MAY 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. What is Traditional psychology?

2. Mention the aim of positive psychology.

3. Define hedonic happiness.

4. What is meant by subjective well-being?

5. List out any two ways to cultivate positive emotions.

6. Write the impact of positive belief.

7. Define self-regulation.

8. What is meant by goal disengagement?

9. Define the term “mindfulness”.

10. What are the contours of a positive life?

11. Mention any two techniques to improve self-control.

12. What is meant by self-realization?

PART B — ($5 \times 6 = 30$ marks)

Answer any FIVE questions in 250 words each.

13. Write briefly about the assumptions of positive psychology.

14. Discuss about gender and happiness in short.

15. Write a short note on emotions and health resources.

16. Discuss the everyday explanations for self-control failure.

17. Describe the contours of a positive life.

18. Write a brief note on the hedonic basis of happiness.

19. Discuss about personalization of goals in self-concept.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Write an overview on Positive psychology.

21. Compare the hedonic and eudaimonic views of happiness in detail.

22. Write a detailed note on positive emotions and health resources.

23. Discuss in detail about the goals that create self-regulation problems.

24. Elaborate on the interconnections of the "Good" and the "Bad".

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