

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023

(Regular/Improvement/Supplementary)

PSYCHOLOGY

GPSY5D01T: PSYCHOLOGY AND PERSONAL GROWTH (OPEN COURSE)

Time: 2 Hours

Maximum Marks: 60

**SECTION A: All questions can be answered. Each carries *two* marks.
(Ceiling 20 Marks)**

1. Define psychology. Briefly explain the goals of psychology.
2. What is stress? Describe various stressors?
3. Discuss basic assumptions of positive psychology.
4. Explain the concept of optimism.
5. What are the ways for a happy life?
6. What are the ways to improve resilience?
7. Explain the 8 limbs of yoga.
8. Describe positive emotions.
9. Give a note on negative affectivity.
10. What is yoga? Describe four elements of yoga.
11. Protective factors of resilience.
12. How hope influence personal life.

**SECTION B: All questions can be answered. Each carries *five* marks.
(Ceiling 30 Marks)**

13. Define positive psychology. What are the basic goals of positive psychology?
14. Explain the role of mindfulness for a happy life.
15. How happiness is influenced by close relationship.
16. Explain theories and models of resilience.
17. What is meditation? Explain various meditation techniques for stress free life.
18. Influence of marriage and culture in happiness.
19. Discuss the concept of subjective and psychological well-being.

SECTION C: Answer any *one* question. Each carries *ten* marks.

20. What is stress? Explain its types and physical and physiological effects. Discuss various stress management techniques.
21. Define positive psychology and discuss its history. Explain the process of happiness across the lifespan.

(1 x 10 = 10 Marks)