



Progressive Education Society's
Modern College of Arts, Science & Commerce Ganeshkhind, Pune – 16
End Semester Examination December 2023
Faculty: Arts

Program: BA

Semester: III

SET: A

Program (Specific): PSYCHOLOGY

Course Type: Regular

Class: SYBA

Name of the Course: Health Psychology

Time: 3 Hours

Course Code: 23-A2353

Max Marks: 70

Instructions to the candidate:

- 1. There are 4 major questions in the paper. Write each major question on a separate page.*
 - 2. All major question are compulsory.*
 - 3. Figures to the right indicate full marks.*
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Q1) Answer the Following in 100 words each (Any Four)

[20]

- a. Explain any Two Aims of Health Psychology
- b. Explain the Physiological Response to Stress
- c. Describe the role of Diet as a Health Promoting Behaviour
- d. Elaborate on the usefulness of Social Support in facing Major Chronic Health Problems
- e. Explain the Importance of Gender as a factor in Health
- f. Describe the Role of Exercise as a Health Promoting Behaviour

Q2) Answer the Following in 200 words each (Any Two)

[20]

- a. Describe in detail the changing patterns of Illnesses in recent years with special reference to Psychosomatic aspects.
- b. Elaborate on the Sources of Stress
- c. Comment on the Importance of Stress Management in a Post COVID 19 world.
- d. Explain the Importance of Sociocultural factors in Health

Q3) Answer the Following in 400 words each (Any One)

[20]

- a. Discuss the Health Compromising Behaviours and Comment on how they can be prevented and reduced.
- b. Define Coping. State the Types of Coping & Explain Emotion Focused Coping in detail.

[10]

- विद्यार्थ्यांसाठी सूचना :**

- २० गुण

- २० गुण

- २० गुण

- a. आरोग्य विघातक वर्तनावर चर्चा करून हे वर्तन प्रतिबंधित आणि कमी कसे करता येईल यावर टिप्पणी द्या.
- b. □□□□ □□□□□□□□ □□□□□□□□ □□□□□□ □□□□ □□□□ भावना केंद्रित धोरण सविस्तरपणे स्पष्ट करा.

प्रश्न ४. टिपा लिहा.(कोणत्याही दोन)

१० गुण

- a. विनोद -ताण कमी करणारा घटक
- b. आरोग्याचे जैव -मानसिक -सामाजिक प्रारूप
- c. पक्षाघात - एक प्रमुख दीर्घकालीन विकार
- d. प्लासेबो परिणाम

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