

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 3057 **D**

Unique Paper Code : 2112111103

Name of the Paper : DSC-3 Psychology of Health
and Well Being

Name of the Course : **BA (Hons.) Applied
Psychology**

Semester : I (UGCF 2022-23)

Duration : 3 Hours

Maximum Marks : 90

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt **all** the questions.

1. Discuss the concept of health in light of illness and well-being continuum. Explain the Biopsychosocial model of Health. (8+12)

OR

Discuss the concept of health in Ayurveda and Yoga. Compare the concept of subjective well-being and psychological well-being. (10,10)

P.T.O.

2. Discuss the various theories of health behavior with appropriate examples. (20)

OR

Underline the characteristics of Health behaviors. Critically evaluate any two theories of health behaviors. (5,15)

3. Discuss in detail any one health enhancing behavior and one health compromising behavior and their implications in individuals' life. (20)

OR

What are various health compromising behaviors Explain with the help of examples. (20)

4. Write short notes on any **three** : (10×3)

- (a) Emotional and Social well being
- (b) Protective Motivation Theory
- (c) Goals of health psychology
- (d) Transtheoretical model of health
- (e) Smoking
- (f) Nutritions