

Date:18-03-2022

Registration number:

 ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27

 B.A. PSYCHOLOGY - I SEMESTER

 SEMESTER EXAMINATION: OCTOBER 2021

(Examination conducted in March 2022)

 **PY OE1 – Psychology of Health and Wellbeing**

Time- 2 hrs Max Marks-60

This question paper contains two printed pages and four parts

**Part A**

**Answer any TEN questions**

 **12X2=24**

1. Traditional medical model defines health as
	1. absence of illness
	2. integration of biological and psychosocial factors
	3. integral part of lifestyle
	4. all of the above
2. Illness is defined as
	1. Subjective experience of an individual
	2. Medically diagnosable symptoms
	3. Malfunctioning of biological mechanisms
	4. All of the above
3. PERMA model is
	1. Theory of Positivity
	2. Theory of life
	3. Theory of well-being
	4. All of the above
4. Stress is defined as
	1. A negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioral changes
	2. a transaction between people and the environment
	3. pressure, tension, unpleasant experiences or an negative emotional response
	4. all of the above
5. \_\_\_\_\_\_\_\_\_ is a kind of stress which is positive and beneficial
	1. Eustress
	2. Distress
	3. Acute stress
	4. Chronic stress
6. Which one of the following is a maladaptive coping method?
	1. Communicating
	2. Self-criticism
	3. Challenging belief systems
	4. None of the above
7. \_\_\_\_\_\_ is a strong desire to engage in a behavior or consume a substance
	1. Craving
	2. Physical dependence
	3. Addiction
	4. Tolerance
8. Which one of the following is not a health compromising behaviour?
	1. Alcoholism
	2. Meditation
	3. Smoking
	4. Addiction
9. In Illness management, people engage in
	1. Reducing susceptibility to illness
	2. Coping effectively with symptoms
	3. Health enhancing behaviours
	4. All of the above
10. Hope theory is compared to theories of
	1. Optimism
	2. Self-efficacy
	3. Self-esteem
	4. All of the above
11. Optimists have
	1. Positive morale
	2. A sense of mastery
	3. A high-self regard
	4. All of the above
12. Which one of the following is not considered as virtues of human in positive psychology?
	1. Humanity
	2. Justice
	3. Temperance
	4. None of the above

**Answer any EIGHT questions**

 **8X2=16**

13. Define health-illness continuum

14. What is flow in theory of well-being?

15. What are the personal mediators of stress?

16. Differentiate between avoidant and approach coping style. Give an example each

17. Mention any two benefits of exercise for health

18.What causes smoking behaviour?

19. Mention the ways to identify weaknesses.

20. How to maximise unrealised strengths?

21. Mention any four self-help methods in stress management.

**Answer any FOUR questions**

 **4X5=20**

22. Critically analyse Biomedical model in comparison to Biopsychosocial model

23. Discuss the effects of stress on physical and mental health

24. Write a note on health compromising behaviours

25. Discuss the strategies to develop hope and optimism

26. Explain the determinants of successful coping