



K24U 2991

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.M.C. Degree
(CBCSS-OBE – Regular/Supplementary/Improvement)

Examination, November 2024

(2019 to 2022 Admissions)

Generic Elective Course

5D01 PSY : Psychology of Lifestyle

Time : 2 Hours

Max. Marks : 20

SECTION – A

Answer the following. Each question carries 1 mark.

(6×1=6)

1. Define health.
2. What is a healthy diet ?
3. Name one personality trait associated with health behavior.
4. What is the Type A behaviour pattern ?
5. What is the basic unit of sleep ?
6. Define stress.

SECTION – B

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

(4×2=8)

7. What are the consequences of a poor diet ?
8. Describe the relationship between exercise and the maintenance of health.

P.T.O.



9. How does neuroticism affect health behaviour ?
10. What are the stages of behaviour change according to stage theories ?
11. What is stress management and why is it important ?
12. Explain the concept of coping styles in stress.

SECTION – C

Answer **any one** of the following. **Each** question carries **6** marks. (1×6=6)

13. Discuss the impact of food, sleep and exercise on health and suggest methods to improve diet and sleep habits.
14. Evaluate the role of personality traits such as optimism, Type A behaviour, and neuroticism in influencing health behaviours and outcomes.

