



UNIVERSITY OF NORTH BENGAL
B.A. Programme 5th Semester Examination, 2020

SEC3(P1)-PSYCHOLOGY

Full Marks: 60

ASSIGNMENT

*The figures in the margin indicate full marks.
Candidates should give assignment based answer in their own words as far as practicable*

**The question paper contains two parts: SEC-3A and SEC-3B
The candidates are required to answer any *one* from *two* parts.
Candidates should mention it clearly on the Answer Book.**

SEC-3A

DEVELOPING EMOTIONAL COMPETENCE

GROUP-A

Write any *two* assignment based answers from the following questions 20×2 = 40
(The word limit of each answer will be 800 words)

1. How is self awareness different from self regulation? Write the importance of self regulation and self awareness. 10+10 = 20
2. What is motivation? Write the importance of motivation for developing competencies. 8+12 = 20
3. Describe the importance of managing one's emotions. 20
4. How can you recognize and understand your emotions? 20

GROUP-B

Write any *two* assignment based answers from the following questions 10×2 = 20
(The word limit of each answer will be 500 words)

5. How can you develop your empathy? 10
6. Discuss any one EQ competencies with suitable examples. 10

7. Why there is a need to understand the emotion of others? 10
8. How can self awareness be inculcated in an individual? 10

SEC-3B
MANAGING STRESS

GROUP-A

Write any *two* assignment based answers from the following questions 20×2 = 40
(The word limit of each answer will be 800 words)

1. Define stress. Discuss the nature of stress. Explain the sources of stress. 4+8+8 = 20
2. What do you mean by meditation? How can meditation help in Managing Stress? Explain the various physical and mental benefits of practising Yoga. 4+6+10 = 20
3. Discuss the methods of Managing Stress and explain the techniques for reducing stress. 10+10 = 20
4. What types of stress, do you think, employees in Indian organization experienced? Explain the current practices followed by Indian organization to reduce employee stress. 10+10 = 20

GROUP-B

Write any *two* assignment based answers from the following questions 10×2 = 20
(The word limit of each answer will be 500 words)

5. Discuss the relaxation techniques. 10
6. Write the different physical and mental symptoms arising from stress. 10
7. Write the main principles of problem focused approaches in stress management. 10
8. Discuss the emotion focused approach. 10

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