



K20U 1691

Reg. No. :

Name :



V Semester B.A./B.Sc./B.Com./B.B.A./B.B.A.T.T.M./B.B.A.R.T.M./B.B.M./
B.T.T.M./B.C.A./B.S.W./B.A.Afsal Ul Ulama/B.B.A. (AH) Degree (CBCSS-Reg/
Sup./Imp.) Examination, November 2020

(2014 Admn. Onwards)

Open Course

5D01 PSY : PSYCHOLOGY OF LIFESTYLE

Time : 2 Hours

Max. Marks : 20

SECTION – A

Answer the following in **a** word. **Each** question carries **1** mark.

1. Exercise, relaxation, humour are examples of _____ strategies.
2. _____ is a personality characteristic that involves being reliable, makes long term goals and is organized.
3. During _____, our memory gets consolidated and brain restored.
4. _____ is a state of complete physical, mental and social well being and not merely the absence of disease. (4×1=4)

SECTION – B

Answer **any four** questions. **Each** question carries **2** marks.

5. Stage theory
6. Extraversion
7. Stress coping styles
8. Healthy diet
9. Eating disorders
10. Type A personality. (4×2=8)

SECTION – C

Answer **any one** question. **Each** question carries **8** marks.

11. Define health. Describe the methods of changing health habits.
12. Explain stress and its effects on health. (1×8=8)