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The Assam Royal Global University, Guwahati

Royal School of Behavioral and Allied Sciences

Generic Elective, All UG Courses

Semester End Examination, January 2023

Course Title: Psychology for Health & Well-being

Course Code: PSY062G202

Time: 3 Hours

Maximum Marks: 70

Note: Attempt all questions as per instructions given.

The figures in the right-hand margin indicate marks.

Section – A

1. Attempt **all** questions. (Maximum word limit 50) 2 x 8
- What is meant by health according to bio medical model?
 - Mention any two disadvantages of bio medical model?
 - Define eustress.
 - What is alarm stage?
 - What do you mean by aerobic exercise?
 - Mention any two intervention techniques to reduce smoking.
 - Define temperance.
 - What do you mean by gainful employment?

Section – B

2. Attempt **any one** of the following: 12 x 1
- Critically analyze the bio-psychosocial model of health and illness.
 - “Holistic health is about caring for the whole person”- Explain with proper example.
3. Attempt **any two** of the following: 7 x 2
- What is stress? Discuss the types and different sources of stress.
 - Explain briefly about the physical, psychological and behavioral consequences of stress.
 - What are the different coping styles that people adopt when dealing with stressful situations? Discuss in details.
4. Attempt **any two** of the following: 7 x 2
- Describe the different types of Health enhancing behavior.
 - What is eating disorder? Write a short note on anorexia nervosa and bulimia nervosa.
 - Analyse the effects of substance abuse on health.
5. Attempt **any two** of the following: 7 x 2
- Illustrate the role of hope in cultivating inner strength.
 - Why optimism is important in our life? Discuss about different ways to promote optimism.
 - How the concept of ‘me’ and ‘we’ are related to individualism and collectivism? Explain.