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D.K.M.COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1
SEMESTER EXAMINATIONS

NOVEMBER– 2018 (E)15NPS4A

NON MAJOR ELECTIVE-II: PSYCHOLOGY OF ADJUSTMENT-II

Time: 2 Hrs

Max.Marks: 50

SECTION-A (10 x 2 =20)

Answer ALL the questions.

1. Define personality characters.
2. What is the full form of RAISCE?
3. What is sexual harassment?
4. What is recreation? Name the types of recreation.
5. What is job stress?
6. Define time management.
7. Name the multidimensional responses to stress.
8. What is Assertiveness Training?
9. What is BMI? How to calculate BMI?
10. Define tolerance in terms of drug effects

SECTION-B (3 x 10 =30)

Answer any THREE of the following questions.

11. Explain Holland's theory.
12. Elaborate workaholism and its effect
13. Enumerate major types of stress in detail.
14. What are the different ways of time management and planning?
15. Write in detail about the consequences of obesity.

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