



K25U 2604

Reg. No. :

Name :

**V Semester B.A./B.A. Afsal-UI-Ulama/B.Sc./B.Com./B.T.T.M./B.B.A./
B.B.A.-T.T.M./B.B.A.-A.H./B.C.A./B.S.W./B.M.C.**

Degree (CBCSS – OBE – Regular/Supplementary/Improvement)

Examination, November 2025

(2019 to 2023 Admissions)

Generic Elective Course

5D01PSY : PSYCHOLOGY OF LIFE STYLE

Time : 2 Hours

Max. Marks : 20

SECTION – A

Answer **all** of the following questions. **Each** question carries **1** mark.

1. Clarify health behavior.
2. Define optimism.
3. Describe the nature of stress.
4. What is Neuroticism ?
5. How is stress management possible ?
6. Explain hostility.

(6×1=6)

SECTION – B

Answer **any four** of the following questions. **Each** question carries **2** marks.

7. Elucidate on methods to improve diet.
8. Discuss on the changing health habits.
9. Clarify the strategies to effectively cope with stress.

P.T.O.



10. Which are the ways to achieve weight control ?

11. Explain the stages of behavioral changes.

12. Elucidate on Type – A behavior.

(4×2=8)

SECTION – C

Answer **any one** of the following questions. **Each** question carries **6** marks.

13. Discuss on the determinants of health.

14. Deliberate on how to cope with the impact of stress.

(1×6=6)

Don Bosco Arts and Science College
Angadikadavu, Kannur
lib.donbosco.ac.in

