



21/12/23

Doon University, Dehradun
End -Semester Examination
School of Social Sciences, Department of Psychology
B.A. – GENERIC, Semester III
Course Title: PSYCHOLOGY FOR HEALTH AND WELLBEING
Course Code: (PYG 302)

Time Allowed 2 hours Maximum Marks: 50

SECTION: A

Attempt All Questions (12 Marks)

1. In Buddhism Forgiveness is often called _____.
2. Negative forgiveness is also called _____.
3. Write the three components of character strength.
4. What is the most important phase of forgiveness in REACH model?
5. What does HERO in psychological capital stands for?
6. What is Individualistic approach in ME/WE Balance?
7. What are the two types of stress?
8. Name any 2 virtues in Peterson and Seligman model.
9. What is optimistic explanatory style?
10. What is Hope?
11. What is Gratitude?
12. What is hedonic wellbeing?

SECTION: B

Attempt Any 3 Questions (3 x 6 = 18 Marks)

1. Explain health belief model in detail with its factors.
2. Explain Kelley's model of forgiveness, 2008 in detail.
3. Explain psychological capital and its concept, factors, stages in detail.
4. Explain gainful employment in detail with definition, factors, stages and its psychological benefits.
5. Explain ME/WE balance and its approaches, strategies in detail.

SECTION: C

Attempt Any 2 Questions (10 x 2 = 20 Marks)

1. Explain forgives, factors, types and Enright's four stage model of forgiveness and psychological benefits of forgiveness.
2. Explain forgives, factors, types and Worthington's REACH model of forgiveness psychological benefits of forgiveness.
3. Explain health care system and unhealthy behavior and ways to develop healthy behaviour through models and strategies.
4. Explain health continuum model, eastern and western perspective, social model, and strategies to enhance wellbeing.

FEBRUARY

$$\underline{117 + 2 = 119}$$