

Satyug Darshan Institute of Engineering & Technology, Faridabad

Department of Management Studies

Academic year 2025-26

Programme: BBA DM	Year & Semester: 1st & 2nd
Course Name: Health Psychology	Course Code: VAC/108/V
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Unit I

Short answer questions

Q.N.	Question	KL
1	Define <i>Health Psychology</i> .	1
2	State the major goals of Health Psychology.	1
3	Explain the relationship between mind and body in health	2
4	Explain any two factors responsible for the emergence of Health Psychology.	2
5.	Discuss the scope of Health Psychology.	2

Long answer questions

Q.N.	Question	KL
1.	Explain the nature, goals and scope of Health Psychology.	2
2.	Discuss the mind–body relationship and its role in maintaining health.	2
3.	Discuss the historical emergence and development of Health Psychology.	2
4.	Explain how psychological factors influence physical health.	2
5.	Critically evaluate the relevance of Health Psychology in modern society.	5

Unit II

Short answer questions

Q.N.	Question	KL
1	Define Well- Being..	1
2	Differentiate between Hedonism & Eudemonia..	4
3	Define life satisfaction?	1
4	Explain affect as a component of well-being.	2
5	State any two tools used for assessing health and well-being.	1

Long answer questions

Q.N.	Question	KL
1	Explain the concept of well-being and its major components.	2
2	Discuss Hedonic and Eudemonic approaches to well-being.	2
3	Explain life satisfaction and affect in the context of well-being.	2
4	Describe various methods used to assess health and well-being.	2
5	Evaluate the significance of well-being in promoting mental health.	5

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Unit III

Q.N.	Question	KL
1	Define stress.	1
2	List any two causes of stress.	1
3	Define well being.	1
4	List any two stress-related health disorders.	1
5	Define psychosomatic illness.	1

Long answer questions

Q.N.	Question	KL
1	Explain the causes and consequences of stress.	2
2	Discuss various coping strategies for stress, pain and illness.	2
3	Explain the role of psychological factors in Coronary Heart Disease	2
4	Discuss stress and its relationship with chronic illnesses like cancer and diabetes.	2
5	Explain psychological aspects of HIV/AIDS and their implications for health.	2

Unit IV

Q.N.	Question	KL
1	Define health-enhancing behaviour.	1
2	Define resilience.	1
3	Explain optimism in brief.	2
4	State the importance of exercise for health.	1
5	List two psychological factors affecting health behaviour.	1

Long answer questions

Q.N.	Question	KL
1	Explain the role of resilience, hope and optimism in promoting health.	2
2	Discuss the importance of exercise and nutrition for well-being.	2
3	Explain how psychological factors influence health-enhancing behaviours.	2
4	Discuss safety behaviours and their implications for mental and physical health.	2
5	Evaluate the impact of health-enhancing behaviours on overall well-being.	5

