MAY 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. How would positive psychology help the scope of psychology?
2. What are the components of Positive Psychology?
3. What does the Misery Index include?
4. Define Wisdom.
5. What are the types of Courage?
6. What does Positive Affect refer to?
7. How did Masten define Resilience?
8. What is the basic assumption of Savouring?
9. What is subjective well-being?
10. Define Dispositional optimism.
11. What does Altruism mean?
12. Define forgiveness.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Explain the assumptions and goals of positive psychology.

14. What are the characteristics of a Resilient person?

15. How does wisdom help in a person's life?

16. Describe the two types of happiness.

17. Write notes on emotion focused coping.

18. Discuss the benefits of flow experience.

19. What are the effects of appreciation?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. How do the Eastern and Western perspectives explain Positive Psychology?

21. Narrate the features and implications of virtues and strength of character.

22. How does Emotional Intelligence foster development?

23. Elaborate upon the meaning, types and benefits of optimism.

24. Elucidate upon the societal implications of gratitude and forgiveness.

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