DECEMBER 2022 **U/ID 22504/UCG5D**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions, in 30 words each.

1. Define positive psychology.
2. What is a social construction?
3. Brief notes on compassion.
4. Define individualism.
5. Brief – perseverance.
6. State the dialectical operations.
7. What is life-span contextualism?
8. Emotion — Define.
9. Explain subjective well-being.
10. What is bicultural self-efficacy? -
11. Define gratitude.
12. Explain egotism.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each.

13. Enumerate the goals of positive psychology.

14. Bring out the major assumptions of positive psychology.

15. Describe the measurement of courage.

16. Write about the source of resilience in children.

17. Explain the broaden-and-build model of positive emotions.

18. Summarize the social cognitive theory.

19. Narrate forgiveness as defined by Tangney.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Examine the eastern and western perspectives on positive psychology.

21. Discuss the explicit theories of wisdom

22. Summarize emotional intelligence.

23. Illustrate mindfulness and its benefits.

24. Elucidate the development and societal implications of prosocial behaviour.

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