



WEST BENGAL STATE UNIVERSITY

B.A./B.Sc. Honours/Programme 3rd Semester Supplementary Examination, 2021

PSYHGEC03T/PSYGCOR03T-PSYCHOLOGY (GE3/DSC3)

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.*

1. Write short notes on any **four** from the following: 5×4 = 20
 - (a) Types of coping strategies
 - (b) Human strengths
 - (c) GAS model
 - (d) Sources of stress
 - (e) Protective behaviour
 - (f) Any theory of optimism
 - (g) Types of stress
 - (h) Relationship between health and well being.

2. Answer any **two** questions from the following: 10×2 = 20
 - (a) Describe health promoting and health damaging lifestyles.
 - (b) Describe the systematic desensitization and relaxation therapy as techniques of stress management. 5+5
 - (c) Elaborate different effects of stress.
 - (d) Briefly describe the biopsychosocial model of health.

N.B. : *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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