

**FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022**  
**(Regular/Improvement/Supplementary)**

**PSYCHOLOGY (OPEN COURSE)**

**GPSY5D01T: PSYCHOLOGY AND PERSONAL GROWTH**

**Time: 2 Hours**

**Maximum Marks: 60**

**SECTION A: Answer the following questions. Each carries 2 marks.**  
**(Ceiling 20 Marks)**

1. Biopsychology
2. Organisational behavior
3. Subjective well-being
4. Hope
5. Optimism
6. Nirvana
7. Positive emotions
8. Happiness
9. Eustress
10. Meditation
11. Distress
12. Self-acceptance

**SECTION B: Answer the following questions. Each carries 5 marks**  
**(Ceiling 30 Marks)**

13. Why is psychology a branch of science? Explain.
14. Define Psychology and explain its goals
15. Elucidate the emergence of positive psychology
16. Give two explanations for the link between happiness and marriage
17. Is there any gender difference in happiness? Explain
18. Describe Positive emotions.
19. Discuss any three correlates of happiness.

**SECTION C: Answer any 1 question. Each carries 10 marks.**

20. Define well-being. How does eastern and western perspectives of well- being differ.
21. Briefly explain the various strategies for promoting resilience in children and youth.

**(1 x 10 = 10 Marks)**