MAY 2023 **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 collectivism?
3. Explain social constructions.
4. Brief – "compassion".
5. What is Wisdom?
6. Write a short note on Enthusiasm.
7. State the dialectical operations.
8. Define Self–efficacy.
9. Explain subjective well–being.
10. What is the pleasure principle?
11. What is the meaning of altruism?
12. Explain Optimism.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each

13. Describe the assumptions and goals of Positive psychology.

14. Discuss the history of American individualism.

15. Explain the types of courage.

16. State the broaden–and–build model of positive emotions.

17. Narrate the forgiveness defined by Tangney.

18. Explain emotional intelligence.

19. Summarize the benefits of mindfulness.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each

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

21. Summarize the theories of wisdom.

22. Discuss emotion–focused coping.

23. Summarize the benefits of Spirituality and Hope.

24. Elucidate the societal implications of Prosocial behaviour.

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