

2021

PSYCHOLOGY — HONOURS

Fifth Paper

(Module – 3.2)

(Health Psychology and Counselling Psychology)

Full Marks : 50

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer **any two** (word limit for each 100 words): 5×2
 - (a) Types of stress
 - (b) Non-directive counselling
 - (c) Smoking as a health damaging lifestyle
 - (d) Mental hygiene.

 2. Answer **any one** of the following questions (word limit for each 150 words):
 - (a) Critically discuss the biopsychosocial model of health psychology. 10
 - (b) Define frustration. What are the causes of frustration? 3+7
 - (c) Define conflict. Describe different types of conflict with appropriate examples. 2+8

 3. Answer **any two** of the following questions (word limit for each 200 words):
 - (a) Explain health-promoting lifestyle. How can you, as a student of psychology engage in health promoting behaviour through your daily activities? 3+12
 - (b) Define adjustment. Discuss different factors of adjustment. 3+12
 - (c) What is counselling? Discuss the goals of counselling. Write down the steps followed in directive counselling. 3+5+7
 - (d) How did Cattell contribute to Trait Theory? 15
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