

**B.A SEMESTER IV END EXAMINATION, APRIL 2019**  
**PSYCHOLOGY**  
**PAPER – PSS102(SEC): PSYCHOLOGY OF LIFE ADJUSTMENT**

**Duration: 02 Hours**

**Marks: 80**

**INSTRUCTIONS :1] All questions are Compulsory.**

**2] The sub-questions in Q I and Q II are to be answered in 100 words each.**

**3] Questions carrying 10 Marks are to be answered in 400 words each.**

Q I Write short notes on *any four* of the following: [4X4 = 16]

- i) Mental and Physical health
- ii) Importance of SWOT
- iii) Good interpersonal feelings
- iv) Emotional intelligence
- v) Facial expression and emotions
- vi) Use of psychological test for career decisions

Q II Write short notes on *any four* of the following: [4X4 = 16]

- i) Low self-esteem
- ii) Cog appraisal
- iii) Emotional regulation
- iv) Defensive Attitude
- v) Building relationship with friends
- vi) Better decision making

Q III A] Define adjustment and explain the roots of happiness. [12]

**OR**

B] Briefly explain the ten hallmarks of well being. [12]

Q IV A] Discuss the steps involved in building self esteem. [12]

**OR**

B] Write a detailed note on conflict management strategies. [12]

Q V A] Elaborate on the strategies used to control emotions. [12]

**OR**

B] Explain in detail the workplace trends in the changing world of work. [12]

Q VI A] Examine the consequences of divorce. [12]

**OR**

B] Elaborate on the job characteristics to be researched for better career decisions[12]

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**Q I Write short notes on *any four* of the following: [4X4 = 16]**

- i) Define Adjustment
- ii) Emotional tolerance
- iii) Body language
- iv) Sexual communication
- v) Coping with anger
- vi) Conflict management

**Q II Write short notes on *any four* of the following: [4X4 = 16]**

- i) Individual differences
- ii) Improving self esteem
- iii) Positive Emotions
- iv) Mindfulness
- v) Mode of emotions for maintaining good mental health
- vi) Challenges of change in careers

**Q III A] Discuss the process of adjustment and explain the four essential facets of life for subjective well being. [12]**

**OR**

**B] Explain how people with high self esteem differ from people with low self esteem. [12]**

**IV A] Examine the process involved in expressing emotions. [12]**

**OR**

**B] Discuss the importance of building friendship and intimate relationships. [12]**

**Q V A] Explain the models of emotional intelligence. [12]**

**OR**

**B] Discuss in details the steps involved in writing a resume. [12]**

Q VI A] Examine the process involved in adjusting to intimate relationships.[12]

**OR**

B] Identify the importance of decision making while choosing career's.[12]

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**Dr. Freda Pereira**  
**(Subject teacher)**