MAY 2023

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 are the key areas of positive psychology?

2. Write any two assumptions of positive psychology.

3. Define Eudaimonic happiness.

4. Mention the characteristics of a person with self-realisation.

5. Write the impact of positive emotions on health.

6. Define positive belief with example

7. Mention any two ways to enhance self-regulation.

8. Define self-concept.

9. What do you mean by life above zero?

10. Define the term “well-being”.

11. What is meant by discontent?

12. Mention any three reasons for self-control failure.

PART B — (5 × 6 = 30 marks)

Answer any FIVE questions in 250 words each.

13. Write a short note on the goals of positive psychology.

14. Discuss in short about hedonic basis of happiness.

15. Describe the ways to cultivate positive emotions.

16. Write a short note on materialism and its discontents.

17. Discuss briefly about interconnections of the "Good" and the "Bad"

18. Write a brief note on marriage and happiness.

19. Discuss briefly about self-regulation and the ways to improve it.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Explain in detail about traditional psychology.

21. Write a detailed note on the meaning and measures of happiness.

22. Discuss about positive emotions and well-being in detail.

23. Write about the value of self-control and the ways to enhance it in detail.

24. Elaborate on the techniques to improve mindfulness.

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