**DECEMBER 2022** **P/ID 28465/PPY1E/ PCY1E**

Time : Three hours Maximum : 80 marks

SECTION A — (10 × 2 = 20 marks)

Answer any TEN questions each in 50 words.

1. What is Group node?
2. Define Positive Psychology.
3. What do you mean by Happiness?
4. Define self-realization.
5. Define the term positive traits.
6. What do you mean by wellbeing?
7. What is self control?
8. Define goal disengagement.
9. Write about human motives.
10. What is meant by 'Life above zero'.
11. Write about subjective node.
12. What is mindfulness?

SECTION B — (5 × 6 = 30 marks)

Answer any FIVE questions each in 250 words.

13. Write a note on traditional psychology and positive psychology.

14. Comment on gender and happiness.

15. Discuss on marriage and happiness.

16. Briefly explain emotions and biology.

17. Describe briefly on positive beliefs.

18. Write a note on personal goals and self regulation.

19. Explain the contours of a positive life.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Discuss the Goals and assumptions of Positive Psychology.

21. Compare hedonic and eudaimonic views of happiness.

22. Explain in detail on positive emotions and health resources.

23. Elaborate on goals that create self regulation problems.

24. Describe in detail on how mindfulness and wellbeing are related?

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