



WEST BENGAL STATE UNIVERSITY
B.A./B.Sc. Honours/Programme 3rd Semester Examination, 2021-22

PSYHGEC03T/PSYGCOR03T-PSYCHOLOGY (GE3/DSC3)

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.
All symbols are of usual significance.*

1. Answer any **four** questions from the following: 5×4 = 20
 - (a) Write a short note on “Health compromising behavior”.
 - (b) Write a short note on Holistic Health.
 - (c) Explain the psychological effects of exercise.
 - (d) Write a short note on health illness continuum model.
 - (e) Describe eustress with two suitable examples.
 - (f) Write a short note on Medical model of health and its significance.

2. Answer any **two** questions from the following: 10×2 = 20
 - (a) Define Stressors. How can we manage stress? 3+7
 - (b) “Health-promoting behaviours enable us to work towards enhancing our wellness” — Explain the statement. 10
 - (c) “To deal with stress in your life, it is important to figure out where that stress originates and notice how you tend to react to it” — Justify the statement by explaining about the coping strategies of stress. 10
 - (d) Explain Biopsychosocial model of Health Psychology. 10

N.B. : *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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