



**WEST BENGAL STATE UNIVERSITY**  
B.A./B.Sc. Honours/Programme 3rd Semester Examination, 2021-22

**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 **four** questions from the following: 5×4 = 20
- (a) Write a short note on “Health compromising behavior”.
  - (b) Write a short note on Holistic Health.
  - (c) Explain the psychological effects of exercise.
  - (d) Write a short note on health illness continuum model.
  - (e) Describe eustress with two suitable examples.
  - (f) Write a short note on Medical model of health and its significance.
2. Answer any **two** questions from the following: 10×2 = 20
- (a) Define Stressors. How can we manage stress? 3+7
  - (b) “Health-promoting behaviours enable us to work towards enhancing our wellness” — Explain the statement. 10
  - (c) “To deal with stress in your life, it is important to figure out where that stress originates and notice how you tend to react to it” — Justify the statement by explaining about the coping strategies of stress. 10
  - (d) Explain Biopsychosocial model of Health Psychology. 10

**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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