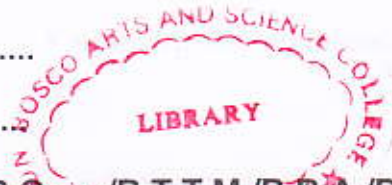




K22U 2587

Reg. No. :

Name :



V Semester B.A./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.A. Afsal-UI-Ulama/B.S.W. Degree (CBCSS – OBE – Regular/
Supplementary/Improvement) Examination, November 2022
(2019 Admission Onwards)

Open Course

5D 01 PSY : PSYCHOLOGY OF LIFE STYLE

Time : 2 Hours

Max. Marks : 20

SECTION – A

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

1. Define Habit.
2. What is meant by the term exercise ?
3. What is a poor diet ?
4. What is type A behaviour pattern ?
5. Define stress.
6. What are coping styles ?

(6×1=6)

SECTION – B

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

7. What is the precontemplation stage ?
8. What is the importance of maintenance in a health behaviour change ?
9. How is sleep and health related ?

P.T.O.



- 10. What does the trait of conscientiousness indicate ?
- 11. Define the term Optimism.
- 12. What is meant by the term stress management ? (4×2=8)

SECTION – C

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

- 13. What is a healthy diet ? What are the consequences of poor diet and how is it contributing to the rising number of obesity issues ?
 - 14. How is coping with stress influenced by the coping styles predominant in a person ? Elucidate. (1×6=6)
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