

Indian Institute of Technology Guwahati
Department of Humanities and Social Sciences

End Semester Exam
HS-213: Psychology of health and Adjustment
Date: 24th November, 2023

Time: 3 Hour
Max Marks: 60

Instructions: (1) Attempt all the questions.

(2) Include all the necessary explanations and arguments to write your answer. Write your answer using the concepts discussed in the class. Don't write just based on your personal opinions.

(3) I am not giving any set specific length for your answer. Include whatever is necessary to address the question.

Q1. Fill in the blanks with a suitable word.

(1x6=6)

- (a) Slow, deep breathing has been shown to increase activity of nervous system.
- (b) The technique of relaxation involving tensing and relaxing muscle groups is known as-----
- (c) Material support such as services, financial or goods is known as-----social support.
- (d) According to -----model, individuals are surrounded by supportive others who move with them throughout the life course.
- (e) According to Holland's occupational personality types.....people prefers rule regulated, orderly and unambiguous activities.
- (f) Individuals who are responsible, self-disciplined and organized are having high-----trait.

Q. 2. Write whether the following statements are TRUE/FALSE. Also give appropriate reasons for your answer. (No marks will be awarded without giving reasons). (3x6=18)

- (a) Sigmund Freud gave more importance to the sub-conscious part of the mind to explain human behaviour.
- (b) According to Freud's theory, SUPER-EGO manages the demands of both ID and EGO.
- (c) According to Holland's theory, conventional and artistic individuals are very alike to each other.
- (d) According to Maslow's need hierarchy, all the needs are categorized under the being needs.
- (e) In the debate between nature and nurture, research shows that genetics can fully explain every aspects of human personality.
- (f) According to the coping effectiveness training program, emotion focused coping strategies should be used in case of changeable stressors.

Q. 3. Answer the following-

(6x2=12)

- (a) Discuss the role of irrational beliefs in the ABC model. How do irrational beliefs contribute to emotional and behavioral consequences? Provide examples to support your explanation.
- (b) Explain the concept of disputing irrational beliefs in the context of the ABC model. How can individuals challenge and change their irrational beliefs? Provide examples to support your explanation.

Q. 4. Explain Carl Rogers's concept of self-actualization as it relates to the development of the self. How does the process of becoming a fully functioning person unfold, and what role does self-concept play in this journey? How might external factors or societal influences hinder the realization of one's full potential?

(12)

Q. 5. Distinguish between Carl Jung's personal and collective unconscious? Discuss different personality types as proposed by Carl Jung. What are the characteristics of these personality types and explain the processes behind their differences?

(12)