

BA-PSYCHOLOGY
FOURTH SEMESTER [SPECIAL REPEAT]
HEALTH AND WELL BEING
BPY – 741 [GENERIC ELECTIVE]
[USE OMR SHEET FOR OBJECTIVE PART]

SET
A

Duration: 3 hrs.

Full Marks: 70

(Objective)

Time: 30 mins.

Marks: 20

Choose the correct answer from the following:

1 × 20 = 20

- Which of the following statements is true?
 - In small quantities, stress is good
 - Too much stress is harmful
 - All stress is bad
 - Only a & b are right
- Which of the following are the basic sources of stress?
 - Environment
 - Social stressors
 - Physiological
 - All of the above
- Aches, shallow breathing and sweating, palpitations are
 - Physical symptoms of stress
 - Behavioral symptoms of stress
 - Emotional symptoms of stress
 - Cognitive symptoms of stress
- Which of the following statements is true?
 - Habitual behavior patterns like over scheduling, procrastination, etc. can cause negative stress
 - Thoughts like fear, worrying about future etc. can cause negative stress
 - Both a & b are true
 - None of the above
- Alcohol abuse and smoking share a window of vulnerability especially during_____.
 - Adolescence
 - Adulthood
 - Middle age
 - Old age
- _____ is a process by which the body increasingly adapts to the use of a substance, requiring larger and larger doses of it to obtain the same effects, and eventually reaching a plateau.
 - Withdrawal
 - Tolerance
 - Metacognition
 - Relapse
- Which of these is not an example of a health enhancing behaviour?
 - Smoking
 - Taking regular exercise
 - Eating healthy food
 - Going to the gym
- Health compromising behavior means
 - Good to health
 - Harmful to health
 - Mediate health
 - None of these

9. Alcohol consumption has been linked to
- Liver cirrhosis
 - High Blood pressure
 - Stroke
 - All of the above
10. Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety after stopping drinking is;
- Dependence
 - Craving
 - Loss of control
 - Tolerance
11. In general, happy people do NOT:
- Express gratitude, forgiveness, and kindness
 - Get regular exercise, sexual activity, and good sleep
 - Have higher incomes or higher intellect than most
 - Savor joy and practice optimism and self-actualization
12. What is empathy?
- The ability to put yourself in someone else's position and understand what they are feeling
 - When you feel sorry for someone else's hardships.
 - The ability to know what someone else is thinking.
 - None of the options are correct.
13. Which theory of humor focuses primarily on the motivational mechanisms of interpersonal needs, positing that humor provides relief of tension?
- Relief theory
 - Superiority theory
 - Incongruity theory
 - None of the above
14. Which of these is an example of altruism?
- A person gives a homeless man a sandwich for no other reason than to help him out.
 - A person helps a coworker on a report so that the coworker will 'owe him one'.
 - A person shares his food with his brother because he wants his relatives to survive.
 - All are examples of altruism.
15. Wisdom comes from _____.
- Thinking
 - Experience
 - Age
 - Practicality
16. If you feel you owe someone for the kindness they showed you or something they gave you, which concept are you exhibiting?
- Indebtedness
 - Gratitude
 - Reciprocity
 - Altruism
17. What is resilience?
- bouncing back from a tragic event
 - a negative approach to tough situations
 - depression that occurs after a challenging situation
 - approaching problems in a positive manner

18. Which of the following is part of forgiving someone?
- a. Starting over
 - b. Acting like nothing ever happened
 - c. Letting the other person have their way
 - d. Ignoring your feelings about what happened
19. Generally speaking, self-esteem is
- a. The extent to which we approve of ourselves
 - b. how intelligent we are
 - c. How skilled we are
 - d. The extent to which others approve of us
20. Another word for kind is:
- a. Rude
 - b. Mean
 - c. Caring
 - d. Annoying

(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

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

- | | |
|---|----------|
| 1. Define stress. How stress impacts us physiologically? | 3+7=10 |
| 2. Define Alcoholism. What are the various health implications of alcohol abuse? | 3+7=10 |
| 3. What is the impact of chronic stress? Is stress and behavioral change correlated? Support your answer with valid reasons. | 3+4+3=10 |
| 4. Explain the various psychological and physiological benefits of exercise, support your answer in correlation to health compromising behavior | 10 |
| 5. What is love? What are the tips for cultivating love? | 5+5=10 |
| 6. Describe flow and mindfulness. | 5+5=10 |
| 7. What is kindness? Describe the benefits of being kind. | 5+5=10 |
| 8. What is self esteem? Describe the pillars of self esteem. | 5+5=10 |

= = *** = =