

[This question paper contains 2 printed pages.]

Your Roll No.....

Sr. No. of Question Paper : 608

G

Unique Paper Code : 2112111103

Name of the Paper : DSC Psychology of Health
and Wellbeing

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

Semester : I

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. There are **six** questions in total.
3. Attempt any **three** long questions out of the **first five** questions. **All** questions carry equal marks.
4. **Q6** is compulsory Short Note. You are required to answer any **three** short questions out of the **five** short note questions. **All** questions carry equal marks.

P.T.O.

1. Elaborate on the concept of health and well-being. Describe the biopsychosocial model of health. (5+15)
2. Discuss the Indian concept of health in Ayurveda and Yoga. (20)
3. Compare protective motivational theory and theory of reasoned action of health behavior. (20)
4. Describe the various behaviors that protect and enhance health, giving suitable examples. (20)
5. Discuss smoking and alcoholism as health compromising behaviors. (10+10)
6. Write short note on any **three** of the following: (10×3=30)
 - (a) Goals of health psychology
 - (b) Mind-body relationship
 - (c) Sick-role behavior
 - (d) Interpersonal and community barriers to health behaviors
 - (e) Transtheoretical Model of health behavior