



RAJARATA UNIVERSITY OF SRI LANKA

FACULTY OF APPLIED SCIENCES

B.Sc. in Health Promotion

Second Year – Semester I Examination – May/June 2022

HPT 2301 – PSYCHOLOGY AND HUMAN BEHAVIOUR

Time: Three (03) hours

Answer ALL questions.

1. a) Define the term health psychology as described by Matarazzo (1982). **(20 marks)**
 b) Explain bio-psychosocial model George Engel (1977). **(40 marks)**
 c). Describe the role of a health psychologist. **(40 marks)**

2. a) List **five (05)** socio cultural factors that affect health of an individual. **(25 marks)**
 b) Explain giving examples how socio-cultural factors influence health of Sri Lankans. **(75 marks)**

3. a) Describe the main types of social influences as described in psychology. **(40 marks)**
 b) Explain how different types of social influences mentioned in above **4.(a)** determine the formation of positive and negative health habits of a community. **(60 marks)**

4. a) Describe the health action process model by Ralf Schwarzer (1992). **(50 marks)**
 b) Explain by applying the above model mentioned in **5.(a)** how to predict the changes in health behavior of an individual planning to stop alcohol use. **(50 marks)**

5. a) Define the term stress according Hans Selye (1976). **(10 marks)**
- b) Describe the Response-Based model of stress by Hans Selye (1976). **(30 marks)**
- c) Write an account on long term stress reactions occur in biological systems of an individual according to the General Adaptation Syndrome theory by Hans Selye. **(60 marks)**
6. a) Describe the basic counseling skills? **(50 marks)**
- b) Explain how to use counseling skills to develop an effective relationship with communities in health promotion interventions. **(50 marks)**

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