

BA III Year		BPY-E602		Semester-VI	
DSE-PSY- 1 Bb		HEALTH AND WELL-BEING			
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	4

Objective: To develop an understanding of health and how to maintain health and well- being.

NOTE: The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllbus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

UNIT 1: Introduction to Health Psychology: components of health, relationship between health and psychology, mind and body relationship, goals of health psychology (Lectures-15)

UNIT 2: Well-Being: components of well-being: life satisfaction, affect (Lectures-10)

UNIT 3: Stress, illness and pain: causes, consequences and coping with stress, pain and illness. (Lectures 15)

UNIT 4: Health enhancing behaviors: Implications for well-being; psychological factors: resilience, hope, optimism; exercise, safety, nutrition. (Lectures 20)

Readings:

Di Matteo, M.R. and Martin, L.R.(2002). Health psychology. New Delhi: Pearson.

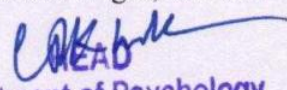
Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.).NY: Wiley.

Snyder, C.R., & Lopez, S.J. (2007). Positive psychology :The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.

C.P. Khokhar (2003). A text Book of Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.

C.P. Khokhar (2007). Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.


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