

PSYGCOR03T/ PSYHGEC03T

Unit-1: Illness, Health and Well-being

5 marks

1. Write short notes on:
 - a) Medical model
 - b) Holistic health
2. Define health according to WHO.

10 marks

1. Briefly discuss the Illness-Wellness continuum.
2. Describe the Bio-psychosocial-social model of health.
3. Write an essay on health and well-being.

Unit-2: Stress and Coping:

5 marks:

Write short notes on:

1. Sources of stress
2. Nature of stress
3. Coping strategies
4. Stress management techniques
5. GAS
6. Cognitive appraisals of stress
7. Individual difference in resistance to stress
8. Stress and health
9. Stress and task performance
10. P-E Fit
11. Social support
12. Hardiness

10 marks:

1. Define stress? What are the types of stress? Discuss the causes of stress. 2+2+6
2. How does optimistic orientation differ from pessimistic orientation in dealing with stress? What are the effects of stress on physical and psychological health? 2+8
3. What are the different techniques for managing stress? Explain the coping strategies with proper examples. 6+4

Unit-3 Health Management

5 Marks

1. Write short note on-
 - A) Exercise
 - B) Nutrition
 - C) Smoking
 - D) Alcohol

10 Marks

1. Briefly Discuss the health promoting behaviours.
2. Explain the Health Damaging behaviours.