

2020

PSYCHOLOGY — HONOURS

Paper : DSE-B-1

(Health Psychology)

Full Marks : 50

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer **any two** from the following (word limit **300** each) : 5×2
 - (a) Write short note on experience of pain.
 - (b) Discuss the characteristics of health behaviour.
 - (c) Explain the relationship between health and well-being.
 - (d) Write short note on nutrition.

 2. Answer **any one** of the following questions (word limit **800** each) :
 - (a) What is health? Discuss the role of hope in well-being and health. 3+7
 - (b) Discuss the importance of exercise in health enhancement. 10
 - (c) What is the relationship between health and behaviour? Discuss ten barriers to health behaviour. 2+8

 3. Answer **any two** of the following questions (word limit **1000** each) :
 - (a) Delineate in detail the biopsychosocial model of health psychology. 15
 - (b) Define health psychology. Discuss the components of health. 3+12
 - (c) What is well-being? How do life satisfaction and optimism contribute to well-being? 3+12
 - (d) Discuss the techniques of stress management and its implication to health. 15
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