



**UNIVERSITY OF NORTH BENGAL**  
B.A. Honours 4th Semester Examination, 2021

**SEC1 (P2)-PSYCHOLOGY (2A & 2B)**

Full Marks: 60

**ASSIGNMENT**

*The figures in the margin indicate full marks.*

**The question paper contains 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* from the following questions (word limit 500)**

20×2 = 40

1. What do you mean by the term statistics? Explain its importance in the field of psychology. Discuss about the limitations of computer based assessment. 4+8+8
2. What is SPSS? Why is it important in research? Write about its application with ANOVA. 4+8+8
3. What do you mean by AMOS? Discuss about its application with descriptive statistics. 4+16
4. What is the full form of STATA? Discuss the uses of STATA in psychology. Distinguish between SPSS and STATA. 2+6+12

**GROUP-B**

**Answer any *two* from the following questions (word limit 300)**

10×2 = 20

5. Explain different types of computer based statistical tools. 10
6. Discuss about usefulness of SPSS for calculating mean and median. 5+5
7. Explain how AMOS is used in inferential statistics. 10
8. Distinguish between descriptive and inferential statistics. 10

**SEC-2B**  
**STRESS MANAGEMENT**  
**GROUP-A**

**Answer any *two* from the following questions (word limit 500)** 20×2 = 40

1. Discuss the nature of stress. Explain the symptoms of stress. 10+10
2. Explain the various sources of stress. 20
3. Describe the effects of stress on health. 20
4. What do you understand by relaxation techniques? Describe the process of relaxation techniques. 20

**GROUP-B**

**Answer any *two* from the following questions (word limit 300)** 10×2 = 20

5. Define stress and its types with examples. 10
6. Discuss about problem-focused approach of managing stress. 10
7. Differentiate between stress and eustress. Describe the effects of eustress. 4+6
8. How do yoga and meditation help in stress management? 5+5

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