

**BA PSYCHOLOGY
FOURTH SEMESTER
HEALTH & WELLBEING
BPY – 741**

(Use Separate Answer Scripts for Objective & Descriptive)

Duration : 3 hrs.

Full Marks : 70

[PART-A : Objective]

Time : 20 min.

Marks : 20

Choose the correct answer from the following:

1X20=20

1. _____ is the way human beings react both physically and mentally to changes, events, and situations in their lives
 - a. Anxiety
 - b. Stress
 - c. Depression
 - d. All of the above
2. _____ - results from a "positive" view of an event or situation, which is why it is also called "good stress."
 - a. Eustress
 - b. Distress
 - c. Stress
 - d. Anxiety
3. Which among the following is not a reason of stress?
 - a. The unsettling effects of change
 - b. The feeling that an outside force is challenging or threatening you
 - c. The feeling that you have lost personal control.
 - d. Positive "view of an event or situation
4. Full form of (GAS)
 - a. General Adaptation Syndrome
 - b. General Adaptation System
 - c. General Ability Syndrome
 - d. General Apprehension Syndrome
5. _____ are demands that change the state of our body.
 - a. Psychological Stress
 - b. Physical stresses
 - c. Social stress
 - d. None of the above
6. Relaxation often involves _____
 - a. Exercise
 - b. Weight Control
 - c. Deep breathing
 - d. None of the above
7. Dietary control involves meal planning, cooking methods and _____
 - a. Sleeping habits
 - b. Regular habits
 - c. Eating habits
 - d. Specific habits
8. The goal of this kind _____ - prevention is to decrease the severity of illness which a person suffers.
 - a. Primary Prevention
 - b. Secondary Prevention
 - c. Tertiary Prevention
 - d. All of the above

9. On account of laziness, time pressure and ignorance about the body system many people avoid _____
- a. Eating
 - b. Sleeping
 - c. Relaxing
 - d. Exercise
10. _____ is a fatal disease found among homosexuals, and people engaging in sexual intercourse with a number of partners.
- a. AIDS
 - b. Cancer
 - c. Blood pressure
 - d. Covid -19
11. Optimists tend to look for positive outcomes, whereas pessimists seem to expect the _____
- a. Best
 - b. Alternative options
 - c. Worst
 - d. All of the above
12. Subjective well-being (SWB) is defined and measured by
- a. happiness and health.
 - b. personal expressiveness and happiness.
 - c. life satisfaction and positive affect
 - d. life satisfaction, positive affect, and negative affect
13. Human resilience refers to
- a. neutral response in the face of tragedy.
 - b. good outcomes despite serious threats and challenge
 - c. the ability to recover after working through a traumatic event.
 - d. the point dividing a distressful from an adaptive response to challenge.
14. Wisdom is inherently an ----- concept
- a. Inter-intra personal
 - b. Intra personal
 - c. Interpersonal
 - d. None of the above
15. How many humour styles are there?
- a. 4
 - b. 3
 - c. 2
 - d. 1
16. Sarah's friend just lost a family member and is having a difficult time. She says to her friend, 'I'm sorry for you.' Sarah is expressing _____ in this scenario.
- a. Sympathy
 - b. Human centeredness
 - c. Empathy
 - d. Understanding
17. Which of the following is true about empathy and self-actualization, according to Carl Rogers?
- a. Empathy is the most important part of meeting human needs
 - b. Empathy is important, but it is not a part of self-actualization
 - c. Humans need empathy, or to be understood, in order to achieve self-actualization
 - d. Empathy is a part of self-actualization so long as it is guided by a professional therapist

18. How many levels of Gratitude are there?
- a. 2
 - b. 3
 - c. 4
 - d. 1
19. Flow involves which of the following?
- a. intense positive emotions of elation/euphoria
 - b. Timelessness
 - c. intense concentration/involvement/engagement
 - d. both 'b' and 'c' above
20. Love is a ----- act
- a. Self sufficient
 - b. Selfless
 - c. Self centered
 - d. Selfish

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PART-B : Descriptive

Time : 2 hrs. 40 min.

Marks : 50

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

1. How is Humor related to well being? How many styles of humor are there? Explain 10
2. "Wisdom is that understanding which is essential to living the best life"
Explain the above statement. 10
3. Explain the effect of stress on psychological functioning through GAS model. 10
4. Illustrate the different ways of coping with stress. What are the common causes of stress? 6+4=10
5. Elaborately discuss one health compromising behaviours. 10
6. What do you mean by Flow? Discuss. 10
7. How can forgiveness influence wellbeing? Discuss. 10
8. a. What do you mean by gratitude? 5+5=10
b. What is Yoga? Explain the benefits of yoga.

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