

This question paper contains 2 printed pages]

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S. No. of Question Paper : 3412

Unique Paper Code : 12115902

Name of the Paper : Psychology for Living

Name of the Course : Generic Elective (GE-2)

Semester : VIII

Duration : 3 Hours

Maximum Marks : 75

(Write your Roll No. on the top immediately on receipt of this question paper.)

Note :— Answers may be written either in English or in Hindi; but the same medium should be used throughout the paper.

Attempt All questions

1. Elaborate how the concepts of illness, health and well-being have been conceptualized in the traditional and contemporary times. 15

Or

Critically evaluate the bio-psychosocial and holistic model of Health and Well-being. 15

2. What do you understand by the term Stress ? Discuss the role of personality in mediating the effects of stress. 5,10

P.T.O.

*Or*

Is Stress always detrimental for a person's health and well-being ? Comment. Discuss the various negative consequences of stress for an individual. 5,10

3. Discuss in detail the health compromising behaviour of Smoking. 15

*Or*

What do you understand by the term 'Health Behaviours' ? Describe the role of Nutrition and Exercise in Health promotion. 5,10

4. Trace the origin of the field of positive psychology. Examine the positive psychology theoretical framework for understanding the concept of Hope. 5,10

*Or*

Elaborate the VIA classification of character strengths and virtues and its applications. 15

5. Write short notes on any *two* : 7.5,7.5
- (a) Medical model of health
  - (b) Coping strategies
  - (c) Alcoholism
  - (d) Gainful employment.