16. | What are the three main components of statistics? | 3 |

SEC-2B

STRESS MANAGEMENT

GROUP-A

Answer any *two* questions from the following 12×2 =24

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| 1. | Elaborate in detail the effects of stress on health. | 12 |
| 2. | What is JPMR technique? Identify and briefly explain the steps involved in JPMR. | 4+8 |
| 3. | Recall the various sources of stress with examples. | 12 |
| 4. | Discuss the problem focused and emotion focused approaches of managing stress in detail. | 12 |

GROUP-B

Answer any *four* questions from the following 6×4 = 24

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| 5. | Briefly explain yoga as a method of managing stress. | 6 |
| 6. | Discuss the symptoms and types of stress in detail. | 3+3 |
| 7. | Recall the sensory environmental stressors. | 6 |
| 8. | What is stress management? Explain the measures used in stress management. | 2+4 |
| 9. | Discuss the relevance of stress management in psychology. | 6 |
| 10. | Write about the various social stressors with suitable examples. | 6 |

GROUP-C

Answer any *four* questions from the following 3×4 = 12

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| 11. | Define eustress. Cite examples. | 2+1 |
| 12. | What are stressors? | 3 |
| 13. | Write a note on flight or fight response. | 3 |
| 14. | Identify the benefits of meditation. | 3 |
| 15. | Write a short note on the nature of stress. | 3 |
| 16. | What are some of the health related risks of stress? | 3 |

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