

D5BPS2206

Reg. No.....

Name:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024

(Regular/Improvement/Supplementary)

PSYCHOLOGY

GPSY5D01T: PSYCHOLOGY AND PERSONAL GROWTH

(OPEN COURSE)

Time: 2 Hours

Maximum: 60 Marks

SECTION A: All questions can be answered. Each carries *two* marks.

(Ceiling 20 Marks)

Write short notes on:

1. Developmental Psychology.
2. Taoism.
3. Behavior.
4. MBCT.
5. JPMR.
6. Psyche.
7. Dispositional optimism.
8. Quality of life.
9. Happiness set point theory.
10. Pranayama.
11. Environmental mastery.
12. Biopsychology.

SECTION B: All questions can be answered. Each carries *five* marks.

(Ceiling 30 Marks)

13. Discuss the role of culture in happiness.
14. Explain PERMA model with suitable examples.
15. Explain the effects of positive emotions on one's life.
16. What is resilience? Explain.
17. How does cognitive psychology differ from neuropsychology?
18. Distinguish between eustress and distress, with examples.
19. Enumerate and explain the goals of Psychology.

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

20. Differentiate between western and eastern perspective of well-being.
21. Is happiness a result of uncontrollable factors or can an individual attain happiness through constant effort? Elucidate.

(1 x 10 = 10 Marks)