DECEMBER 2024 **U/ID 22504/UCG5D**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. Define Positive Psychology.
2. What does Courage Mean?
3. How is Happiness defined?
4. What are the types of Coping?
5. Define Wisdom.
6. Define Emotional Intelligence.
7. What is the meaning of Hope?
8. What does Spirituality refer to?
9. Define Self–Efficacy.
10. What does Gratitude mean?
11. Enlist the types of Love.
12. What is the major goals of Positive Psychology?

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions each in 200 words.

13. How does Positive Psychology differ from Traditional Psychology?

14. Describe the humanistic perspective of Positive Psychology.

15. How does being and becoming courageous contribute to a person's development?

16. Explain the types of Happiness.

17. Describe the benefits of being optimistic.

18. Write notes on the culture of appreciation.

19. How is wisdom translated into action?

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions each in 500 words.

20. How is Positive Psychology explained in the Eastern Perspective?

21. Write in detail about the meaning, types and theories of Wisdom.

22. Elaborate upon the factors associated with emotion focussed coping and emotional storytelling.

23. Elucidate upon the benefits of Flow and Mindfulness.

24. Give a detailed account on the meaning societal implications and factors related to Altruism.

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