UNIVERSITY OF NORTH BENGAL

B.A. Honours 4th Semester Examination, 2022

SEC1-P2-PSYCHOLOGY

Time Allotted: 2 Hours   Full Marks: 60

The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.

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* questions from the following   12×2 =24

1. What do you mean by the term statistics? Explain its need and importance in psychology.   2+10

2. Define descriptive statistics and inferential statistics.   12

3. What is SPSS? Why is it important in research?   2+10

4. Explain the different types of measures of central tendency, illustrate with example.   12

GROUP-B

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

5. Write a note on uses and limitations of statistics.   6

6. Briefly discuss the terms normality and regression.   6

7. Explain briefly STATA.   6

8. Write a note on IBM AMOS.   6

9. Explain the different types of non-parametric tests.   6

10. Explain the use of SPSS for examining relationship among variables of the study.   6

GROUP-C

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

11. Define ANOVA.   3

12. Write a short note on use of computer in research methods.   3

13.	Define correlation.	3
14.	What are the different types of computer based statistical tools?	3
15.	What do you mean by computer based assessment?	3
16.	Write a short note on limitations of computer based assessment.	3

SEC-2B

STRESS MANAGEMENT

GROUP-A

Answer any *two* questions from the following $12\times2 =24$

1.	Elaborate on the various sources of stress.	12
2.	What is stress? Explain the nature and symptoms of stress.	2+10
3.	Discuss in detail about the effect of stress on health.	12
4.	What is stress management? Explain the methods used in stress management.	2+10

GROUP-B

Answer any *four* questions from the following $6\times4 = 24$

5.	Discuss problem focused and emotion focused approach of stress management.	6
6.	What are the differences between stress and anxiety?	6
7.	Elaborate on:	3+3
	(a) Social sources of stress	
	(b) Social support.	
8.	Briefly discuss the flight or fight response.	6
9.	Explain the benefits of Yoga and Meditation.	6
10.	How does environment and physiology play a part in stress?	6

GROUP-C

Answer any *four* questions from the following $3\times4 = 12$

11.	What is eustress? How is it beneficial?	1+2
12.	Explain resilience.	3
13.	What is the effect of stress on the respiratory system of the body?	3
14.	Why is it important to manage stress?	3
15.	Differentiate between environmental and social sources of stress.	3
16.	Define PTSD.	3

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