Date: 21-12-2022 ( 1pm )

Registration number:

**ST. JOSEPH’S COLLEGE (AUTONOMOUS), BENGALURU-27**

**B.A. OPEN ELECTIVE - I SEMESTER**

**SEMESTER EXAMINATION: DECEMBER 2022**

**(Examination conducted in December 2022)**

**PY OE1 – Psychology of Health and Well-being**

**Time- 2 hrs Max Marks-50**

**This question paper contains ONE printed page and ONE part**

**Part A**

**Answer any five of the following 5x10=50**

1. What is health psychology? Discuss the role of health psychologist.
2. Explain in detail the biopsychosocial model and its applications.
3. Elaborate on the effects of stress on physical health.
4. Explain about General Model of Stress Process with examples.
5. What is coping? Enumerate on the different types of coping mechanism used to overcome stress.
6. What is exercise? Discuss in detail the benefits of exercise on an individual
7. Expand the PERMA model and discuss it in detail with examples.
8. Define optimism. Discuss in detail about the Hope theory and how you would apply this theory in your life.

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