

**BA PSYCHOLOGY
THIRD SEMESTER
HEALTH PSYCHOLOGY
BPY – 931 [IDMj]**

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

1. The scope of health psychology includes all EXCEPT:
 - a. Health promotion
 - b. Organizational development
 - c. Improving healthcare systems
 - d. Illness prevention
2. Which of the following BEST defines health psychology?
 - a. Study of social interactions at the workplace
 - b. Study of how emotional, behavioral, and cultural factors influence physical health
 - c. Study of internal mental processes
 - d. Study of only chronic diseases
3. Who introduced the concept of the "General Adaptation Syndrome" (GAS)?
 - a. Sigmund Freud
 - b. Abraham Maslow
 - c. Walter Cannon
 - d. Hans Selye
4. Which of these is a physiological cause of stress?
 - a. High workload
 - b. Negative thinking
 - c. Conflict in relationships
 - d. Hormonal imbalance
5. Which of the following is an example of *acute stress*?
 - a. Continuous financial worries over several years
 - b. Anxiety before appearing in the examination
 - c. Constant workplace harassment
 - d. Chronic illness lasting a lifetime
6. Rahul feels anxious about an upcoming interview and practices mindfulness to calm himself. His coping strategy is:
 - a. Emotion-focused
 - b. Problem-focused
 - c. Maladaptive
 - d. Avoidant
7. Which psychologist is known for contributing significantly to the study of stress?
 - a. Irwin Rosenstock
 - b. Sigmund Freud
 - c. Hans Selye
 - d. Lazarus and Folkman

8. During the *resistance stage*:
 - a. The body attempts to adapt to the stressor
 - b. The stress response shuts down
 - c. Cortisol levels drop completely
 - d. Illness immediately occurs
9. Health psychologists often work in which settings?
 - a. Hospitals and rehabilitation centers
 - b. Schools
 - c. Public health departments
 - d. All of the above
10. Which of the following is *not* a stage of the GAS model?
 - a. Alarm
 - b. Resistance
 - c. Recovery
 - d. Exhaustion
11. Which of the following best defines workplace stress?
 - a. A feeling of excitement about work
 - b. Physical and emotional strain caused by job demands
 - c. Interest in career development
 - d. Motivation to achieve goals
12. Which factor most commonly contributes to work stress?
 - a. Regular breaks
 - b. Supportive coworkers
 - c. Balanced workload
 - d. Unrealistic deadlines
13. Positive psychology primarily focuses on:
 - a. Reducing all emotions
 - b. Pathological behavior
 - c. Building strengths and well-being
 - d. Avoiding failures
14. Life skills help individuals to.....
 - a. Increase wealth
 - b. Avoid responsibilities
 - c. Control others
 - d. Deal effectively with daily challenges
15. Which of the following is a life-threatening illness?
 - a. Hypertension
 - b. Migraine
 - c. Common cold
 - d. Anxiety disorder
16. Which of the following is not a technique for managing stress?
 - a. Meditation
 - b. Overworking
 - c. Deep breathing
 - d. Progressive muscle relaxation
17. Yoga contributes to mental health improvement by.....
 - a. Increasing anxiety levels
 - b. Reducing flexibility
 - c. Encouraging competition
 - d. Promoting relaxation and self-awareness
18. Which of the following is a major symptom of chronic stress?
 - a. Increased energy
 - b. Strong immune system
 - c. Sleep disturbance
 - d. Improved concentration

19. Which technique primarily aims to improve physical health?
- a. Cognitive restructuring
 - b. Regular exercise
 - c. Meditation only
 - d. Daydreaming
20. The main goal of stress management programs in organizations is to.....
- a. Increase workload
 - b. Reduce absenteeism and enhance productivity
 - c. Encourage competition among employees
 - d. Promote unhealthy coping strategies

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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

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| 1. Define Health Psychology. Briefly describe the nature of health psychology. | 2+8=10 |
| 2. What do you mean by stress? Explain about the different types of stress with suitable examples. | 4+6=10 |
| 3. Define coping. Explain various types of coping. Give examples. | 2+=10 |
| 4. Describe about various stress management techniques with real life examples. | 10 |
| 5. Explain the concept of workplace stress. Suggest suitable organizational strategies to manage work-related stress. | 4+6=10 |
| 6. Discuss the role of life skills and positive psychology in managing stress and enhancing overall mental health. | 10 |
| 7. Describe the psychological and physical impact of life-threatening illnesses such as HIV, cancer, hypertension, and diabetes. | 10 |
| 8. Discuss how exercise, yoga, and meditation contribute to stress reduction and holistic well-being. | 10 |

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