



WEST BENGAL STATE UNIVERSITY
B.A./B.Sc. Honours 5th Semester Examination, 2023-24

PSYADSE03T-PSYCHOLOGY (DSE1/2)

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate marks of question.
Candidates should answer in their own words and adhere to the word limit as practicable.*

1. Answer any **five** questions from the following: 2×5 = 10
 - (a) Define optimism.
 - (b) What are the major sources of stress?
 - (c) Define mindfulness.
 - (d) Define positive psychology.
 - (e) What is primary appraisal?
 - (f) Define happiness.
 - (g) What is referred to as GAS?
 - (h) What does health-belief model say?

2. Answer any **four** questions from the following: 5×4 = 20
 - (a) Write a short note on emotion focussed and problem focussed coping strategies.
 - (b) Discuss ways of managing stress.
 - (c) Write a note on mind-body relationship.
 - (d) Briefly state biopsychosocial model of health.
 - (e) Discuss how lifestyles and disease patterns are related.
 - (f) Discuss how hope and wisdom are related to happiness and well-being.
 - (g) What are the important character strengths that improve well-being of a person?

3. Answer any **one** question from the following: 10×1 = 10
 - (a) Define health psychology. What are the different components of health? Briefly state the goals of health psychology. 2+4+4
 - (b) What is meant by health behaviour? What are the characteristics of health behaviour? Discuss major theories of health behaviour. 2+2+6
 - (c) What is positive psychology? Delineate major perspectives on positive psychology. 2+8

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