MAY 2022 **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 is social construction?
3. Explain Collectivism.
4. Brief- Resilience.
5. Define Wisdom.
6. What is courage?
7. Brief-Subjective well-being.
8. Define Affect.
9. Give a short note on self-efficacy.
10. What is emotional intelligence?
11. Define Egotism.
12. What is insecure-avoidant attachment?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Narrate the major assumption and goal of positive psychology.

14. Write about the types of Courage.

15. Explain the sources of resilience in adulthood.

16. Write about Becoming and Being Courageous.

17. Describe the Broaden-and-build model of positive emotions.

18. Explain the learned optimism theory by Seligman.

19. State the societal implications of forgiveness.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

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

21. Discuss the theories of wisdom.

22. Summarize the emotion-focused coping.

23. Enumerate mindfulness and its benefits.

24. Summarize the three major approaches to enhancing altruistic actions.

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