



**WEST BENGAL STATE UNIVERSITY**

B.A./B.Sc. Honours/Programme 3rd Semester Examination, 2020, held in 2021

**PSYHGEC03T/PSYGCOR03T-PSYCHOLOGY (GE3/DSC3)**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.  
All symbols are of usual significance.*

1. Answer any **two** questions from the following: 10×2 = 20
  - (a) Define Health Psychology. Explain the Biopsychosocial model of Health Psychology. 2+8
  - (b) What is stress? Briefly discuss the nature and sources of stress. 2+8
  - (c) Explain Health-Illness continuum. 10
  - (d) State different health compromising behaviour with proper management techniques. 7+3
  
2. Answer any **four** questions from the following: 5×4 = 20
  - (a) Write a short note on GAS model.
  - (b) What are the coping mechanisms of stress?
  - (c) Briefly discuss the effects of stress on physical and mental health.
  - (d) What is health enhancing behaviour?
  - (e) State the difference between distress and eustress with example.
  - (f) Write a short note on Medical model of health.

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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