



K23U 2572

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 2023
(2019-2021 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. What is the importance of contemplation in behavioral changes ?
2. What is REM sleep ?
3. What is exercise ?
4. Define the type A personality.
5. What is stress management ?
6. Define stressors.

SECTION – B

Answer **any four** of the following. **Each** question carries 2 marks. (4×2=8)

7. What is a health habit ?
8. How do people behave in the preparation stage of behavior change ?
9. What is BMI ?
10. Differentiate between neuroticism and extraversion.
11. How is hostility influenced by personality type ?
12. How is coping to stress influenced by vulnerability and resiliency factors ?

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SECTION – C

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

13. What is a healthy diet ? What are the consequences of a poor diet and how can it be improved ?
14. What is stress ? What is the impact that stress has on the health of an individual ?

