



WEST BENGAL STATE UNIVERSITY
B.A./B.Sc. Honours/Programme 3rd Semester Examination, 2022-23

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 **five** questions from the following: 2×5 = 10
 - (a) Describe social stress as a type of stress.
 - (b) What is task oriented coping?
 - (c) What is burn out?
 - (d) Define 'Holistic Health'.
 - (e) Define Optimism.
 - (f) Write examples of Health protective behaviour.
 - (g) Define 'Eustress'.
 - (h) Write down the psychological effects of exercise.

2. Answer any **four** questions from the following: (Word limit: 250 words each) 5×4 = 20
 - (a) Enumerate the different ways of managing stress. 5
 - (b) Briefly explain Bio-Psychosocial model of Health Psychology. 5
 - (c) What are the characteristics of gainful employment? 5
 - (d) Write a short note on Medical model of Health and its significance. 5
 - (e) What are the various ways of managing illness? 5
 - (f) Discuss how 'hope' is related to mental health. 5
 - (g) Define Stressors. Discuss briefly the sources of stress. 2+3

3. Answer any **one** question from the following: (Word limit: 800 words) 10×1 = 10
 - (a) Describe the GAS model and illustrate the relevance of this model with the help of an example. 7+3
 - (b) What are Health compromising behaviours? Discuss its effects on health and well being. How we can overcome health compromising behaviours? 3+3+4
 - (c) "Human strengths can help to protect against the onset of mental health problem".
— Describe the classification of human strengths and virtues and highlight on the ways of cultivating inner strengths. 7+3

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