DECEMBER 2024 **P/ID 28465/PPY1E/ PCY1E**

Time : Three hours Maximum : 80 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions in 50 words each.

1. Define Positive Psychology.
2. Define happiness.
3. What are facts of life?
4. What is meant by goal disengagement?
5. Define emotions.
6. Write on positive well-being.
7. Define motives.
8. What do you mean by discontent?
9. Spell out impulses.
10. Mention about delay gratification.
11. Write about mindfulness.
12. What is self regulation?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Explain the salient features of traditional psychology.

14. Discuss on Psychology of well-being.

15. Make a note on positive beliefs.

16. Give an account on personal goals.

17. Make a note on self-control failure.

18. Explain on the positive beliefs.

19. What makes people happier or successful?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Give a detailed account on the assumptions of positive psychology.

21. Explore happiness across the life span.

22. Enumerate on the positive emotions.

23. Narrate on the search for universal human motives.

24. Discuss with suitable illustrations the interconnections of the 'Good' and the 'Bad' countours of life.

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