

2019

PSYCHOLOGY — HONOURS

Fifth Paper

(Module : 3.2)

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. Write short notes on **any two** from the following (word limit for each answer 300 words) : 5×2
 - (a) Superego
 - (b) Non-directive Counselling
 - ✓(c) Frustration
 - ✓(d) Concepts of Eustress and Distress.

2. Answer **any one** from the following (word limit for each answer 800 words) :
 - ✓(a) Critically discuss Psychosexual stages of development. 10
 - (b) Differentiate mental health and mental hygiene. Narrate different factors damaging mental health. 4+6
 - (c) Describe the concept of neuroticism and extroversion following Eysenck's theory of personality. State briefly the underlying physiological processes associated with neuroticism. 4+4+2

3. Answer **any two** from the following (word limit for each answer 1000 words) :
 - (a) Differentiate between 'Acute Stress Disorder' and 'Post Traumatic Stress Disorder'. Discuss the etiology of PTSD from different perspective. 7+8
 - ✓(b) What is counselling? What are the different approaches of counselling techniques? Write in detail the basic steps of 'Directive Counselling'. 2+5+8
 - (c) Define health psychology. Describe in detail 'bio-psycho-social' model of health psychology. 3+12
 - ✓(d) Discuss how stress and health are related. Explain 'General adaptation syndrome' in this context. 5+10