MAY 2022

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. What is Subjective node?
2. Define Positive Psychology.
3. What do you mean by wellbeing?
4. Define Happiness.
5. What is a Positive belief?
6. Define the term positive emotions.
7. What is self regulation?
8. Define motives.
9. Write about goal disengagement.
10. What are Emotions?
11. Write about mindfulness.
12. What are positive traits?

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. What is the major difference between traditional psychology and positive psychology?

14. Comment on eudaimonic view of happiness.

15. Discuss on gender and happiness.

16. Briefly explain on cultivating positive emotions.

17. Elucidate the personalization of goals in self concept.

18. Write a note on personal goals as windows to well being.

19. Comment on life above Zero.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Discuss the goals and assumptions of Positive Psychology.

21. Enumerate on marriage and happiness.

22. Explain in detail on positive emotions and wellbeing.

23. Elaborate on Personal goals and self regulation.

24. Describe the contours of a positive life.

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