

**The University of Burdwan**  
**B.A/B.Sc 6<sup>th</sup> Semester (Honours) Examination, 2021 (CBCS)**

**Psychology**  
**Theory**  
**Paper –DSE 4**  
**Stress Management**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answer in their own words  
as far as practicable.*

**Word limit: 300 words for each answer**

**Full Marks: 40**

**Duration: 2 Hours**

**Answer any *eight* of the following.**

**(5x8 = 40)**

1. Discuss the importance of Eustress.
2. Elaborate the psychological consequences of stress.
3. Write a note on emotion focussed problem solving approaches.
4. Discuss the psychosocial causes of stress.
5. What are the positive effects of meditation on stress?
6. Elaborate General Adaptation Syndrome theory.
7. What is mindfulness?
8. Bring out the importance of developing social skills to deal with stress.
9. Differentiate between acute and chronic stress.
10. Discuss the cognitive and behavioural ways of dealing stress.