

**BA III Year**

BA III Year	DSE-PSY	BPY-E603: HEALTH AND WELL-BEING		Semester-VI	
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	04

**NOTE:** The question paper shall consist of two sections (Section-A and Section-B). Section-A shall contain 10 short answer type questions of six marks each and student shall be required to attempt any five questions. Section-B 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 syllabus. 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.

**Learning Outcomes:**

- Understanding the spectrum of health and illness for better health management.
- Identifying stressors in one's life and how to manage them.
- Understanding a variety of health enhancing, health protective, and health compromising behaviors and to be able to know their application in illness management.

UNIT-I	Introduction to Health Psychology	<ul style="list-style-type: none"> <li>• Meaning and Components of health,</li> <li>• mind and body relationship,</li> <li>• goals of health psychology</li> </ul>	Lectures -15
UNIT-II	Well-Being	<ul style="list-style-type: none"> <li>• Components of well-being: life satisfaction, self-esteem, self-concept, Self-confidence</li> </ul>	Lectures-10
UNIT-III	Stress, illness and pain	<ul style="list-style-type: none"> <li>• Causes and consequences of stress</li> <li>• coping with stress,</li> <li>• pain and illness.</li> </ul>	Lectures-15
UNIT-IV	Health enhancing behaviors	<ul style="list-style-type: none"> <li>• Measures for well-being;</li> <li>• psychological factors: resilience, hope, optimism;</li> <li>• exercise, safety, nutrition.</li> </ul>	Lectures-20

**BOOKS RECOMMENDED:**

1. C.P. Khokhar (2003). A text Book of Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.
2. C.P. Khokhar (2007). Stress, Coping and Health, Shalabh Publication, 259/5 Shastri Nagar, Meerut.
3. DiMatteo, Martin and Tucker (2017). Health psychology. New Delhi: Pearson.
4. Sarafino, E.P. (2014). Health psychology: Bio psychosocial interactions ( 8th Ed.). NY: Wiley.
5. Snyder, C.R., & Lopez, S.J. (2018). Positive psychology : The scientific and practical explorations of human strengths (4th Ed.). Thousand Oaks, CA: Sage.
6. Taylor, S.E. (2006). Health Psychology (6th Ed.). New York: Tata McGraw Hill.