

14/11/24

[This question paper contains 3 printed pages]

Your Roll No. :

Sl. No. of Q. Paper : **2118 I**

Unique Paper Code : 2112111103

Name of the Paper : DSCC-3 : Psychology of
Health and Wellbeing
(NEP:UGCF-2022)

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

Semester : I

Time : 3 Hours **Maximum Marks : 90**

Instructions for Candidates :

- (a) Write your Roll No. on the top immediately on receipt of this question paper.
- (b) Answers should be written either in **English** or in **Hindi**, but the same medium should be followed throughout the paper.

P.T.O.

- (c) Attempt **both** the section.
- (d) Attempt any **three** questions from **Section-A** and any **three** short notes from **Section-B**.

Section - A

Note: Attempt any **three** questions. $20 \times 3 = 60$

1. What do you mean by the illness-wellness continuum in health psychology. Explain Biopsychosocial model of health with the help of examples. $8+12=20$
2. Critically examine the major theories of health behaviours. 20
3. What do you understand by health enhancing behaviours. Illustrate the impact of exercise on physical and mental health by citing some suitable studies. $8+12=20$
4. What is health psychology ? Explain barriers to health behaviour with the help of relevant examples. $5+15=20$

5. Explain health compromising behaviours. Describe the problems associated with alcoholism. $8+12=20$

Section - B

Note: Write short note on any **three** of the following : $10 \times 3 = 30$

- (a) Mind-body relationship
- (b) Protective Motivation theory
- (c) Smoking
- (d) Health and Nutrition
- (e) Subjective well-being
