



K24U 2765

Reg. No. :

Name :

V Semester B.Sc. Degree (CBCSS – OBE – Regular/Supplementary/
Improvement) Examination, November 2024
(2019 to 2022 Admissions)
CORE COURSE IN PSYCHOLOGY
5B11PSY : Psychology of Lifestyle

Time : 3 Hours

Max. Marks : 40

SECTION – A

Answer the following. Each question carries 1 mark.

(6×1=6)

1. What is the definition of lifestyle behaviours ?
2. Name one theory of health behaviour change.
3. What is a health-related behaviour associated with cancer prevention ?
4. What does self-monitoring involve in health behaviour change ?
5. What is a common consequence of chronic stress on physical health ?
6. What is the goal of preventive approaches to alcohol abuse ?

SECTION – B

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

(6×2=12)

7. Explain the concept of 'Quality of Life' in health psychology.
8. What are the 'Health Behaviours' and why are they important ?
9. Describe the role of socio-demographic factors in lifestyle behaviour.
10. What is the impact of modern lifestyles on health ?

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11. How does addiction to nicotine affect health ?
12. Explain the concept of 'social norms' in health behaviour change.
13. What role does sleep play in maintaining health ?
14. Why is exercise considered beneficial for mental health ?

SECTION – C

Answer **any four** of the following. **Each** question carries **3** marks. **(4×3=12)**

15. Discuss the importance of accident prevention as a health-related behaviour.
16. Describe the relationship between stress and the immune system.
17. What is the significance of developing healthy eating habits ?
18. Explain the role of ecological models in lifestyle change.
19. What are the psychological effects of alcohol abuse on college students ?
20. How does stress contribute to the development of coronary heart disease ?

SECTION – D

Answer **any two** of the following. **Each** question carries **5** marks. **(2×5=10)**

21. Evaluate the effectiveness of cognitive-behavioural approaches in changing health behaviours.
 22. Analyse the impact of socio-demographic influences on health and lifestyle.
 23. Discuss the role of exercise psychology in promoting physical activity.
 24. Examine the relationship between stress, coping strategies and resilience.
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