

Registration Number:

Date & session:

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**ST. JOSEPH’S UNIVERSITY, BENGALURU -27**

**B.A (OPEN ELECTIVE)– I SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2023**

**(Examination conducted in November /December 2023)**

**PYOE1: PSYCHOLOGY OF HEALTH AND WELLBEING.**

**(For current batch students only)**

**Time: 2 Hours Max Marks: 60**

**This paper contains ONE printed page and TWO parts**

**PART-A**

**Answer any six of the following questions. 6X5 =30**

1. Discuss the Holistic Model of Health with its applications.
2. Differentiate between disease and illness. Briefly describe the two categories leading to ill health.
3. Define mental health. Write a note on current trends to improve mental health among individuals.
4. Define stress. Describe in detail on the various sources of stress faced by individuals.
5. Explain coping strategies for stress management.
6. Describe the physical symptoms associated with internet addiction.
7. Define weakness as given by positive psychology. Discuss ways of overcoming weakness.

 **PART-B**

**Answer any six of the following questions. 3X10 =30**

1. Explain in detail the biopsychosocial model of health.
2. Elaborate on the effects of stress on physical and mental health.
3. Explain PERMA model in detail with examples.
4. Define hope. Explain in detail about the Hope theory.

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