



WEST BENGAL STATE UNIVERSITY
B.A./B.Sc. Honours/Programme 3rd Semester Examination, 2019

PSYHGEC03T/PSYGCOR03T-PSYCHOLOGY (GE3/DSC3)

PSYCHOLOGY FOR HEALTH AND WELL-BEING

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.*

1. Write short notes on any **four** from the following:

5×4 = 20

- (a) Describe sources of stress
- (b) Protective Behaviour
- (c) Differences between Eustress and Distress
- (d) Any one theory of Optimism
- (e) Any two techniques of stress management
- (f) Medical Model
- (g) Intrapersonal and Interpersonal Communication
- (h) Relationship between Health and Well-Being.



2. Answer any **two** questions from the following:

10×2 = 20

- (a) Illustrate critically bio-psychosocial model of health psychology. 10
- (b) Define stress. What are the physical consequences of stress? 2+8
- (c) Describe health promoting and health damaging life styles. 5+5
- (d) Discuss various forms of coping strategies. 10

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