

2022

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) Importance of 'Nutrition' in mental health.
    - (b) Relationship between happiness and psychological Well-being.
    - ~~(c)~~ Pain management.
    - ~~(d)~~ Safety as health enhancing behaviour.
  
  2. Answer **any one** of the following : (Word Limit 800) 10×1
    - ~~(a)~~ Discuss the importance of biopsychosocial model in mental health.
    - (b) How exercise is important for maintaining a healthy behaviour?
    - (c) Describe the behaviours that act as barriers to health.
  
  3. Answer **any two** of the following : (Word Limit 1000 each)
    - ~~(a)~~ Discuss the characteristic features of health behaviour. What are the different components related to health behaviour. 5+10
    - ~~(b)~~ How life satisfaction is related to psychological well-being? – Discuss. 15
    - (c) What are the goals of health behaviour? Describe resilience and its associated factors. 5+10
    - (d) Define hope. Write down the relationship between hope and optimism. Discuss the factors influencing predisposed optimism. 2+5+8
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