	SUB.CODE: 18UPSY6M2A									
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DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS & SCIENCE FOR WOMEN (AUTONOMOUS)



(For Candidates admitted from 2018-2019 onwards)

UG DEGREE EXAMINATIONS APRIL - 2021

B.Sc., - PSYCHOLOGY HEALTH PSYCHOLOGY

Time: 3	3 Hrs	Max.Marks: 7
Time: 3	3 Hrs	Max.Marks:

		PART - A					
CH	OOSE THE CORRECT ANSWER		(10X1=10)				
1.	Hindu society has been categorized into four classes, called						
	a) Caste b) ashrama	c) varna	d) karma				
2.	Karma is a/an —						
	a) Essay b) short-st	ory c) travelogue	d) biography				
3.	A major tenet of Super's theory is th	at the career pattern one follows th	rough life:				
a) Is primarily influenced by one's vocational orientation							
	b) Is an expression of career maturit	y?					
	c) Represents verification of one's p	ersonal modal style					
	d) Results from expression of one's vocational self-concept						
4.	4. The assumption that individuals have unique patterns of ability that can be measured and matc						
	jobs is a key concept of:						
	a) Trait-and-factor theory	b) Developmen	tal theory				
	c) Self-concept theory	d) Construct the	eory				
5.	. Holland's model of personality types incorporates five key concepts. Which of the following is						
	correct answer?						
	a) Differentiation, identity, congruence, calculus and career choice						
	b) Consistency, differentiation, socialization, satisfaction and critical theory						
c) Consistency, differentiation, identity, self-knowledge and career choice							
	d) Consistency, differentiation, iden	tity, congruence and calculus					
6.	Traits are defined as:						
	a) physical characteristics that distin	guish us from other people					
	b) relatively enduring characteristic	s that influence our behavior across	s many situations				
	c) unconscious tendencies to act in c	ifferent ways according to the situa	ation				
	d) permanent personality tendencies	that determine our behavior in any	situation				

1.	In career development, realistic career pla	an is included in			
	a) Individual role b) mana	ger role c) employe	er role	d) line manager	
8.	What makes career counselling significan	ntly different in emphasis			
	a) Goal-oriented	b) A focus on past			
	c) Future-focused	d) Achievement fo			
9.	Which of the following is not true of care				
	a) It is a two-way interaction	b) It is only	y for the une	employed	
	c) It involves building a trusting relations				
10	. How many types of intelligence did Gard	ner's theory of multiple i	intelligences	identify?	
	a) 2 b) 4	c) 6		d) 8.	
		PART - B			
AN	SWER ALL THE QUESTIONS			(5	X7=35)
11.	a) Write a short note on need for health psy	ychology			
		(OR)			
	b) Write a short note on adhering to health	y behaviour			
12.	a) Write a short note on immune system				
		(OR)			
	b) Write a short note on managing stress				
13.	 a) Write a short note on behavioural factors 	s associated with cancer			
		(OR)			
	b) Write a short note on behavioural factors	s associated with cardio	vascular dise	ease	
14.	a) Write a short note on health behaviour as	ssociated with smoking t	obacco		
		(OR)			
	b) Write a short note on importance of exer				
15.	a) Write a short note on management of ser	ious illness in future			
		(OR)			
	b) Write a short note on trends in health psy	chology			
		PART - C			
	SWER ANY THREE QUESTIONS			(3)	X10=30)
	Write in detail about conducting health rese				
	Explain in detail about understanding and n				
	Write a detail note on living with chronic il				
19. \	Write in detail about health effects of using	alcohol and other drugs			
20. I	Explain in detail about health promotion in	future			