



INSTITUTE OF ACTUARIAL
& QUANTITATIVE STUDIES

Subject: Psychology

Chapter: Full portion

Category: Assignment

3. Explain what is meant by emotion regulation.
4. Explain the factors leading to environmental stress.
5. Explain the application of emotions and moods on Decision Making and Creativity.
6. Explain compromising, competing, and avoiding intention in conflict resolution.
7. Shivam has been performing his role at his company for a long time, without a salary hike or negotiation. Despite all his efforts, Shivam is still earning less on average as compared to his colleagues. Shivam has made up his mind that if he does not receive a pay raise, he will quit his job. However, on speaking to his manager, Shivam is told that even his manager did not receive any pay raises when he was doing Shivam's job a few years ago. Shivam is now in a dilemma, not knowing what to do next.

On the basis of the above scenario, answer the following questions:

- a. Highlight the potential opposition leading to this conflict between Shivam and his manager.
- b. Explain some of the functional ways in which Shivam's manager can resolve this conflict.
- c. What are the ways in which Integrative Bargaining can help in resolving the above conflict?
8. A new IT company is in the process of hiring new employees. Tara and Sara are given the responsibility of hiring new employees, training them, and assigning them their tasks. While both of them get along pretty well on other matters, Tara feels it is necessary to assess employees on their emotional intelligence before hiring them, while Sara doesn't.

On the basis of the above scenario, answer the following questions:

- a. Define Emotional Intelligence according to Robbins and Judge (2013). Explain the cascading model of emotional intelligence.
- b. What are the reasons for the importance of assessing employees on their emotional intelligence that can be provided by Tara to make her point?
- c. What are some of the criticisms of emotional intelligence?
9. Explain what problem solving teams are?
10. Write a short note on any two sources of personal stressors.
11. Define emotions and moods. Differentiate between the two.
12. Explain the behavioural effects of stress.



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