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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**
- a. What is meant by health according to bio medical model?
  - b. Mention any two disadvantages of bio medical model?
  - c. Define eustress.
  - d. What is alarm stage?
  - e. What do you mean by aerobic exercise?
  - f. Mention any two intervention techniques to reduce smoking.
  - g. Define temperance.
  - h. What do you mean by gainful employment?

**Section – B**

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