



**RAJARATA UNIVERSITY OF SRI LANKA
FACULTY OF APPLIED SCIENCES**

Second

BSc in Health Promotion

Third Year – Semester I Examination – July/August 2023

HPT 2301– PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Three (03) hours

Answer ALL questions.

1. a) Explain the main components of human behaviour. (50 marks)
 b) Describe **five (05)** factors that influence human behaviour. (50 marks)

2. a) Explain the term 'health behaviour'. (20 marks)
 b) Describe 'behavioural immunogens' and 'behavioural pathogens' according to the definition of Matarazzo, 1984. (30 marks)
 c) Describe **five (05)** major health risk behaviours prevalent in Sri Lanka. (50 marks)

3. a) Describe the stages of Transtheoretical Model by Prochaska et al., 1994. (40 marks)
 b) Discuss by highlighting each stage how to apply the model mentioned in above 3. (a) for an individual to develop active life style. (60 marks)

4. a) Explain the main components of attitude. (30 marks)
 b) Describe the methods used in measuring attitudes. (40 marks)
 c) Discuss in brief **three (03)** factors to be considered in making a message for attitude change on unhealthy life style. (30 marks)

5. a) Explain the Transactional Model of Stress Lazarus & Folkman, 1980. (50 marks)
- b) Describe how the individual personality link with the perception of the stress. (50 marks)
6. a) Explain the concepts of 'learned helplessness' and 'deferred gratification'. (40 marks)
- b) Describe how each concept effect on mental and physical health of an individual. (60 marks)

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