



K21U 4760

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-UI-Ulama/B.B.A. (AH) Degree CBCSS
(OBE)-Regular Examination, November 2021
(2019 Admission Only) Open Course
5D01 PSY : PSYCHOLOGY OF LIFESTYLE

Time : 2 Hours

Max. Marks : 20

SECTION – A

Answer the following. **Each** question carries 1 mark.

1. What do you mean by optimism ?
2. Define coping.
3. What is burnout ?
4. Define health.
5. Write about meditation.
6. What is fight or flight response ?

(6×1=6)

SECTION – B

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

7. Write about changing health habits.
8. Write about obesity.
9. What is aerobic exercise ?
10. Mention about Type A Behaviour Pattern.
11. What is Neuroticism ?
12. Mention about preventive health behaviour.

(4×2=8)

SECTION – C

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

13. Explain the important determinants of our health and how can we maintain it.
14. Explain the important theories of stress.

(1×6=6)